

Saint John Fisher Catholic Primary School



Healthy School Policy

“To live, love and learn and learn in our caring community.”

Saint John Fisher Catholic Primary School



Healthy School Policy

Introduction

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 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 recognises the need to provide both a physical and social environment that is conducive to learning.

The Core Themes

The four core themes are:

- Personal, Social and Health Education (PSHE), including SRE and drugs education.
- Healthy Eating
- Physical Activity
- Emotional Health and Wellbeing, including bullying

The themes relate to both school curriculum and the emotional and physical learning environment in school. Each theme includes a number of criteria that the school needs to fulfil in order to achieve National Healthy School Status. Although each theme covers a different area, they are all delivered using a whole school approach so the basic requirements are the same.

D. Quality Assurance

Throughout the year the school undertakes reviews which include not only teaching and learning but the emotional health and well being of the students. Catering staff ensure that food served meet the required standards set by outside agencies.

Signed:

D Williams

Date: September 2017