



Fairchildes Primary School

Healthy Schools and PSHE Policy

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Introduction

At Fairchildes, we believe that a healthy school provides children with the opportunity to develop. We are committed to promoting well-being, physical and emotional health by equipping pupils with the knowledge and understanding they need to make informed decisions about their health. We know the importance of a healthy diet to foster children's well-being and their ability to learn effectively and achieve their full potential. This will not take place in isolated segments of learning but be intrinsic across the curriculum.

Aims and Objectives

- To develop a whole school approach to healthy lifestyles through our curriculum
- To provide a supportive and encouraging atmosphere for children, staff, parents/carers
- To develop safe working and playing relationships both inside and outside the school environment
- To increase the understanding of the importance of water in their diet
- To develop a pupil's personal identity and high levels of motivation
- To develop positive social interaction with children and adults
- To play an active role as future citizens and members of society
- To develop the self-esteem of all children
- To develop the individual to be independent, enabling him/her to make informed choices and decisions

- To encourage pupils to make informed choices by giving them the opportunity to view and think of the world from their own and others' perspectives
- To improve interpersonal skills, allowing pupils to develop the skills of working independently or collaboratively
- To promote the acceptance and development of pupils' sense of responsibility for their actions and their ability to contribute to and accept rules
- To promote pupils' ability to recognise and deal with change and transition
- To increase understanding of the school as a community and of the wider community
- The ability to recognise feelings and manage their impact on behaviour
- To promote the importance of physical, social, emotional and mental well-being
- To promote high quality physical education and promote physical activity as part of a life-long healthy lifestyle
- To encourage better academic results with a setting that supports health and well being

Teaching and Learning

The Healthy Schools curriculum is planned for and taught in a cross curricular way; however where issues arise (e.g. playtime disagreements) staff will address these directly. All members of staff are trained to provide children with the opportunities to make informed choices about a healthy lifestyle based on the current information available and in liaison with outside agencies.

Healthy Schools is taught through the Zones of Regulation programme. It is a curriculum that supports self-regulation and emotional control. The programme relies on a cognitive behavioural approach to support students in identifying their feelings and strategies to support them in coping with feelings in order to remain calm and ready to learn.

It is also taught through The Dot.com programme in years 1 to 5. In addition The PE, Science, DT (food technology) and Relationships and Education curriculum encompass the healthy schools programme. Outside agencies are invited to support the curriculum throughout the different areas, e.g. Police, School Nurse, Fire Brigade, Colgate toothpaste etc

As Fairchildes is a healthy flagship school for Croydon, it is ensured that a healthy lifestyle is promoted and shared through all of the activities that take place. The Edible Garden enables pupils from the Academy to be fully immersed in the process of a functional garden. This facility is extended to the local and wider community to promote healthy living.

Assessment

Assessment and monitoring will be done as an ongoing basis within the curriculum and will inform planning, teaching and learning.

Inclusion

At FACT staff are aware of, and respond to, pupils' diverse learning needs, including those with English as an additional language, those with learning difficulties, and the More Able pupils.

All children will have access to the Healthy School's curriculum, therefore work and activities will be differentiated accordingly to ensure that children of all abilities participate to their full potential. Consideration will be given to language and resources used. For further information see the Inclusion Policy.

Other Subject Relevant Areas

Special Consideration

The teaching of the Healthy School's curriculum involves dealing with sensitive and controversial issues, such as sex, drugs, gender, racism etc. These topics may sometimes elicit an explicit or difficult question from a pupil; such questions should be answered sensitively, using skill and discretion.

Confidentiality

A child's confidentiality will be kept by the teacher or member of staff concerned, however staff must not promise absolute confidentiality, as work relating to the healthy schools and PHSE curriculum may lead to disclosures. Staff will follow the Safeguarding Policy if this happens.