



celtic cross education



Bishop Bronescombe C of E School

Healthy Schools

Signed (Chair):

A handwritten signature in black ink, appearing to read 'Jim Mj'.

Date: 28th April 2021

Reviewed:	Feb 2021	Reviewed by:	Toby Nicholas
Due for review:	Feb 2023	SMC or Governor responsible:	SMC

School Aims

At Bishop Bronescombe School we aim to give all children:

- ✚ Access to a rich curriculum which enthuses and equips them for life as citizens in the 21st century.
- ✚ Opportunities to explore their own developing Christian faith and to have respect for the faith of others.
- ✚ High self esteem by feeling valued as a member of our school.
- ✚ A sense of fair play, treating others with dignity and respect.
- ✚ The chance to enjoy taking part in a vibrant, forward looking school, moving their learning forwards.

Bishop Bronescombe C of E School's motto is: **'Learning that lasts a lifetime'**.
Celtic Cross Education's Mission Statement is: **'We nurture, we learn, we achieve together.'**

General policy statement

All staff, governors, volunteer helpers, students and visitors need to give due regard to all of the policies and practices adopted by the school. Whilst it is acknowledged that people other than staff cannot be expected to read every policy before a visit to the school, it may be that further guidelines are necessary in addition to the Visitor Policy, which all visitors must acknowledge and accept upon arrival. All staff carry responsibility for the welfare and success of the pupils in our school. Staff will advise anyone who is working alongside us of the necessary protocols, procedures and policies we follow.

Our Healthy Schools Rationale

As a school that promotes a healthy lifestyle, Bishop Bronescombe C of E Primary School is committed to encouraging and developing positive attitudes towards food, a healthy diet and lifestyle. We recognise that a healthy school is one that is successful in helping pupils to do their best and build on their achievements. We are committed to ongoing improvement and development. We promote 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. We also recognise the need to provide both a physical and social environment that is conducive to learning.

Our policy is split into four core themes: *Physical Activity, Food/Nutrition, Emotional Health and Wellbeing and Personal, Social and Health Education.*

Aims and Objectives

- To promote a whole school approach to a healthy lifestyle.
- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increased knowledge and awareness of food issues, including what constitutes a healthy diet.

- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To promote safe working and playing relationships and environments both inside and outside of school.
- To provide high quality Physical Education and promote physical activity as part of a lifelong, healthy lifestyle.
- 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.
- For all KS2 children to snack on healthy food at morning break time – preferably fruit or vegetables.
- To support the School Fruit and Vegetable Scheme by providing KS1 children the opportunity to eat fruit or vegetables every day at morning break.
- To help children develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices.

Physical Activity

We have a broad PE curriculum that allows all children to experience success. Our curriculum includes gymnastics, invasion sports, striking and fielding sports, athletics, swimming and orienteering, for which we follow the Arena scheme of work.

The school offers a variety of sport-related after school clubs, with all teaching staff running at least one club that helps to develop the children's healthy hobbies and interests. These clubs are provided for children in EYFS, KS1 and KS2. The children also have the opportunity to join after school clubs provided by external sports coaches such as the Cornish Pirates Rugby Club's community scheme and local dance teachers. We also give the children the chance to participate in a number of inter-school sports events and competitions throughout the year provided by the Mid-Cornwall Sports Network and the St Austell sports cluster. As well as competitive events, we also take part in festivals such as Projectability which are aimed at increasing activity rates among the least active children.

To meet the Government recommendation of 30 minutes of physical activity per day in school, we have regular 'active' breaks in lessons using resources such as the GoNoodle and imoves websites. We have UKS2 sports leaders who organise activities at lunchtime and have set aside money from our Sports Premium budget to improve playground markings, voted on by the children for our main playground which was resurfaced in 2020. The School Parliament are involved in ordering equipment to stimulate active play to coincide with these markings. Both KS1 and KS2 playgrounds have large adventure play areas along with a Wild Space with a mud kitchen and fire pit. We have a trim trail ready to be installed in 2021 when COVID19 restrictions allow.

EYFS and KS1 children have access to a fleet of bikes and balance bikes. Outdoor learning (Wild Tribe) and Active Maths are regular features of the curriculum across the school. Enjoyment of sport and competition is encouraged by our annual sports day and fundraising events such as School Race for Life. Our Year 6 children have the opportunity to receive Bikeability level 1 and 2 training.

To help promote cycling and all other forms of active travel we also have scooter/cycle pods for the children to securely park their preferred mode of transport in and are registered members of Modeshift STARS –which is an online platform that delivers effective travel plans in

education, business and community settings. The STARS Education scheme recognises schools and other educational establishments that have shown excellence in supporting cycling, walking and other forms of sustainable and active travel.

Food/Nutrition

We recognise the importance of a healthy diet and a healthy attitude towards food, as a result of this we have achieved the 'Food in Schools Award'. Our school lunches are provided by Caterlink and meet all School Food Standards. Fresh salad and fruit is available every day, as is milk and water. We publish guidelines to parents to support them to provide healthy packed lunches. At morning playtime, the school cook provides a number of healthy snacks. As a school, we feel this is a valuable service as some of our children come to school without having had a nutritious breakfast. In Foundation and KS1, the children are able to have a choice of fruit for morning playtime. These are funded through a Government scheme. The children attending both BBabies and BB Kids Club are provided with healthy snacks and drinks during their sessions.

