



Bishop Bronescombe C of E School



Healthy Schools & Health Education Policy

Reviewed:	July 2019	Reviewed by:	Joe Daysh
Due for review:	July 2021	SMC member responsible:	SMC

School Aims

At Bishop Bronescombe School we aim to give all children:

- ✚ Access to a rich curriculum which enthuses and equips them for life as citizens in the 21st century.
- ✚ Opportunities to explore their own developing Christian faith and to have respect for the faith of others.
- ✚ High self esteem by feeling valued as a member of our school.
- ✚ A sense of fair play, treating others with dignity and respect.
- ✚ The chance to enjoy taking part in a vibrant, forward looking school, moving their learning forwards.

Bishop Bronescombe C of E School's motto is: '**Learning that lasts a lifetime**'.
Celtic Cross Education's Mission Statement is: '**We nurture, we learn, we achieve together.**'

General policy statement

All staff, governors, volunteer helpers, students and visitors need to give due regard to all of the policies and practices adopted by the school. Whilst it is acknowledged that people other than staff cannot be expected to read every policy before a visit to the school, it may be that further guidelines are necessary in addition to the Visitor Policy, which all visitors must acknowledge and accept upon arrival. All staff carry responsibility for the welfare and success of the pupils in our school. Staff will advise anyone who is working alongside us of the necessary protocols, procedures and policies we follow.

As a school we are actively involved in enabling our children to be able to make informed and healthy choices in all areas of their lives, from the type of exercise they take part in to the way they behave in a variety of situations.

Our policy is split into four core themes: *Physical Activity, Food/Nutrition, Emotional Health and Wellbeing and Personal, Social and Health Education.*

Physical Activity

We have a broad PE curriculum that allows all children to experience success. Our curriculum includes gymnastics, invasion sports, striking and fielding sports, athletics, swimming and orienteering. As part of our sports premium spend, we employ a specialist PE teacher to work with different teachers throughout the year. This enables teachers to access CPD whilst delivering fantastic sessions.

The school offers a variety of sport-related after school clubs, with all teaching staff running at least one club that helps to develop the children's healthy hobbies and interests. These clubs are provided for children in EYFS, KS1 and KS2. The children also have the opportunity to join after school clubs provided by Plymouth Argyle Football Club and sports coaches from outside agencies such as 4Real street dance. We also give the children the chance to participate in a number of inter-school sports events and competitions throughout the year provided by the Mid Cornwall Sports Network and the St Austell sports cluster. As well as competitive events, we also take part in festivals such as Projectability which are aimed at increasing activity rates among the least active children.

To meet the government recommendation of 30 minutes of physical activity per day in school, we have regular 'active' breaks in lessons using resources such as the GoNoodle website. We have sports leaders who organise activities at lunchtime. The school council are involved in ordering equipment to stimulate active play. Both KS1 and KS2 playgrounds have large adventure play areas. All children take part in a 15 minute 'active time' session during the school day. This includes activities such as running, ball games and traditional playground games such as 'it' and 'stuck in the mud'. EYFS and KS1 children have access to a fleet of bikes and balance bikes. Outdoor learning and active maths is a regular part of the curriculum across the school. Enjoyment of sport and competition is encouraged by our annual sports day and fundraising events such School Race for Life. Our year 6 children have the opportunity to receive Bikeability level 1 and 2 training.

Food/Nutrition

We recognize the importance of a healthy diet and a healthy attitude towards food, as a result of this we have achieved the 'Food in Schools Award'. Our school lunches are provided by Caterlink and meet all School Food Standards. Fresh salad and fruit is available every day, as is milk and water. We publish guidelines to parents to support them to provide healthy packed lunches. At morning playtime, the school cook provides a number of healthy snacks. As a school we feel this is a valuable service as many of our children come to school without having had a nutritious breakfast. In Foundation and KS1, the children are able to have a choice of fruit for morning playtime. These are funded through a Government scheme. The children attending both BBeebies and BB Kids Club are provided with healthy snacks and drinks during their sessions.

