



**St Nicholas**<sup>CE</sup>  
First School

learning and believing, growing and achieving

# Subject Information: Health and Wellbeing

How can we improve children's attitude toward daily exercise?

How can we encourage children to be active outside of school?

**Learning and Believing,  
Growing and Achieving**

What initiatives can we introduce to improve children's health?

How can we encourage the children to make healthy choices for themselves?

What is Health and Wellbeing

## **Health and Wellbeing at St Nicholas CE First School**

At St Nicholas CE First School:

- School plays an important role in providing a safe, consistent environment for all children. An area of which the school will be focussing is the health and well being of pupils in school.
- As a school we will be promoting healthy eating as well as the engagement of pupils in regular physical activity, throughout our curriculum and as well as extra curricular activities.
- As a school we will focus on promoting well being, building resilience and a positive good mental attitude in particular towards physical development.
- We will be addressing the issues outlines in the government document issued in June 2018 to help address and improve the mental wellbeing and positive attitudes towards not only their physical development, but all areas of their development.

## **How we can improve health and well being in school?**

In June 2018 the government released an action plan to help tackle childhood obesity. School has a fundamental role to play in helping equip children with the knowledge they need to make healthy choices for themselves, and in creating a healthy environment for children to learn and play. School will remain committed to delivering the actions outlined in the plan supporting all children with high quality nutrition and at least 30 minutes of physical activity per day while at school. A big part in encouraging the children to make healthy choices for themselves will be using initiatives including healthy eating week and addressing the importance of healthy eating across the curriculum.

We will be gathering information from parents/carers to find out what physical activities their child/children take part in both in and out of school. This information can then be used to help promote further activities within school but also look at possible links with clubs outside of school.

We will be supporting the children's positive mental attitude during our lunchtime nurture groups developing the children's resilience and social skills when working together.



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## How will pupils learn?

Across key stage 1 and 2 staff will continue to ensure quality lessons are taught across the P.E. curriculum enabling children to be engaged in a wide range of activities, learning a variety of skills and also learning the importance of being active. In other areas of the curriculum children will have the chance to learn about the importance of making healthy choices and why it's important to be healthy and active.

In the Early Years Foundation Stage children will learn about the importance of healthy eating and being active through a range of cross-curriculum activities. A continued focus on the children's personal, social and emotional development will also be threaded through their learning. Children will also continue to be taught through separate P.D. sessions being taught a variety of skills.

## What can the school promote to support children's learning?

- BNF Healthy eating week; Week beginning Monday 10<sup>th</sup> June 2019
- Bikeability sessions for children in school (years 3 and 4)
- Promote a variety of outside agencies that offer clubs to children within school including football, dance and gymnastics clubs
- Continue to offer a variety of after school clubs for children.
- Continue to work with staff to develop the games shop which is available for children during lunch times.
- Support children's mental health through teaching and learning and building their resilience.





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## **How is learning assessed?**

Both P.E. and PSHE is assessed continually within each lesson to ensure that staff plan for progression. This ensures that all groups of pupils are both supported and challenged to enable them to make at least expected progress. At the end of each unit, staff take into account their knowledge of each individual pupil to come to a judgement as to whether they are: Working Towards/Working at/Working Above the Expected Standard. As pupils are viewed as individuals with their own prior experiences and with each unit being unique with its own knowledge, understanding and skills, the judgement at the end of each unit may vary to reflect the progress that pupils make.

In the Early Years Foundation Stage, data across the two areas of Physical Development and Personal, social and emotional development can be analysed to see what percentage of children are achieving their early learning goals in this areas and what links can be made.

## **Access to Resources**

Information about the government document can be found here;

Further information about Healthy Eating week can be found here;  
<https://www.nutrition.org.uk/healthyliving/hew.html>

## **How does it promote fundamental British Values and SMSC?**

British Values – By supporting children to have a strong positive mental attitude they will positively promote the British values of democracy, law and mutual respect for those with different faiths and beliefs and for those without faith.

Spiritual Development – by supporting pupils health and well being they will have a positive attitude when learning about oneself, others and the surrounding world using imagination, creativity and reflectiong.

Moral Development – By supporting pupils health and well being they will explore different concepts of right and wrong and understand the consequences of their actions.

Social Development – Pupils will learn a range of social skills when working with others as party of team, or supporting each others individual skills and abilities promotion positive attitudes towards their health and wellbeing.

Cultural Development – By supporting the children positive mental health and well being they will have a positive approach on the cultures and beliefs of others and give then a deeper understand and respect for others.