



TREHOPCYN PRIMARY SCHOOL

Healthy Schools Policy
July 2025

Trehopcyn Primary School

Healthy Schools Policy

Date Approved: To be ratified in Autumn 2025 GB meeting

Review Date: July 2027

Approved By: Governing Body

Headteacher: Nicola Prewett

Healthy Schools Coordinator: Hannah Brown

1. Introduction

At Trehopcyn Primary School, we are proud to be part of the **Welsh Network of Healthy School Schemes (WNHSS)**. As a Healthy School, we are committed to supporting and promoting the physical, emotional, and social health of our pupils, staff, and wider school community.

This policy outlines how we promote a healthy lifestyle across all aspects of school life, in line with the **Curriculum for Wales** and national health priorities.

2. Aims of the Policy

- To create a health-promoting environment where all pupils can thrive.
- To encourage lifelong healthy habits, behaviours, and attitudes.
- To embed health and wellbeing across the curriculum, school ethos, and partnerships.
- To meet the standards and expectations of the Healthy Schools Scheme and Curriculum for Wales.

3. The Whole-School Approach

Our Healthy Schools approach is based on seven key areas identified by the WNHSS:

1. **Food and Fitness**
2. **Mental and Emotional Health and Wellbeing**
3. **Personal Development and Relationships**
4. **Substance Use and Misuse**
5. **Environment**
6. **Safety**
7. **Hygiene**

Each of these areas is integrated into our curriculum, daily routines, policies, and enrichment opportunities.

4. Our Commitment Across the 7 Areas

A. Food and Fitness

- We promote healthy eating through school meals, packed lunch guidance, and classroom learning.

- Water is accessible throughout the day, and sugary snacks/drinks are discouraged.
- Regular physical activity is embedded through PE, outdoor play, movement breaks, and extracurricular clubs.
- We celebrate initiatives such as Healthy Eating Week and Daily Mile.

B. Mental and Emotional Health and Wellbeing

- We support pupils with a whole-school approach to emotional regulation and resilience.
- Tools such as the Zones of Regulation, mindfulness, and nurture support are used consistently.
- We maintain open communication with parents and external agencies when further support is needed.

C. Personal Development and Relationships

- Relationships and Sexuality Education (RSE) is taught through a spiral curriculum, age-appropriately, in line with Welsh Government guidance.
- We focus on respect, empathy, and safe, positive relationships.
- Anti-bullying policies and restorative practices are actively promoted.

D. Substance Use and Misuse

- Pupils are taught about the dangers of substances such as tobacco, alcohol, and drugs in an age-appropriate, factual manner.
- Staff follow safeguarding procedures and work with relevant agencies where concerns arise.

E. Environment

- We foster a clean, safe, and sustainable environment.
- Pupils are involved in eco-projects, gardening, litter-picking, and learning about climate change and biodiversity.
- We work towards reducing our environmental impact as a school.

F. Safety

- Risk assessments, safeguarding procedures, and online safety protocols are firmly embedded.
- We run fire drills, road safety sessions, and workshops on personal safety.
- Digital wellbeing is promoted through the curriculum and Safer Internet Day.

G. Hygiene

- Good hand hygiene and toileting routines are taught and reinforced.
- Cleaning procedures are regularly reviewed, especially in communal areas.
- Pupils are educated about personal care and hygiene in line with developmental needs.

5. Pupil Involvement and Voice

- Pupils are actively involved in shaping and evaluating our Healthy Schools work.
- Roles such as the School Council, Eco Committee, and Wellbeing Ambassadors allow children to lead and influence decisions.

6. Partnerships

- We work with parents, healthcare professionals, the local authority, and other partners to support our health and wellbeing aims.
- Programmes and workshops are delivered in collaboration with the School Nurse, Healthy Schools Team, dental services, and external agencies.

7. Monitoring and Evaluation

Our Healthy Schools work is reviewed regularly through:

- Feedback from pupils, staff, and parents.
- Termly monitoring by the Healthy Schools Coordinator.
- External assessment and guidance from the local Healthy Schools Scheme.
- Integration with the School Development Plan (SDP) and Wellbeing Framework.

8. Staff Wellbeing

We also recognise the importance of staff wellbeing and provide:

- Access to wellbeing resources and support services.
- A supportive work environment with open-door leadership.
- Regular wellbeing surveys and opportunities for staff input.

9. Policy Review

This policy will be reviewed annually or in response to significant changes in guidance or school practice. All stakeholders will be consulted as appropriate.

Signed:

Headteacher: _____

Chair of Governors: _____

Date: _____