Both Caterlink and our local Tesco branch have led healthy cookery sessions with the children. The children have access to chilled water dispensers and are allowed to drink during lessons. The School Parliament is actively involved in surveys of packed lunches, which allow us to tailor our healthy eating advice to parents and children. Our Nursery takes part in the Brighter Smiles initiative, which educates children about the importance of looking after their teeth. All classes participate in healthy cooking lessons each year. The school is 'nut-free' to minimise the risk to children with nut allergies. Each class also has information on children who have allergies in their class to support the planning of lessons that involve food products as well as for general daily health and safety.

As of May 2021, we are currently in the process of setting up a school allotment. Some of our Wild Tribe intervention groups have begun planting some vegetables and salad. We hope this will not only promote gardening as a physical hobby but one that can help encourage a healthy diet as well with the added pride of having grown the food ourselves.

Personal, Social, Health and Economic Education

As a Church School, our faith and Christian values run through our PSHE/RSHE curriculum. Daily Collective Worship covers a range of issues such as raising money for charity, social responsibility, anti-bullying and moral dilemmas. Our children are encouraged to use a 'footsteps' method of conflict resolution which puts the emphasis on the children sorting out problems themselves; we feel that this approach prepares the children well for adult life.

Bishop Bronescombe is a Trauma-Informed School. This has led to a whole school cultural shift where the wellbeing and mental health of all is the highest priority. We have a number of TIS trained practitioners and a whole school approach that allows us to help children before they experience serious mental health problems. We also run a nurture group which supports children with SEMH difficulties to be supported in a nurturing environment. This facility is led by a trained Nurture group practitioner.

Those children who need support with motor skills and coordination participate in daily Funfit sessions.

We firmly believe in the huge benefit that exercise and an active lifestyle can bring to an individual's mental health. We have a broad and varied PE curriculum and participate in a wide

range of sports events. PE and sport gives our less academic pupils a fantastic opportunity to shine. Our nursery is enrolled in the Youth Sport Trust's Healthy Movers programme which aims to incorporate physical activity into every day and engage parents on the importance of healthy active lifestyles and their contribution to a child's development to ensure it meets new statutory guidance as well as the needs of our pupils in the local context.

We follow Cornwall's PSHCE / RSHE scheme of work, which is a whole school programme, which meets the expectations in the Relationships Education, Relationships and Sex Education (RSE) and Health Education statutory guidance, preparing children well for adult life.

Through this scheme of work, we teach children about:

- The physical development of their bodies as they grow into adults.
- ✚ The knowledge and understanding of a variety of different relationships including the characteristics of a positive relationship.
- ✚ How to stay safe online including social media, gaming and an understanding of online relationships.
- ✚ The importance of respect towards others.
- An understanding of appropriate and inappropriate or unsafe physical and other contact.
- ✚ The importance of wellbeing and coping strategies and an awareness of how to seek support.
- ✚ The way humans reproduce.
- ✚ The basics of first aid.
- ✚ About how to manage risk and stay safe including road safety, sun safety and water safety.
- ✚ Having respect for their own bodies and others.
- ✚ Moral questions.
- ✚ To know and understand what constitutes a healthy lifestyle.
- ✚ An understanding of money, how it is used and how to save it.
- ✚ To have an understanding of harmful substances.
- ✚ To be positive and active members of a democratic society.
- ✚ To develop self-confidence and self-esteem and make informed choices regarding personal and social issues.
- ✚ The significance of marriage and healthy families as a key building block of community and society, an important belief in Christian teaching and practice. This includes an understanding about the cultural and religious differences of families.
- ✚ About how we can look after ourselves, others and the environment.
- ✚ Being independent and responsible members of the school community.

Emotional Health and Wellbeing

We take the emotional health and wellbeing of our pupils and staff very seriously. Without mentally healthy staff, it would be difficult to have mentally healthy children. As a result of this, we have trained members of staff to be health and wellbeing champions who can signpost

colleagues to a range of different types of support. We also have bi-annual staff health screenings and annual stress awareness sessions. We also have a weekly 'drop-in' prayer session for staff to attend if they wish. We offer supervision for staff supporting vulnerable children and families.

The Trauma Informed Schools approach has a hugely positive impact on the emotional health of our children. Those children who need support have a trusted adult to whom they can speak. We also use the Draw and Talk approach and Play Therapy to provide extra support for particular children. Our nurture provision supports younger children to enable them to be emotionally ready to learn. When and if needed, we engage the support of external counsellors such as CLEAR, Penhaligon's Friends and wellbeing coaches.

All of our classes have reflection areas where the children are encouraged to be still and reflect on life and spirituality. Our School Parliament is actively involved in school decision making; this 'student voice' allows us to find out what really matters to the children. At playtime, we have a buddy system whereby year 6 children can support younger children who are perhaps having a hard time finding someone to play with.

Inappropriate use of ICT can be damaging to children's mental health. We mark Safer Internet Day with a whole school assembly as well as lessons in each class. During computer sessions the children are reminded of how to use the internet safely. Internet safety updates for parents are often included in our newsletter and on our website. Any misuse of ICT in or out of school is recorded and acted upon to minimise impact and prevent further incidents.

Eco-awareness

We are passionate about helping children become responsible citizens and developing their understanding of the impact we have on our environment. Our Eco Committee meets regularly, to complete environmental reviews; identify areas we can improve and formulate an action plan to tackle these in our school community. They have already been awarded the Bronze Level Eco Schools award and are now working towards Silver.

Monitoring and Evaluating PSHCE/RSHE

It is the PSHCE/RSHE Co-ordinators responsibility to:

- Ensure that full PSHCE/RSHE curriculum is covered in every year group
- Monitor the use of teaching materials.
- Evaluate the effectiveness of the school's programme.

The Co-ordinator will be given the time to monitor and evaluate the school's PSHCE / RSHE programme in each Key Stage.