



Hillcross Primary School

Healthy School Policy/Statement

Mission, Vision and Culture

At Hillcross we enable our children to think differently, aim high and achieve.

Through our school culture of high aspiration, embracing challenge, collaboration, shared responsibility and respect for each other, we aim for Hillcross to be the number one school of choice for the local community. Our outstanding practice in all we do alongside our dynamic and ambitious curriculum provides all our children with rich opportunities and experiences for high quality learning and wider personal development.

Introduction

At Hillcross Primary School we actively promote the health and well-being of the whole school community through all aspects of food and drink, physical activity and positive emotional health. We recognise that a healthy school is one that is successful in helping pupils to do their best and build on their achievements. We promote 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. Some of which include teaching the children a mindfulness strategy which they can draw upon to help regulate their emotions. These are shared within collective worship times, as well as with parents in our bulletins. We have achieved '**Healthy School Status - Gold**' and continue to develop our role as a Healthy School.

All the principles within this policy apply to both adults and pupils. All members of the school community (teaching and non-teaching staff, parents, pupils and governors) work towards the school's aims, but the overall responsibility for the policy is with the Healthy Schools Leader, the PSHE Leader, the PE Leader and the Headteacher.

Aims

The overall aim of this policy statement is to encourage children and staff to make informed decisions on a healthy lifestyle based on positive attitudes and information by:

- Promoting a whole school ethos and environment which encourages a healthy lifestyle and develops a greater awareness of the link between health and the achievement of our children.
- Encouraging children and staff to make informed decisions on a healthy lifestyle based on positive attitudes and information.
- Promoting safe working and playing relationships and developing a safe environment both inside and outside of school.
- Providing high quality Physical Education and school sport, whilst promoting Physical Activity as part of a lifelong healthy lifestyle.
- Using the full capacity and flexibility of the curriculum to achieve a healthy lifestyle.
- Ensuring the food and drink available across the school day reinforces the healthy lifestyle message.

Policy Objectives

To promote a whole school ethos and environment which encourages a healthy lifestyle and develops a greater awareness of the link between health and the achievement of our children.

To promote safe working and playing relationships and a safe environment both inside and outside of school



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- Our explicit values underpinning positive emotional health and resilience are reflected in our School Values and Thinking Schools status.
- Classes feed into the School Council to give children a voice in how to make their school healthy which includes decisions around school dinner menus.
- The school grounds include shaded areas for sun safety.
- Staff take part in quality professional development including First Aid, Child protection, PSHE and PE.
- A positive learning environment is created through systems as set out in our Behaviour Policy including Habits of Mind and The Headteacher Lottery.
- There is an active partnership with a range of external agencies including CAMHS in School (including access to 'Off the Record'; an attached school nurse who works with individuals and the whole school to promote healthy lifestyles as well as supporting parents and the wider community, TAMS workers and a drama therapist.

To provide quality physical education and school sport, and promote physical activity as part of a lifelong healthy learning.

- Children in EYFS and Year 1 take part in daily Wake Up, Shake Up sessions.
- Active play equipment is provided for all ages at break times and lunchtimes.
- Teaching Assistants and Midday Play Leaders have received training to help encourage interactive play, many of whom will participate in child games and activities when invited.
- All children have two sessions of PE each week.
- Each cohort receive one year's worth of swimming lessons during their time at Hillcross (in Year 4) and top-up sessions are offered to children within year 6 if they did not fully meet the end of KS2 swimming requirements.
- The children in Key stage 2 are given lots of opportunities to take part in local sporting competitions and we have a designated Sports Competition Leader.
- The school has a close partnership with Merton School Sports Partnership (MSSP) to develop sport across the school and make links with other local schools particularly within our cluster.
- Children are offered the opportunity to take part in a wide range of after school sports clubs.
- The school engage with Merton's Walk to School Initiative and participated in the recently launched 'Beat the Street' competition to promote an increase in whole family physical activity.
- Inter-school competitions such as an annual tennis tournament alongside competitions linked to the Olympics, The Football World Cup and the Rugby World Cup.
- Links with local sports organisations such as The Old Ruts, The Wimbledon Lawn Tennis Association and AFC Wimbledon enable the school to offer additional sports coaching or opportunities that raise the profile of sport.

