



## Bar Hill Primary School

# Healthy School Statement

*At Bar Hill Primary, it is of paramount importance to us that we encourage our children to adopt a healthy lifestyle. We are committed to encouraging and developing positive attitudes towards health and well-being through an engaging curriculum. The whole-school approach is shared across the community including children, staff, parents and governors. 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 recognises the need to provide a physical, emotional, and social environment that is conducive to learning.*

*It is our aim to make every day a 'Healthy School Day', with a focus on healthy eating and physical activities. Our intention is to ensure all students have a voice and be motivated by staff who value the importance of health, wellbeing and resilience for their students, as well as for themselves.*

*As a healthy school we strive to promote healthy eating to ensure our children have enough energy to last throughout the school day. In EYFS and Key Stage 1, the children are provided with free fruit and vegetables for a break time snack. Key Stage 2 children are encouraged to bring a healthy snack which they can eat at break time. Our food buddies run a Key Stage 2 healthy tuc-shop in the playground once a week.*

*Furthermore, our food buddies are on duty in the hall to support their peers with food choices, reducing food waste and modelling good table manners. Our chef offers a wide choice of meals enjoyed by staff and children alike, whilst our gardening club allows children the opportunity to grow and supply our kitchen with fresh foods throughout the year. The children are encouraged to have a balanced plate of food at lunchtime and the salad bar is a big hit!*



*We strive to provide high quality Physical Education as well as school sporting opportunities whilst promoting physical activity as part of a lifelong healthy lifestyle. All children and staff take part in an annual 3km run around the school grounds. The daily mile is great preparation for this event! We will help children develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices.*

*KS2 children organise and oversee a variety of playground games using a range of PE equipment during lunch times and we have a vast range of after school activities available to children.*

*We are committed to ongoing improvement and development, promoting physical and emotional health & wellbeing. The impact of a whole school approach to physical and emotional well-being focuses on core themes: Healthy Eating, Physical Activity, Emotional Health and Well-Being.*

*We liaise with outside agencies to ensure all information is current and relevant to our pupils and staff. By providing accessible and relevant information to our pupils we are equipping them with the skills and attitudes to make informed decisions about their health. Our pupils will experience their health education through creative opportunities across the curriculum.*