

Health and Wellbeing Policy

1. Background and introduction

At Coomb Briggs Primary School we take the health and wellbeing of children, staff and parents very seriously. We are a small Primary School with Immingham that consists of 197 pupils with a variety of different backgrounds.

Mission statement:

At Coomb Briggs Primary School we aim to promote different health topics to children, staff and parents. Our ethos is to educate and broaden peoples understanding of different health topics to enable everyone to make healthier choices throughout life.

2. Statement of intent

As a school we aim to cover 5 different health topics and embed these in to the school life and beyond into the wider community.

2.1. Healthy Eating

The children are provided with healthy school meals that have been produce by Chartwells. They ensure the children receive a variety of foods and have a balanced diet throughout the week. Those that do not have hot schools meals are encouraged to bring 'healthy' packed lunches. As a school `healthy eating' is covered as part of the PSHE curriculum.

We have a range of different ways we try to promote healthy eating within the school.

- Chartwell school meals, introduction of a salad bar.
- Stickers given out at lunch to support healthy eating.
- Chartwells 'fun into food' morning.
- Sugar display cabinet.
- Food smart day for children and parents.
- Change for life campaigns.
- Food curriculum training for staff.
- Recipes promoted on the school website.

2.2. Physical Activity

Physical activity is promoted throughout at Coomb Briggs and we have a number of ways that promote this.

- PE lessons twice a week.
- Sports coaches.
- Competitions.
- Swimming in Year 5.
- Bikeability in Year 5.
- Sports days.
- Race for life for children, staff and parents.
- Change for life campaigns.
- Staff exercise clubs.
- Health and wellbeing newsletter

2.3. Smoking

- Lessons within PSHE on a rolling programme.
- National campaigns.
- Displays.
- Information stalls set up at events within school.
- Health and wellbeing newsletter.

2.4. Substance and Alcohol misuse

- Lessons within PSHE on a rolling programme.
- National campaigns.
- Displays.
- Information stalls set up at events within school.
- Dry January for staff.

2.5. Mental Health and Emotional Wellbeing

As a school we are constantly looking after the 'mental health and emotional wellbeing' of the children staff and parents. We have a number of things that we have put in place.

- Work differentiated to suit each child.
- Fortis
- Welcoming staff that are there to listen and support.
- SEN coordinator.
- Regular meetings with class teacher and SEN coordinator.
- Regular parents meetings.
- Mental Health First Aiders.
- Sleep clinic.
- Race for life.
- PSHE lessons.
- Transition days.
- SATS breakfast club.
- SRE lessons delivered by 'Big Talk'.
- Health and Wellbeing newsletter.
- Displays.
- Mentors
- Relaxation events for staff.

2.6. Other health topics

As well as the main health topics above, we cover other health related topics.

- Sun safety.
- Stranger danger.
- Dental care.
- School nurse (flu jabs, measurement, hearing and eyesight).
- Prevent.
- First aid for all staff.

3.0. Benefits of being a healthy place

Although the school has always been supportive of making the school a healthy place since joining the award there have been many benefits.

- Tightened up policies surrounding the 'healthy places'.
- New PSHE SOW in place.
- Kept up to date with changes.
- Training opportunities.
- Share ideas with other settings.
- Made more links with other outside agencies.
- Broadened knowledge around the different health topics.
- Provided more opportunities to work with children, staff and parents.
- Communication between staff surrounding different health topics.
- Cross curricular opportunities.

4.0. Policies that inform the action plan

As a school we have many policies in place. These are used to inform the action plan and are constantly update when change takes place.

- Safeguarding
- SRE
- Prevent
- PSHE
- Ofsted
- Sun safety

5.0. Monitoring

It is important to monitor all aspects of 'healthy places' on a regular basis and make changes where and when necessary. Monitoring will be conducted in a number of different ways.

5.1. Regular meetings

Regular meetings will be held with the 'health and wellbeing' team. The meetings will look at national and local campaigns, next steps and ways of promoting the different health topics. Minutes will be taken at every meeting and each topic lead will take responsibility for any events surrounding their 'health topic'.

5.2. Monitor PSHE lessons

Each term work will be collected from each class which will show the coverage from the PSHE lessons carried out. Mrs Holdsworth will provide feedback on the coverage and offer next steps.

5.3. Training

Any courses that are available will be offered to all staff. If a course is suited to particular members of staff, due to the topics they cover within PSHE this will be offered to them to help support with their planning. Training is updated on a regular basis and there are courses that support each of the health topics.

5.4. Changes

If any changes take place policies will be amended to accommodate these changes. Staff will be made aware of any changes made.

5.5. People leaving

If people involved in the healthy places team leave a new member of staff will take over their role and training will be given.

If Mrs Holdsworth left the school then the role would be filled and the mission to continue to make Coomb Briggs a 'healthy place' would continue as normal. Any staff that would take this role would be able to use the action plans and policies to pick up and carry on.

6.0. Support

There is lots of support available to children staff and parents. The support is confidential and can offer advice and provide information for a number of different services.

Health Champions: Mrs Holdsworth, Mrs Batty, Mrs Judge and Mrs Haynes.

The role of a health champion is to be able to listen and sign post people to the correct services if needed. Full training has been given.

Mental Health First aider: Mrs Holdsworth

Substance misuse: Mrs Holdsworth

The policy is a working document and will be monitored and amended when necessary.