

Primary School - Health and Wellbeing Policy

We believe that students should be aware that good health and wellbeing is central to effective learning and preparation for a successful independent life.

The promotion of health and wellbeing helps to ensure that our students develop the knowledge and understanding required so that they are able to make informed choices to maintain physical, mental and social wellbeing both during their time at our school and beyond.

PE and Sport

Physical Education is a vital component to our students' physical development and wellbeing. Our PE curriculum is both broad and balanced providing access to team and individual sports, as well as activities such as Dance, thereby allowing students to develop both mental and physical wellbeing.

Progressive learning objectives, combined with varied teaching approaches, provide stimulating, enjoyable, satisfying and appropriately challenging learning experiences for all children. The selection and range of activities helps each child to enjoy success and be motivated to further develop their individual potential. This is clearly visible in the large number of our students who take part in After School Clubs or Activities.

PSHE and Class Teacher

As well as following a holistic approach to health and wellbeing, we encourage our students to do the same.

Healthy Eating

In addition, our PSHE programme provides opportunities for students to discuss healthy eating as well as considering the wider issues surrounding this topic. To support this, we promote the eating of fruit and vegetables for a healthy school snacks.