



Hemingford Grey Primary School Healthy Schools Statement

At Hemingford Grey Primary School, we are committed to promoting the health and well-being of our pupils, staff, and the wider school community. We believe that a healthy lifestyle is essential for academic success and personal development.

To support this mission, we actively encourage our children to adopt healthy habits through engaging in active playtimes and a dynamic, active curriculum that inspires movement and learning. Our approach includes providing high-quality Physical Education, ensuring that every student has the opportunity to develop their physical abilities and understand the importance of fitness. Outside of PE lessons, children are encouraged to be active for at least 60 minutes a day.

We prioritise creating a safe environment, both inside and outside of school, where our children can learn and grow. This includes fostering safe relationships among peers and staff, ensuring that every child feels valued and secure.

By integrating health and well-being into every aspect of school life, we strive to empower our students to lead balanced and fulfilling lives. Together, we can cultivate a community that values health, safety, and active engagement.

AIMS:

- To promote a whole school approach to a healthy lifestyle
- To encourage children and staff to make informed decisions on a healthy lifestyle based on positive attitudes and information
- To promote safe working and playing relationships and environment both inside and outside of school
- To provide high quality Physical Education and promote Physical Activity as part of a lifelong healthy lifestyle
- To provide children and staff with the opportunities to make informed choices about a healthy lifestyle based on current information and liaison with outside agencies
- To develop the Design and Technology Curriculum with regards to Healthy Eating
- To provide children with more choices as to how they use their playtime by the development of the school grounds with new playground markings and equipment
- To encourage leadership skills through Play Leaders and Refereeing opportunities for KS2 children
- To encourage parents to provide their children with a healthy snack at morning break time
- To encourage Reception and KS1 children to eat one portion of fruit/veg every day and make this a social, enjoyable experience
- To help children develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices
- To achieve better academic results by supporting children with their health and well being
- To promote the importance of swimming and water safety by beginning swimming lessons from Year 1
- To develop road safety and awareness with KS2 children walking from school to swimming
- To promote and encourage good relationships and respect the differences between people
- To support children's well-being with a pastoral worker available to support social, emotional and mental health difficulties