



Somersham Primary School – A Healthy Primary School

Encouraging and supporting our children to independently adopt a healthy lifestyle is of paramount importance at Somersham Primary School. We are committed to encouraging and developing positive attitudes towards health, fitness and well-being through an engaging curriculum, extra-curricular opportunities and leadership of staff.

We understand the importance of prioritising health, fitness and well-being to promote positive lifestyles, which then impact on pupil achievement and improving standards through a physical, emotional and social environment that is conducive to learning. With this in mind, the following aims are central to ensuring that Somersham is a healthy school:

Aims

- To encourage children and staff to make informed decisions about a healthy lifestyle based on positive attitudes and information, in partnership with specialist bodies such as Food Smart, Modeshift Stars, The Active Mile, Hunts School Sports Partnership and the Cambridgeshire PSHE Service
- To provide high quality Physical Education and School Sport and promote physical activity as part of a lifelong healthy lifestyle
- To provide **all** children with the opportunity to participate in extra-curricular activities before, during and after school
- To continue to develop playtimes and lunchtimes so that children can access a range of equipment and facilities
- To enable trained Play Leaders to facilitate positive, active play for younger children
- To ensure and encourage access to clean, cold water throughout the day, so that all children and staff stay hydrated
- To develop the teaching of Food Technology as part of the Design and Technology curriculum with regard to Healthy Eating, making links to Science and PSHE
- To encourage children to choose a healthy snack at morning break time
- To continue to provide a portion of fruit or vegetable every day to children in Reception and Key Stage One
- To help children develop greater confidence, motivation and self-esteem and have the skills, information and understanding to make important life and health choices.
- For children to learn how to develop good relationships, and respect the differences between people.

This document sits alongside our 'Mental Health and Well-Being' statement to cover all aspects of health, fitness and lifestyle so that our young people can leave for the next stage of their education as confident, well-prepared and empowered citizens of their local communities.