

SITWELL JUNIOR SCHOOL – An Academy



Part of the Inspire Trust

Healthy Schools Policy



Current Status

Recently we have applied for Bronze Level of Rotherham Healthy Schools Re-Accreditation.

Mission Statement

Sitwell Junior School exists to provide the focus for our children to develop to their full potential, as individuals and as members of the school and wider community, in a secure, caring and happy environment. Children, parents, school staff and governors work in partnership for the benefit of all.

As a school, we seek continually to enrich the lives of those entrusted to our care through a broad and balanced curriculum, designed to meet the needs of each child, enabling them to acquire the skills, attitudes and values necessary for life. We promote fundamental British Values in our respect for all approach and celebration of difference. By regular review, we evaluate progress and develop strategies on the basis of sound educational practice and moral values.

Rationale

Sitwell Junior School recognizes that a healthy school is one that is successful in helping pupils to do their best and build on their achievements. It is committed to ongoing improvement and development. It promotes physical, social and emotional health by providing accessible and relevant information and equipping 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. It also recognizes the need to provide both a physical and social environment that is conducive to learning.

Aims

- To promote a whole school approach to a healthy lifestyle
- To encourage children and staff to make informed decisions on a healthy lifestyle based on positive attitudes and information
- To promote safe working and playing relationships and environment both inside and outside of school
- To provide high quality Physical Education and School Sport and promote Physical Activity as part of a lifelong healthy lifestyle
- To provide children and staff with the opportunities to make informed choices about a healthy lifestyle based on current information and liaison with outside agencies (including the importance of sleep and the need to reduce sugar/caffeine intake)
- To develop the teaching of Food Technology aspect of the Design and Technology Curriculum with regard to Healthy Eating
- To provide children with more choices as to how they use their playtime by the development of the school grounds, including the Positive Playgrounds initiative.
- To encourage children to choose a healthy snack at morning break time
- To help children develop greater confidence, motivation, self esteem and have the skills, information and understanding to make important life and health choices.
- To achieve better academic results within a setting that supports their health and well being
- For children to learn how to develop good relationships, and respect and celebrate the differences between people, supporting fundamental British Values.

Policy into Practice

A team of people are responsible for driving a coordinated whole school approach to our Healthy Schools work. This includes the Healthy Schools Coordinator, PSHCE Lead, Safeguarding Lead, PE Lead, SMSC Coordinator, Learning Mentor.

The school will adapt a healthy schools approach to most areas of the curriculum led by the PSHCE Lead; therefore evidence will be very cross curricular. Our pupils will experience most health education in the following areas:

P.E.

Through dance, gymnastics, swimming, after school clubs and games and outdoor adventurous activities.

PSHE and Citizenship (Seal + RSHE – Relationships and sexual health education)

PSHCE/Seal/RSHE issues will continue to be covered within the curriculum through topic work, using the RHS scheme of work for PSHCE as a planning tool. However, specific lessons will also supplement this to ensure coverage of essential components that do not easily fit in a thematic approach.

Citizenship will be covered by using the units within the RHS scheme of work for PSHCE which will be integrated into the topic work or, where necessary, taught as separate activities. This contributes to the promotion of Fundamental British Values.

In addition, visits and visitors will be used to enhance the PSHCE provision and we use the RHS 'Visitors Policy; Working in Partnership' to ensure speakers are relevant, of good quality, age appropriate and promote good practice.

Philosophy for Children: This is a regular activity in the classroom throughout the school. Topics are decided within each year group and specific topics related to the Healthy Schools Initiative.

Design and Technology

Through food technology topics within the year groups, some directly based on Healthy Eating

Science

Through topics within the year groups which may be based on Healthy Eating topics or cover such issues as Sex Education

Special Educational Needs

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

Gender Equality

We use the Gender Equality hints and tips produced by the Rotherham Trans Young People Group as a basis for a whole school approach for gender equality.

We use the 'Equal Choices, Equal Chances' resource from the Rotherham Healthy Schools Scheme of Work for PSHCE – Primary phase to teach about 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. The main subject area that health related work will be taught is Personal, Social, health and Citizenship Education (PSHCE). We use the national end of Key Stage Statements for PSHCE, KS2/Rotherham code, as used in the Rotherham Healthy Schools Scheme of work for PSHCE and the electronic Assessment Tool

Role of the Co-ordinator and Staff Development

Healthy Schools Coordinator is responsible for relaying information about the Healthy Schools Scheme to members of staff except for the PSHCE Curriculum work. The PSHCE Lead is responsible for relaying all information about the PSHCE curriculum to other members of staff. They will attend any relevant courses which may contribute to the updating of this information (RHS PSHE Lead meetings). Awareness will be raised with staff, of any relevant developments, opportunities and information.

Reviewing the Policy

This policy outlines the practice and intentions of the school at the present time and will be used as an ongoing document. It will be updated on a regular basis or when new legislation is available. This school has a Race Relation, Equal Opportunities, and Smoke-free Policy. This policy will follow these guidelines.

