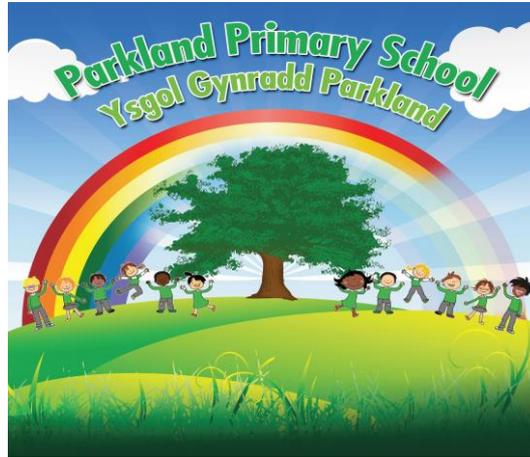


# Parkland Primary School



## Health and Wellbeing

*"Together we strive"*

*"Ffynnu gyda'n gilydd"*

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<b>Date Adopted &amp; Ratified</b>	<b>Committee Type</b>	<b>Policy Type</b>
24 <sup>TH</sup> APRIL 2018 (DR/NM)	Provision – EM 24/04/2018	Non Statutory

## Health and Wellbeing Policy

**Article 6** *'Every child has the right to life. Governments must do all they can to ensure that children survive and grow up healthy'*

**Article 24** *'Every child has the right to the best possible health. Governments must provide good quality healthcare, clean water, nutritious food and a clean environment so that children can stay healthy ...'*

United Nations Convention on the Rights of the Child.

**Article 39** *'You have the right to help if you have been hurt or badly treated.'*

### Introduction

At Parkland Primary School we aim to promote positive mental health and wellbeing for the whole school community (Children and staff), and recognise how important mental health and emotional wellbeing is to our lives in the same way as physical health.

The Department for Education (DfE) recognises that: "in order to help their children succeed; schools have a role to play in supporting them to be resilient and mentally healthy". Parkland can be a place for children to experience a nurturing and supportive environment that has the potential to develop self-esteem and give positive experiences for overcoming adversity and building resilience. Also, Educating children of the links between a healthy body and mind .

The Department for Education , The Chief Medical Officer for Wales' Annual Report for 2006 highlights that there is a '...rising epidemic of obesity in children and adults...'

(1. <http://wales.gov.uk/dphhp/publication/cmo/reports/report2006/cmreport2006?lang=en> – from Estyn document – Food and Fitness in Schools Report 2008). This statement highlights the importance for action in educating people about food and fitness.

All of the above emphasise the importance for action in educating children about health and fitness, where schools are an important place in promoting this.

This policy document sets out the school's aims and objectives, and how we plan to achieve the objectives through the curriculum. This policy will be reviewed at regular intervals and updated as necessary by the Health and Wellbeing Co-ordinator.

### Aims

- To improve the health and fitness of the whole of Parkland Primary School's community by equipping pupils with strategies to establish and maintain life-long active lifestyles and healthy eating habits.
- To develop a whole school approach towards food and fitness.

## Health & Well Being

Our aim is to help develop the protective factors which build resilience to mental health problems and to be a school where:

- All children are valued.
- Children have a sense of belonging and feel safe.
- Children feel able to talk openly with trusted adults about their problems without feeling any stigma.
- Positive mental health is promoted and valued through the introduction of growth mindset and mindfulness.
- Bullying is not tolerated.

### **Purpose of the policy**

This policy sets out :

- How we promote positive mental health.
- How we prevent and support mental health needs.
- To involve the whole school community, including parents, governors and catering staff, in promoting health and fitness and in the implementation of this policy.
- To promote health awareness and to promote the physical and emotional well-being of all our children through the healthy ethos of our school.
- To ensure that we are giving consistent messages about the links between mind body and emotions.
- To involve the children in the decision making process relating to issues linked to health and wellbeing.

### **How will we meet our objectives?**

- To discuss health and wellbeing issues with the School Council.
- To incorporate food and fitness into the curriculum and in extra curricular activities.
- To hold health promotion weeks focussing on food and fitness..
- To offer healthy snacks to the children.
- We encourage parents and children to look at healthy lunch boxes.
- Incorporate growth mindset thinking.
- Support/intervention given by our positive play leader (Sheena Maloney)

### **Curriculum**

Parkland Primary School recently reviewed the delivery of the curriculum to ensure that it offers pupils:

- An understanding of the relationship between food and healthy body and mind.
- A cross-curricular approach to health and wellbeing and to integrate it into all curriculum subjects...
- Well-planned physical activities to include health-related exercise and to make good use of opportunities for cross-curricular promotion of physical development and its relationship to diet and nutrition.

