

Cavendish Church of England Primary School

Challenge, Creativity, Compassion: Create a pure heart in me – Psalm 51:10

Healthy Lifestyle Approach Statement

As a Church of England Primary School, we are committed to supporting children's development holistically, and this is reflected in our vision statement "create a pure heart in me". In addition to teaching children values of compassion and consideration for others within a Christian framework we also explicitly and implicitly encourage children to care for their own wellbeing, mental health, emotional and spiritual development by adopting a healthy lifestyle.

Physical Health & Wellbeing

- The links between physical and mental health are taught to children, and as a PE Gold mark school, our offer of physical activity, includes 2 hours of PE every week and active play.
- Within this there is an emphasis for children to realise that physical activity to support wellbeing can take many forms beyond conventional sports.
- Every child in the school learns Tai Chi in the Autumn Term to develop body control and mindfulness.
- Foundation Stage "Fresh Air Friday" embeds a love of walking and the outdoors from children's earliest time with us
- Forest school makes explicit the benefits of an outdoor immersive connection with nature and supports attachment and is offered throughout the school to Year 6
- The school offers "Wake and Shake" before school dance and exercise programme free of charge from 8.30 am daily
- Additionally a paid-for before school sports provision enables children to complete an hour of physical activity before the start of the school day.
- After school clubs are offered free of charge and include a wide range of physical activities.
- The school participates in national events such as Sports Relief, Walk to School Week, BRAKE giant walk
- The school offers wider healthy life style support such as bikeability, catch up swimming
- Every child participates in our annual Sports Days and Dance Festival
- Residential Visits encompass a range of physical activities
- The child-led Well-being and Sports Council is democratically elected each year, and supports the delivery of specialist events and lunchtime play provision
- As part of PSHE children explore healthy sleep choices and learn about the importance of sleep

Healthy Lifestyle Food Choices and nutrition

- The school promotes healthy lifestyle choices relating to food and nutrition
- Children in Key Stage 1 benefit from the government Universal Free School Meals offer. To encourage take up we offer four menu choices each day including vegetarian and a school packed lunch.
- School meals meet the government nutritional standards and are served alongside posters promoting appropriate portion sizes
- Children bringing packed lunch from home are encouraged to meet the same nutritional standards
- Children are allowed to bring a healthy snack for break, but not chocolate or snacks high in salt and saturated fats
- Children in Key Stage 1 benefit from the government healthy Fruit and Veg scheme
- Children are taught about the role of different food groups through science and PSHE
- Every child in the school learns how to cook, and receives termly cooking lessons, mostly savoury foods
- As part of cooking children learn about food sources and sustainability
- During PSHE, and supported by One Life children have explored portion sizes, balanced plates and sugar content in drinks and snacks

Emotional Wellbeing

- The school has dedicated quiet areas for reflection outside, with materials to write, draw or use craft.
- Children use reflection within their learning reviews.
- Space for spirituality and personal development of faith are provided through our daily act of worship.
- Music, candles and Anglican traditions help to create a spiritual and reflective space.
- Children are encouraged to reflect on the effectiveness of shared singing on wellbeing.
- Children are under no obligation to express faith within prayer, but are expected to support the needs of others through quiet reflection during this time.

- RE is seen as a core subject and children explore the teachings of 6 main faiths in Britain as well as humanism to help develop their own moral and spiritual code.
- Each child in the school chooses their own named adult for pastoral support as required.
- We emphasise the importance of the arts as an opportunity for reflection and mindfulness. This includes the teaching of arts and crafts skills which are now recognised as supporting wellbeing such as sewing and knitting.
- PHSE programme of study includes relationships, physical development, safety, self health, rights and responsibilities
- The school offers a wellbeing club to help children develop self awareness skills
- Two staff members have been trained in delivering a wellbeing support and friendship group which is offered to identified children
- All school staff have had training in attachment and trauma
- Trained SENDCOs offer additional 1-1 support for emotional support
- The school uses early help and wider referral services for children and families, including parenting support
- HT is currently in discussion with professionals to support the development of parent and carer leaflets
- Head has an open door policy for staff support and families

Healthy Lifestyles Online

- Children are explicitly taught how to stay safe online
- Whole school activities including school survey and parent information held annually as part of Safer Internet Day
- As part of PSHE are taught about online communication, social media, including bullying and ways to report
- Children are encouraged to pursue a wide range of activities in their leisure time and not to become over reliant on "screen time"

Friendships and Relationships

- The School Golden Rules and Vision Statement inform our attitudes and expectations when interacting with others
- Children are explicitly taught the value of, and entitlement to, positive interactions based on tolerance and understanding
- The school is pro-active in promoting inclusion, respect for all and British Values
- Relationships education develops at an age appropriate level throughout the school and parents are invited to annual workshops for each year group
- The school promotes national led awareness campaigns such as NSPCC – Pants are Private, and Childline

Staff are supported through a paid-for well being support service, which offers web support, telephone advice and 1-1 counselling, in addition to in school support.

Related Policies:

This statement should be read in conjunction with the following policies, and will be reviewed annually.

Health, safety and welfare policy

Child protection and safeguarding policy

Child protection and safeguarding policy for children with SEND

e-safety policy

Early Help Offer

Emotional and Mental Health policy

Anti-bullying policy

Accessibility Plan

Equality Act action plan

Church of England Document- Valuing All God's Children