**Statement of Intent for Healthy Schools**

Shanklea Primary School recognizes that a healthy school is one that is successful in helping pupils to do their best and build on their achievements in all areas of the curriculum. It promotes physical and emotional health by providing accessible and relevant information and equipping pupils with the skills and attitudes to make informed decisions about their health. It also recognizes the need to provide both a physical and social environment that is conducive to learning. Shanklea is an accredited Healthy School and meets all requirements.

**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 School Sport and promote Physical Activity as part of a lifelong healthy lifestyle.
* To increase the children’s knowledge and understanding of the importance of water in their diet through the provision of water bottles to all pupils.
* 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 teaching of Food Technology aspect of the Design and Technology Curriculum with regard to Healthy Eating.
* To provide children with more choices as to how they use their playtime by the development of the school grounds.
* To encourage KS2 children to bring a healthy snack for morning break.
* To support the LEA’s ‘Fruit for School’s’ initiative by encouraging KS1 children to eat one portion every day at afternoon break.
* 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 within a setting that supports their health and well being.
* For children to learn how to develop good relationships, and respect the differences between people.