## Health & Well Being

In the delivery of the curriculum a variety of strategies will be used including:

- Assemblies – focusing on the whole school food and fitness issues to encourage consistent messages.
- Mindfulness – to encourage children to pause, check in with themselves and breathe.
- Circle time / check ins and outs – focus on children’s feelings linked to health and wellbeing.
- Health weeks – To promote specific topical areas relating to health and wellbeing in whole school health weeks where all children carry out age related activities relating to health and wellbeing.
- Local and wider community – to promote children’s learning about health and wellbeing in our world.

### **Environment**

We will ensure that our school environment promotes a healthy school, one which is stimulating and attractive, and where children feel safe, secure and supported.

### **Dining area**

- The school aims to provide a welcoming eating environment that encourages a positive social experience for all children.
- The dining area provides an attractive menu of the food options with the items in English and Welsh and illustrations.
- The school encourages good behaviour and good manners in the dining hall.
- The school will also undertake regular surveys of the pupils to allow them to comment on the dining room environment and the food served.
- Promotion of healthy lunch boxes through display and use of place mats.
- Major changes to the dining environment are limited by the multiple activities for which the hall is used for and its size. ( changes are being suggested at present by student council)

### **Displays**

Displays are to be attractive, bright and have an educational message to promote the healthy ethos of the school.

### **Breakfast Clubs**

Breakfast club runs on a daily basis in school for all children from Nursery. This encourages children to eat a healthy breakfast and to be ready to learn in lesson time. The club also provides a safe environment for children to develop positive social skills. The food offered contributes to a healthy diet. Children also get a drink of milk, juice or water with their breakfast.

### **Healthy Snacks**

Children in Foundation Phase are offered a healthy snack of fruit or vegetables each day. In Key Stage 2 the children have the opportunity to buy fruit from the ‘fruit tuck shop’ at morning break times. The fruit tuck shop is run and managed by children in the Healthy Schools Committee or Year 3.

## Health & Well Being

Children who do not wish to buy from the fruit tuck shop are encouraged to bring their own fruit to school. Student council

### **Milk**

Free milk is provided to all children in Nursery, Reception, Year 1 and Year 2 in their break time. Any excess milk is offered to older children.

### **Water for all**

Children are encouraged to drink plenty of water during the day. There is access to free drinking water throughout the school day.

### **Parkland Peacemakers**

In year six children are able to train to become peers mediators to oversee the wellbeing of children through play and lunchtimes, by encouraging them to play together and taking care of them if they are ill or upset.

### **School dinners**

Children are served food which reflects a balanced diet. Lunches are prepared by the cooks who work under the rules and regulations of the Local Authority's catering department. A basic requirement will be that they always serve vegetables and fruit and that all lunches have a balanced nutritional value. On a daily basis, pupils must be offered a carbohydrate, protein and vegetables on their plate. There is always a salad bar on offer for children to help themselves. Chips are only on the menu once a week.

### **Packed lunches**

The school encourages children to bring healthy packed lunches. Children are only to eat the food that they bring to school and can not swap food with other children.

### **Toilet areas**

The toilet areas are also cleaned on a regular basis to promote good hygiene and cleanliness. Posters are used in the toilets to help develop children's hygiene routines, for example reminding them to wash their hands.

### **Outdoor Environment**

The school has an extensive range of outdoor areas including a woodland area, gardening areas, markings on the yard, and areas for non-ball games and ball games.

### **Clubs**

Parkland Primary School promotes fitness in a variety of extra curricular activities. Children have opportunities to participate in Eco Club and a range of sporting activities like netball, rugby, football, squash, cricket and athletics.

Parkland Primary School is a non-smoking environment.

### **Community**

Within its broad purpose of 'education for life', Parkland Primary School will seek to:

- Encourage only healthy snacks eaten in school

## Health & Well Being

- Engage and work with the local community to develop a range of outdoor areas.

### **The policy links to other policies**

This policy links to our policy on Safeguarding, Anti-bullying, SRE , Health and Safety, Healthy schools and Sun policy. It shares links with our School's Behavior Policy and Digital competency.