

West Vale Primary School achieved The Healthy School Award in 2005



The aims of the National Healthy Schools programme are:

- **To support children and young people in developing healthy behaviours.**
- **To help raise pupil achievement**
- **To help to reduce health inequalities**
- **To help promote social inclusion**

A healthy school promotes the health and well being of its pupils and staff through a well planned, taught curriculum in a physical and emotional environment that promotes learning and healthy lifestyle choices.

There are four main areas to the healthy school standard:

- **Personal social and Health Education - including sex and relationship education and drug education (including alcohol, tobacco, and volatile substance abuse)**
- **Healthy eating**
- **Physical activity**
- **Emotional health and well-being (including bullying)**

Details of the whole school approach are available from your local healthy schools programme on Wired for Health (www.wiredforhealth.gov.uk).

Initiatives introduced at West Vale Primary School are:

- **Water is Cool in School - <http://www.wateriscoolinschool.org.uk/>**
- **Fruit & Vegetable tuck-shop.**
- **Befrienders - trained by the NSPCC.**
- **Play leaders – organising games in the playground.**
- **School Council.**