Both Caterlink and our local Tesco branch have led healthy cookery sessions with the children. The children have access to chilled water dispensers and are allowed to drink during lessons. Our school parliament is actively involved in surveys of packed lunches, which allow us to tailor our healthy eating advice to parents and children. Our nursery takes part in the Brighter Smiles initiative, which educates children about the importance of looking after their teeth. All classes participate in healthy cooking lessons each year. The school has recently become 'nut-free' to minimise the risk to children with nut allergies.

Personal, Social, Health and Economic Education

As a Church School, our faith and Christian values run through our PSHE. Daily Collective Worship covers a range of issues such as raising money for charity, social responsibility, anti-bullying and moral dilemmas. Our children are encouraged to use a 'footsteps' method of conflict resolution which puts the emphasis on the children sorting out problems themselves; we feel that this approach prepares the children well for adult life.

Bishop Bronescombe is a Trauma Informed School. This has led to a whole school cultural shift where the wellbeing and mental health of all is the highest priority. We have a number of TIS trained individuals and a whole school approach that allows us to help children before they experience serious get mental health problems. We also run a nurture group which supports children with SEMH difficulties to be supported in a nurturing environment. This facility is led by a trained nurture group practitioner.

Those children who need support with motor skills and coordination participate in daily Funfit sessions.

We firmly believe in the huge benefit that exercise and an active lifestyle can bring to an individual's mental health. We have a broad and varied PE curriculum and participate in a wide range of sports events. PE and sport gives our less academic pupils a fantastic opportunity to shine. Our nursery is enrolled in the Youth Sport Trust's Healthy Movers programme which aims to incorporate physical activity into every day and engage parents on the importance of healthy active lifestyles and their contribution to a child's development to ensure it meets new statutory guidance as well as the needs of our pupils in the local context.

We follow the 'Love and Sex Matters: Relationships and sex education in a context of Christian values' SRE scheme. We feel that this prepares the children well for adult life.

We are in the process of reviewing our PSHCE curriculum.

Emotional Health and Wellbeing

We take the emotional health and wellbeing of our pupils and staff very seriously. Without mentally healthy staff, it would be difficult to have mentally healthy children. As a result of this, we have trained three members of staff to be health and wellbeing champions who can signpost colleagues to a range of different types of support. We also have termly staff health screenings and annual stress awareness sessions. We also have a weekly 'drop-in' prayer session for staff to attend if they wish.

The Trauma Informed Schools approach has a hugely positive impact on the emotional health of our children. Those children who need support have a trusted adult to whom they can speak. We also use the Draw and Talk approach and Play Therapy to provide extra support for particular children. Our nurture provision supports younger children to enable them to be emotionally ready to learn. When and if needed, we engage the support of external counsellors such as CLEAR, Penhaligon's Friends and wellbeing coaches.

All of our classes have reflection areas where the children are encouraged to be still and reflect on life and spirituality. Our school council is actively involved in school decision making; this 'student voice' allows us to find out what really matters to the children. At playtime, we have a buddy system whereby year 6 children can support younger children who are perhaps having a hard time finding someone to play with.

Inappropriate use of ICT can be damaging to children's mental health. We mark Safer Internet Day with a whole school assembly as well as lessons in each class. During computer sessions the children are reminded of how to use the internet safely. Internet safety updates for parents are often included in our newsletter and on our website. Any misuse of ICT in or out of school is recorded and acted upon to minimise impact and prevent further incidents.

Monitoring and Evaluating PSHE.

It is the PSHE co-ordinators responsibility to:

- Ensure that full PSHE curriculum is covered in every year group
- Monitor the use of teaching materials.
- Evaluate the effectiveness of the school's programme.

The co-ordinator will be given the time to monitor and evaluate the school's PSHCE programme in each Key Stage.