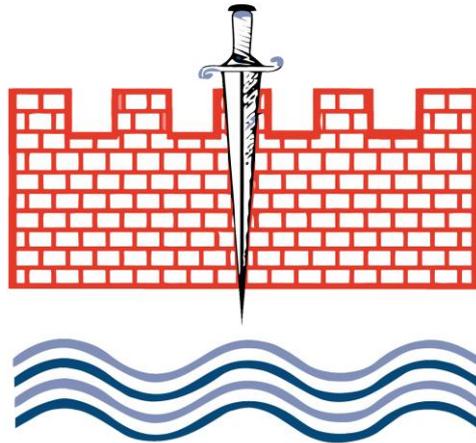


Shoeburyness High School



'Expect Excellence'

HEALTHY SCHOOLS POLICY

Shoeburyness High School
has been designated a Healthy school
by Southend Borough Council
Revalidation occurred in December 2018
and is assured until December 2020

February 2019

Status : Recommended

Next revision due : February 2021

Reviewed and monitored by : Senior Lead Practitioner – Healthy
Schools

Signed by Chair of Governors

1. RATIONALE & PURPOSE

- The school's aim is to continue to develop our whole school policy of being healthy; to work in conjunction with the SSCO project to ensure infant, primary, junior and secondary pupils have access to sport and activities. The school will also work with Southend-on-Sea Borough Council as part of the Healthy Schools initiative.

2. POLICY STATEMENT

- Pupils will be participating in a wide range of activities and clubs. We have extended the range of clubs on offer to cater for all needs . We ensure that finance is not a barrier to access.
- We are offering further classes/academies in the evening such as Dance, Basketball, Aerobics, and Fencing.
- We are putting on a programme for our Gifted and Talented students to encompass areas with regard to sports training, psychology in sport and daily sports' and competition nutrition.
- We are running a range of clubs such as 'multi-sports' before school in our junior schools, as well as supporting their PE lessons with our Specialist Link teachers (SLT's).
- All junior schools are using TOP Activity to promote active playgrounds and Activate to increase learning stimulation in curriculum lessons.
- Shoeburyness High will continue to be a Healthy School in line with documentation produced by Southend Borough Council. The school successfully re-validated their Healthy School status in December 2018.

3. GUIDING PRINCIPLES

- The curriculum in this subject has been organised to ensure that pupils in all Key Stages have access to all areas specified in the National Curriculum and go beyond its statutory requirements.
- The facilities at Shoeburyness High School offer pupils' excellent opportunities. The school has a Sports Hall, Gymnasium and Swimming Pool, with community use after school, and a Fitness Suite. There are areas for dance, hard court areas, a large field for football, rugby, cricket, etc. There is a Sports Co-Coordinator and an office.
- We have already trained Adults other than Teachers (AOTTS) in primary schools to deliver Lunchtime and after-school activities and we are continually looking to increase what we can offer, such as: exercise to music, canoeing and an information booklet on 'being healthy'.
- All pupils at all Key Stages receive regular assessment and targets for improvement using ICT and whole-school databases.
- In particular, the PE Department supports whole-school targets to improve the understanding and awareness of a healthy diet.
- This is part of the approach to health-related fitness activities. As part of our whole-school and community outreach we organise festivals such as Sporting Champions and Cross Country Leagues, both primary and

secondary, throughout Southend. Mini cross-country and basketball competitions are hosted at the school.

- A Healthy Schools working group regularly meets to discuss new ideas and initiatives to benefit the school.

4. CONSULTATION GROUP

- The PE department works closely with the SSCO team.
- The Head of PE feeds back to the line manager on direction and ways forward.
- Line manager reports back to SLT.
- A Senior Lead Professional (member of SLT) is responsible for the overseeing of Healthy Schools and regularly meets with all parties involved.

5. LINKS TO OTHER POLICIES & DOCUMENTS

- Healthy Eating Policy

6. MONITORING & EVALUATION ARRANGEMENTS

- The PE department continues to monitor and evaluate the various programmes.
- The PE Department believes that it offers pupils an opportunity to observe the conventions of fair play, honesty and sporting behaviour as individuals, team members and spectators. Pupils learn how to cope with success and limitations in performance thus building self-esteem.
- The importance of practice to consolidate their performance is emphasised. All pupils are treated as individuals and encouraged to enhance performance from their own level of skill.
- A team ethos encourages awareness of others and greater understanding of working together to achieve success.
- The students have specific pathways that they follow which allows for personalised development programmes suitable for each pupil.
- The PE Department will update all notice boards around the school on a regular basis. News from the PE Department will be published in the 'Keeping in Touch'.
- Whole-school assemblies each term feature celebrations for individual pupils and key issues about health.
- The PE Department encourages pupils to participate in sporting activities to support charities. The PE Department endorses the idea that sport should be fun and that pupils can improve their physical and intellectual health through sport. This will provide a good basis for maintaining health and enjoying sport and life.
- The SSCO Project at Shoeburyness High School has been awarded the top position in the country for its outstanding work.
- Pupils are made aware of the importance of healthy living by following a comprehensive scheme of work in the SCOPE and RE-SHAPE Curricula.

7. ROLES & RESPONSIBILITIES

- The Head of PE meets regularly to discuss new ideas and successes.
- Feedback is given back to SLT via the line manager.
- A member of SLT oversees Healthy Schools and ensures it is a high priority in all areas of school life.

8. PROCEDURES

- Regular meetings with other agencies to share good practice.
- Monitoring success and opportunities to develop areas.

9. DEFINITIONS

- SSCO – School Sports Co-ordinator.
- AOTTS – Adults other than teachers.