



HEALTHY SCHOOLS POLICY

Date of completion: 3rd April 2019

Date ratified by the governors: 14th May 2019

Date to be reviewed: May 2021

Context:

In 2011, the London Health Improvement Team developed a programme tailored specifically for London.

From April 2013, the programme has been sponsored by the Mayor of London, and is being delivered by a small team in the Greater London Authority.

'HSL provides a valued mechanism to encourage health promoting improvements at school level.' Findings from Healthy Schools London Evaluation.

It aims to deliver benefits of increased physical activity, emotional wellbeing and healthy eating.

Mandeville aims to help children and young people to reach their potential by building on a solid foundation of a healthy lifestyle. This will support them to make progress in their learning and in life.

The Programme isn't just about physical health; it's about good health and happiness inside and out. And it's not just about pupils either; a Healthy School involves the whole school community – from parents to governors to school staff – in improving their health and their happiness and getting the most out of life.

The programme is based on a whole-school approach to physical and emotional well-being focused on four core themes:

- Personal, Social & Health Education
- Healthy Eating
- Physical Activity
- Emotional Health & Wellbeing

The four core themes relate to both the school curriculum and the emotional and physical learning environment in school. Each theme includes a number of criteria that schools need to fulfill in order to achieve London Healthy School Status.

Although each theme covers a different area, they are all delivered using the whole school approach so the basic requirements are the same.

Mandeville whole school approach

The whole school approach involves working with children and young people, parents, school staff and the whole school community to provide a solid foundation from which developments and improvement are embedded in a systematic way. These processes contribute to the physical and emotional development of all members of the school community.



There are direct links between the criteria for the London Healthy School Status and the five SEAL outcomes. As a school achieving London Healthy School Bronze, Silver and Gold Status we demonstrate how we are working to the four outcomes for healthy schools

Principles

Mandeville school strives to help its pupils to do their best and to build on their achievements. We are committed to ongoing improvement and development. We promote physical and emotional health. We understand the importance of investing in health to assist 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.

Aims:

To deliver real benefits for our pupils, specifically:

- To support pupils in developing appropriate behaviours
- To help raise the personal achievement of pupils
- To help promote healthy choices
- To help promote social inclusion
- The Bill Of Rights, as described in our Early Years Development curriculum, is also particularly relevant to Healthy Schools.

Reference must be made to additional, relevant Mandeville school policies:

- PSHE (PSED)
- Safeguarding and Child Protection
- Drugs: including tobacco and alcohol education
- Relationships and Sex Education –(Relationships and Body Awareness)
- Behaviour and Discipline including the prevention of bullying
- Equal Opportunities
- Inclusion
- Preventing and addressing racism
- Early Years Foundation Stage
- Whole School Food Policy
- Extended Schools
- Safe guarding
- Confidentiality
- Curriculum Policy



Practice:

Mandeville school has adopted the whole school approach to Healthy Schools. Doing so will ensure that the whole school community is involved.

- We aim to support children to be confident, self-assured and motivated learners. We regularly recognise children's achievements so they can become proud of themselves, their peers and of their school.
- We teach pupils to show respect for others.
- We help pupils understand how their education equips them with the behaviours and attitudes necessary for success in their next stage of education.
- Pupils are encouraged to value their education.
- Due to the additional medical needs of many of the children, parents/carers are supported and encouraged to recognise the value of regular attendance.
- We promote positive behaviour using a range of approaches which support individual children. We work in a multidisciplinary way to support individual children with behaviour support plans (BSP's) and Individual Education Programmes (IEP's).
- BSP's are used to support individuals develop positive behaviour.
- We support pupils by giving them appropriate strategies to deal with bullying.
- Mandeville's open culture actively promotes all aspects of pupils' welfare. We ensure that pupils are safe and feel safe at all times. They trust leaders to take rapid and appropriate action to resolve any anxieties they have.
- Pupils are protected from viewing inappropriate material on line.
- Pupils are given choices about healthy eating and fitness. Mandeville has a healthy tuck shop, breakfast club and parents are encouraged to send in healthy foods for snacks. See also, Harrison's food policy. Children receive regular, timetabled physical activities, such as PE, swimming and sensory circuit, morning exercises, physio programmes, outdoor learning, yoga, rebound, hydro-therapy, dance, floor play, therapy dog, as well as having a variety of accessible outdoor equipment
- Attending their annual review, school council, talking mats, music therapy, feelings pictures, TACPAC and relaxation sessions support pupils with being given choices to develop their emotional and mental well-being.
- Pupils' spiritual, moral, social and cultural development equips them to be thoughtful, caring and active citizens in school and in wider society.

We have close home school links provided by the school multidisciplinary team. We offer support with out of school activities and respite care. This includes:

- Come and Play – Saturday club for families.
- Log cabin – After school and during school holidays.
- Shooting stars