To use the full capacity and flexibility of the curriculum to achieve a healthy lifestyle



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Our PSHE curriculum is at the heart of our school. Our PSHE curriculum aims to develop our children's well-being, health, safety, responsibility and values. Therefore the curriculum links directly with maintaining Healthy Schools status. The PSHE curriculum addresses issues such as:

- Nutrition and Healthy eating
- The importance of physical activity
- Relationship education
- Emotional health and well-being
- Safety and risk education
- Careers and work related learning
- Gender stereotyping
- Ambition and aspirations

Healthy School Education is also taught through many other curriculum areas and through the values of the School. Healthy Education will also be covered in curriculum areas such as Science, Food Technology, Circle Times and collective worships. This includes:

- Food Technology (as part of Design and Technology) provides the opportunity to learn where food comes from and apply healthy eating messages through practical work with food including preparation and cooking.
- Science provides an opportunity to learn about the effects of physical activity and diet on our bodies and the effects of a balanced diet.
- Physical Education provides children with the opportunity to develop physically, mentally, socially and creatively and understand its practical impact. Children are given opportunities to experience team sports, dance, gymnastics, athletics, swimming and to challenge themselves physically whilst learning about the importance that physical activity has on their health.
- Maths provides children with the skills they need to understand nutritional information as well as calculating, weighing and measuring.
- Geography allows children to learn about physical activity opportunities in the local environment. It also encourages children to look at the changing environment and where the food they eat might have come from, linking to sustainability and how we might change the way in which we gain food (such as grow your own).

To ensure the food and drink available across the school day reinforces the healthy lifestyle message

- Each child is expected to have a team-coloured water bottle to enable them to freely access drinking water at all times, both in and out of the classroom.
- Water fountains are in both playgrounds to allow children to drink chilled water at break times.
- Hillcross Primary School has easily accessible toilets and regular toilet breaks.
- The school operates a healthy policy for packed lunches and limits treats to one small item per day. Lunch boxes are checked to ensure enough food has been eaten.



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- We discourage the sharing of sweets or cake for children's birthdays and promote books and games instead.
- Children in KS1 and the Foundation Stage have fruit available during morning break time and all are encouraged to have some each day. KS2 parents have the option of sending fruit to school with their child which can be consumed at breaktime.
- A special healthy menu from our school lunch providers, Chartwells, has been put in place for lunch time. Healthy choices are encouraged and supervised.
- Children are shown how to make healthy meals through food technology lessons.
- For special events such as class parties, festivals, PTA events and fairs, staff and parents will ensure that a variety of food choices are available, keeping in mind the Healthy School Policy.
- Hillcross Primary School is a nut free school which is strictly enforced and communicated on a regular basis to pupils, parents and staff.
- Hillcross Primary School follows the Healthy Schools Standards.

Our targets for Further Improvement

- To help children develop greater confidence, motivation, self-esteem and necessary knowledge, skills and understanding to make important life and health choices.
- To develop the curriculum to support children's understanding of healthy food choices through PSHE and cross curricular links.
- To provide children with more choices as to how they use their playtime by the development of the school grounds, play leaders, 'Craze of the Week' and Playground angels.
- For children to learn how to develop good relationships, and respect and celebrate the differences and similarities between people.
- To have our Healthy Schools Gold Award re-credited when we apply for it.

Equality Impact Assessment

Under the Equality Act 2010 we have a duty not to discriminate against people on the basis of their age, disability, gender, gender identity, pregnancy or maternity, race, religion or belief and sexual orientation. We are committed to treating all members of the school community fairly and challenging negative attitudes about disability and accessibility and to developing a culture of awareness, tolerance and inclusion. This policy has been equality impact assessed and we believe that it is in line with the Equality Act 2010 as it is fair, it does not prioritise or disadvantage any member of the school community and it helps to promote equality and accessibility at our school. The curriculum is planned to be inclusive and meet the needs and interests of a full range of learners. Activities and resources will be differentiated and adult support used to ensure that children access the curriculum and make the best possible progress.

Safeguarding Commitment

The school is committed to safeguarding and promoting the welfare of children, in line with the most recent version of Keeping Children Safe in Education, and expects all staff and volunteers to share this commitment. We take seriously our duty of care to our pupils and staff which includes safeguarding them from the risk of being drawn into terrorism - this includes not just violent extremism but also non-violent extremism, which can



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create an atmosphere conducive to terrorism and can popularise views which terrorists exploit. We work closely with social care, the police, health services and other services to promote the welfare of children and protect them from harm. Radicalisation is recognised as a specific safeguarding issue and is addressed in line with the Government Prevent Strategy and The Counter-Terrorism and Security Act 2015.

Privacy Policy

Hillcross School is committed to ensuring protection of all personal information that we hold. We recognise our obligations under the GDPR and Data Protection act 2018. Our practice is documented in our Data Protection Policy.

Monitoring and Evaluation

Written and approved: March 2018

Reviewed: January 2024

Date of next review: January 2027