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**Promoting Healthy Choices Policy**

**Our Vision**

CF School. Creating Foundations.

Where children’s health and happiness are as important as their academics.

**Rationale**

CF School recognizes that a healthy school is one that is successful in helping pupils to do their best and build on their achievements. It is committed to ongoing improvement and development. It promotes 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. A healthy school understands the importance of investing in health to assist in the process of raising levels of pupil achievement and improving standards. It also recognizes the need to provide both a physical and social environment that is conducive to learning.

**Aims**

* To promote a whole school approach to a healthy lifestyle
* To encourage children and staff to make informed decisions on a healthy lifestyle based on positive attitudes and information
* To promote safe working and playing relationships and environment both inside and outside of school
* To provide high quality Physical Education and School Sport and promote Physical Activity as part of a lifelong healthy lifestyle
* To increase the children’s knowledge and understanding of the importance of water in their diet through the provision of water bottles to all pupils
* To provide children and staff with the opportunities to make informed choices about a healthy lifestyle based on current information and liaison with outside agencies
* To provide children with healthy and nutritious meals at lunchtime.
* To encourage children to choose a healthy snack at morning break time
* To help children develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices.
* To achieve better academic results within a setting that supports their health and well beingFor children to
* To learn how to develop good relationships and respect the differences between people.

**Policy into Practice**

CF School will adapt a healthy schools approach to most areas of the curriculum; therefore evidence will be very cross curricular. Our pupils will experience most health education in the following areas:

P.E.

Through numerous opportunities to participate in a wide variety of sporting experiences.

PSHE

* PSHE issues will continue to be covered within the curriculum through topic work, personal targets for the children, classroom rules and targets, visitors and thematic speakers

Science

* Through topics within the year groups which may be based on Healthy Eating topics or cover such issues as Sex or Substance Abuse Education

Special Educational Needs

* Where appropriate, modifications are made to enable children with special educational needs to show progression and achievement in all Healthy Schools activities

Gender Equality

* We enable all pupils to have access to the full range of activities to support their learning

Assessment and Monitoring

* Assessment and monitoring will be done on an ongoing basis within the curriculum and will be in accordance with the assessment requirements of the particular subject area

The Head Teacher is responsible for relaying all information about Healthy School’s curriculum to other members of staff. She will attend any relevant courses which may contribute to the updating of this information or for personal development.