



Healthy Schools Guidance

Our Vision

At Bloxwich Academy Primary a healthy lifestyle is of paramount importance to our children. We are committed to encourage and develop positive attitudes towards health and well-being through an engaging curriculum. We strive ourselves with providing a nurturing and caring environment and the opportunity for every child to reach their full potential. We embrace our Bloxwich values and ensure all children are ready for their next steps.

Rationale

Bloxwich Academy Primary School recognises that a healthy school is one that is successful in helping pupils to do their best and build on their achievements. We are committed to ongoing improvement and development. We promote physical and emotional health by providing accessible and relevant information and equip pupils with the skills and attitudes to make informed decisions about their health. A healthy school understands the importance of investing in health to assist in the process of raising levels of pupil achievement and improving standards. We understand the need to provide both a physical and social environment that is conducive to learning.

Aims

We aim to:

- Promote a whole school approach to a healthy lifestyle.
- Provide children and staff with the opportunities to make informed choices about a healthy lifestyle.
- Provide high quality Physical Education as part of a lifelong healthy lifestyle.
- Increase the children's knowledge and understanding of the importance of water in their diet through the provision of water bottles to all pupils.
- Provide children with more choices as to how they use their playtime by introducing new games and equipment.
- Encourage children to choose a healthy snack at morning break time.
- Provide healthy balanced food menus.
- Help children develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices.
- Support children in learning how to develop good relationships, and respect the differences between people.

Guidance into Practice

Bloxwich Academy (Primary) will adapt a healthy schools approach to most areas of the curriculum; therefore evidence will be very cross curricular. Through our Cornerstones topics we cover many of our aims and objective. Opportunities are provided to further expand on these messages. Our pupils will experience most health education in the following areas:

Drinking water

We provide an environment that encourages water as the drink of choice within the school. To ensure that this is successful we provide parents/carers with information that will promote drinking water as a lifelong habit.

In accordance with our aim to achieve a status as a Healthy School, children are actively encouraged to drink water, which is available throughout the school day. To support this, all children are provided with a school logo water bottle. Having enough to drink is a key factor to improving the performance and behaviour of children at the academy. Water is one of the best fluids to have.



Aims

- To help improve the general nutrition of all our pupils.
- To increase pupil, staff and parent/carer awareness of the importance of consuming water.
- To encourage pupils to drink water throughout the day in the classroom and at lunchtimes.
- To actively encourage our children to drink healthy drinks. Water has none of the health problems associated with drinks containing sugar, additives, sweeteners, acids or caffeine.

P.E.

We offer a range of physical activities to help keep our children active. We have a variety of extra-curricular clubs at lunch time and after school. Our children also have two hours of physical exercise every week. We provide a balanced curriculum that includes a range of activities such as dance, tag rugby, football, athletics and swimming.

PSHE

Through our Jigsaw scheme we....

- We start our day with our wake up, shake up movement dance to prepare children for their learning.
- We use calming meditation music in the classroom between transitions to support children to focus and prepare for their next lesson.
- We participate in singing assemblies as a whole school.
- Circle time: This is a regular activity in the classroom throughout the school.
- PSHE/SRE issues will continue to be covered within the curriculum through topic work, personal targets for the children, classroom rules and targets, visitors and e.g. school nurse and visits

Special Educational Needs

- Where appropriate, modifications are made to enable children with special educational needs to show progression and achievement in all Healthy Schools activities.

Gender Equality

We enable all pupils to have access to the full range of activities to support their learning.

Assessment and Monitoring

Assessment and monitoring will be done on an ongoing basis within the curriculum and will be in accordance with the assessment requirements of the particular subject area.

Role of the Co-ordinator and Staff Development

The Assistant Head Teacher is responsible for leading on the Healthy School agenda and communicating all information to the school community. She will attend any relevant courses which may contribute to the updating of this information or for personal development.

N Stubbs
Healthy School co-ordinator