



## Healthy Schools Policy

Initiated by:	SLT
Approved by:	Governors/SLT
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Distribution:	SLT/TLR's/All relevant staff

Signed: Bob Harris                      Chair of Governors

Signed:                       Executive Headteacher

***Please note - where this document states the term "parent" it refers to any such person(s) or body that has legal responsibility.***

## **1. Rationale**

Ysgol Cambrian is committed to creating a school environment where every pupil is supported to be as physically, emotionally and socially healthy as possible. As a 3–19 ALN school, we recognise that wellbeing is fundamental to learning, engagement and long-term quality of life.

Our approach aligns with:

- **Welsh Network of Healthy Schools Scheme (WNHSS)**
- **Curriculum for Wales: Health and Wellbeing AoLE**
- **Welsh Government Whole-School Approach to Mental Health and Wellbeing**
- **Public Health Wales guidance**
- **ALN Act (2018)** and person-centred practice

We believe that by educating pupils and supporting families, we can make a significant and lasting difference to their health, wellbeing and future outcomes.

## **2. Aims**

Ysgol Cambrian aims to:

- Promote a **whole-school approach** to physical, emotional and social wellbeing.
- Equip pupils with the knowledge, skills and attitudes needed to make informed decisions about their health.
- Provide a safe, supportive and inclusive environment that promotes positive relationships and emotional resilience.
- Deliver high-quality Physical Education, physical activity and therapeutic movement opportunities.
- Ensure pupils have access to water throughout the day and understand its importance.
- Encourage healthy eating habits, including choosing healthier snacks at break times.
- Support pupils to develop confidence, motivation and self-esteem.
- Embed the Health and Wellbeing AoLE across the curriculum.
- Provide age- and stage-appropriate health education for all pupils from 3–19.
- Work in partnership with parents and external agencies to promote healthy lifestyles.
- Ensure that health and wellbeing targets are embedded within individual plans and reviewed regularly.
- Support pupils to develop positive relationships and emotional regulation through approaches such as Thrive and other wellbeing interventions.

## **3. Policy into Practice**

Ysgol Cambrian adopts a Healthy Schools approach across all areas of school life. Evidence of this is embedded throughout the curriculum, daily routines, enrichment activities and the wider school environment.

Health and wellbeing messages are reinforced through topic-based learning, discrete teaching, therapeutic programmes and whole-school initiatives. Opportunities are intentionally planned across all Areas of Learning and Experience.

#### 4. Physical Development

Pupils access a wide range of physical and therapeutic activities, including:

- Physical Education lessons
- Swimming
- Rebound Therapy
- MOVE Programme
- Physiotherapy programmes
- Daily Mile
- Outdoor and adventurous activities
- After-school sports clubs
- Residential experiences
- Inter-school competitions and events

We work closely with external agencies, therapists and other ALN schools to ensure high-quality provision tailored to individual needs.

#### 5. Health and Wellbeing

The Health and Wellbeing AoLE is central to our curriculum. Teaching is structured around the five descriptions of learning:

1. **Developing physical health and wellbeing has lifelong benefits**
2. **How we process and respond to our experiences affects our mental health and emotional wellbeing**
3. **Our decision-making impacts the quality of our lives and the lives of others**
4. **How we engage with social influences shapes who we are and affects our health and wellbeing**
5. **Healthy relationships are fundamental to our wellbeing**

Provision includes:

- Healthy eating education
- Emotional literacy and regulation
- Relationship and sexuality education (RSE)
- Mental health and resilience development
- Personal safety and safeguarding awareness
- Social communication and interaction skills

Each pupil has a **Personal Progress target** within their individual plan, reviewed termly.

We host regular clinics and sessions with health professionals, including nurses, therapists, dietitians and specialist services, ensuring holistic support for pupils and families.

#### 6. Healthy Eating and Hydration

We promote healthy eating through:

- Encouraging pupils to choose healthy snacks
- Providing accessible drinking water throughout the day
- Teaching about nutrition and balanced diets
- Working with catering services to promote healthy meal choices
- Modelling positive attitudes towards food and hydration

## 7. Emotional Wellbeing and Relationships

We support pupils to develop:

- Positive relationships
- Emotional regulation
- Confidence and self-esteem
- Social communication skills
- Strategies for managing feelings

Interventions may include:

- Thrive
- Nurture-based approaches
- Sensory regulation programmes
- Therapeutic support from external professionals

## 8. Equal Opportunities

All pupils, regardless of age, need or ability, have access to Healthy Schools activities. Content is adapted to ensure it is meaningful, accessible and developmentally appropriate for every pupil across the 3–19 age range.

## 9. Role of the Healthy Schools Coordinator

The Healthy Schools Coordinator:

- Works within the Health and Wellbeing AoLE team
- Communicates priorities, targets and initiatives to staff
- Works closely with the Eco-Schools Coordinator and other curriculum leads
- Supports the wellbeing officer in whole-school wellbeing initiatives
- Leads the school's engagement with the Welsh Network of Healthy Schools Scheme
- Ensures the school maintains and progresses its Healthy Schools status

## 10. Monitoring and Review

This policy will be reviewed **every three years**, or earlier if Welsh Government guidance changes.

Monitoring includes:

- Curriculum planning and delivery
- Pupil progress in Health and Wellbeing targets
- Participation in physical activity
- Feedback from pupils, staff and parents
- Engagement with external agencies
- Progress within the Healthy Schools Scheme