

AIMS

- To promote good health.
- To develop a healthy lifestyle.
- To prepare pupils for adult life.
- To promote healthy choices

HOW WILL WE PROMOTE AND ENCOURAGE GOOD HEALTH

- To educate pupils, through the curriculum, in order for them to make informed choices related to diet, exercise, smoking, obesity, sexual relationships and drugs. This will be covered in PE, PSHE, SEAL and Science and where necessary through individual counselling, if there is a specific individual need.
- To follow the national and local guidelines for the National Healthy Schools Programme.
- To include, wherever possible, freshly prepared food as part of a nutritionally balanced diet for all our pupils.
- In conjunction with the school nurse, residential staff will monitor and review the dietary requirements of the pupils that board weekly.
- The school will provide a healthy eating tuck-shop for all pupils and will promote a range of healthy goods for sale at reasonable prices
- To inform the pupils of the dangers of smoking, drugs and drinking alcohol and to actively discourage these activities. This will be achieved through the curriculum, through the residential programme for boarders and on an informal basis via form tutors and other staff.
- To provide a 24 hour curriculum that promotes participation in healthy and rewarding physical activities. This will involved using the school's resources on site and the use of local community facilities such as leisure centres and swimming pools.
- To proactively utilise the expertise of health professionals (school nurse, GP, dental clinic, psychiatric service).
- In negotiation with parents all residents will be regularly taken for eye tests, dental treatment and health checks.
- All pupils will be offered and encouraged to develop a physically healthy lifestyle and the school will promote opportunities for pupils to be mentally and emotionally healthy.
- Through the school's SEAL curriculum, the development of our pupil's emotional health and well being.

Healthy Schools Policy

22 Oct 2015 Version Number:5

Review Date: Autumn Term 2015



- For the school to partake in Anti Bullying week and to regularly monitor bullying.
- To ensure, wherever possible, that our pupil have the appropriate inoculations.
- Residential pupils will be offered an at least termly consultation with a member of the Wokingham school nursing team.
- The school will promote both staff and student's positive mental health by supporting and engaging in LEA programmes such as TAMHS and ARC counselling.