

# Abbey Lane Primary School



## Healthy Schools Policy

Reviewed: November 2023  
By C Smith

# 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.’

## **Rationale**

Abbey Lane has been through the accreditation process for Healthy Schools Programme and gained ‘Healthy Schools’ status in June 2011. In 2011, subscription to the Healthy Schools programme was government funded. This is no longer the case and while we do not subscribe to the programme, we are committed to the principals behind the programme and promote the four areas within the initiative to everyday life at the Abbey Lane.

## **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, as well as the after-school provision. Each theme includes a number of criteria that we needed 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.

The Healthy School Policy links in with the following policies which can be found

In policies:

- Sex and Relationships Education (SRE) Policy
- PSHE policy
- Lunch box policy
- Inclusion Policy
- Healthy Food Policy
- Extended School Policy
- Anti-bullying Policy
- Drugs and alcohol policy
- Child Protection policy

**Quality Assurance**

Monitoring will be completed throughout the year alongside RHE, ensuring that Healthy Schools is being incorporated into the curriculum. Where appropriate, the curriculum will be adapted to meet the needs of all learners.

Catering staff ensure that food served to members of the Abbey Lane meet the required standards set by outside agencies.

We also ensure children know what is expected through teaching and learning and that they have full access when it comes to healthy choices.