



# **Hardenhuish School Health and Wellbeing Policy**

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Administration Manager**

# **Hardenhuish School**

## **Health and Wellbeing Policy**

### **RATIONALE**

Hardenhuish School recognises that, to help our pupils and students succeed, we have a role to play in supporting them to be healthy. We have a duty to promote the wellbeing of pupils, students and staff and, as a result, have adopted a comprehensive, 'whole school' approach to promoting the physical, social and emotional wellbeing of children and young people and of our staff. Such an approach moves beyond learning and teaching to pervade all aspects of the life of the school.

This policy's aim is to achieve the following outcomes:

- Pupils/students know the benefits of healthy lifestyle choices (including sun protection) through a well-planned and coordinated curriculum (including PSHE and Successful Lives lessons).
- Pupils/students have high levels of participation in physical activity in and out of school (including walking or cycling to school where possible).
- Healthy food and drink is available from our canteens and drinking fountains.
- Pupils/students feel valued and have a voice that can influence school policies and practices.
- Parents are actively involved and have a voice that can influence school policies and practices through the Parent Wellbeing Focus Group.
- Pupils/students feel safe in school and are supported to be emotionally resilient through positive relationships with each other and with staff.
- Pupils/students and staff are equipped to identify mental health difficulties in themselves and others and know where to go to for support if needed.
- The school website have a dedicated wellbeing page divided into three distinct sections: pupil/student, staff, and parents, offering advice and signposting specific support.
- The school has links between ourselves and outside agencies/communities that promote and support health and wellbeing.
- Staff have up-to-date training, supporting and encouraging their continued professional development (CPD), and equipping them with the skills and knowledge needed to continue their existing good practice in the promotion of health and wellbeing throughout the school.
- Hardenhuish actively recognises and praises pro-social behaviours and all staff model positive behaviour.

The benefits of this policy go beyond health and highlight the equal importance of physical and mental wellbeing. Having physically and mentally healthy pupils/students should also result in improved behaviour and improved attendance.

### **LINKS TO OTHER POLICIES**

- Attendance Policy
- Health and Safety Policy
- Positive Behaviour Policy (including Anti-Bullying)

- Pupils with Medical Needs Policy

## SCOPE

### Curriculum

Lessons that encourage good health and wellbeing are delivered in many areas of the school's curriculum (including the benefits of healthy eating in D&T, sexual health in Science and e-safety in IT). In addition, the school runs a detailed programme of Personal, Social and Health Education (PSHE) lessons across Key Stage 3 and 4. Its value lies in its contribution to self-esteem and the exploration of values as well as the concepts and skills taught. The PSHE curriculum, which fully incorporates the statutory RSE curriculum 2020, to ensure pupils are aware of health and wellbeing issues including those associated with:

- Drugs and alcohol (including smoking)
- Sex and relationships
- Mental health and wellbeing
- E-safety
- Personal safety
- Financial/economic planning

At Key Stage 5, the tutor Aspire programme covers physical and mental health, managing finances, relationships and sexual health, sleep and diet as well as coping with exam anxiety and stress.

In addition, all pupils in Key Stage 3 and 4 are taught core PE lessons each week, which provide opportunities for physical activity and teach the benefits of life-long participation in sport and activities and good nutrition. At Key Stage 5, sport is offered through an optional recreational or competitive sixth form sport afternoons as well as summer sport being offered through the super curriculum in term 6.

Also, our tutor time programme (Successful Lives) and assemblies will educate all pupils and students from Year 7 to 13 on the benefits for wellbeing of being supportive, reflective and resilient individuals with growth mindsets.

### Mental Health

Hardenhuish is fully committed to the promotion of mental health and wellbeing. All staff have a responsibility to provide pupils/students with a safe environment that actively protects and promotes the emotional health of the students.

Children and young people who are mentally healthy can: *Develop psychologically emotionally, creatively, intellectually and spiritually; Initiate, develop and sustain mutually satisfying personal relationships; Use and enjoy solitude; Become aware of others and empathise with them; Play and learn; Develop a sense of right and wrong; Resolve (face) problems and setbacks and learn from them.* (Mental Health Foundation, 1999, p6).

Pupils learn better and are happier in school if their emotional needs are met. It empowers students to make considered decisions and manage their feelings. Good mental and emotional wellbeing is an integral part of children and young people's holistic development. When this development is inhibited, counselling can be an effective and important resource. The School has opportunities for 'drop in' counsellor appointments as well as a course of sessions.

Pupils/students who do not wish to engage in face to face support are signposted to websites such as Youngminds, Wiltshire Mind, Barnardos and the local Onyourmind page which offers a wide range of support.

If a member of staff has any concerns regarding a pupil's mental health/emotional wellbeing, this should be communicated to the Pastoral Manager or Safeguarding Lead. A record of any observations, conversations or work produced that has given cause for concern is evidence to support the concern. If the pupil/student would benefit from further individually tailored support/interventions or specialist advice, via a referral which is recorded on CPOMS. The Pastoral Manager or Safeguarding Lead may refer to the School Counsellor, Mental Health Support Worker, Nurture Provision, the Key Centre and/or the relevant services such as the School Nurse via Virgin Care or CAMHS (Child & Adolescent Mental Health Service). All communication between the multi-agencies will be recorded using CPOMS and staff will be kept apprised of the situation on a 'need to know' basis. All processes in place are accountable and transparent for the protection of staff and pupils/students.

Hardenhuish is committed to hearing the voice of pupils/students regarding our provision/support at regular meetings such as the Mental Health pupil and student Group and the School parliament. We also have two dedicated members of the Student Leadership Team who are assigned responsibility for wellbeing as part of their role.

Pupil/student wellbeing is also enhanced through the use of targeted curriculum programmes in Key Stage 3 designed to enhance social and emotional learning, and in Key Stage 4 in the Personal and Social Core Programme (see Curriculum).

Hardenhuish is committed to supporting national mental health events, such as Hello Yellow organised by Young Minds and Time to Talk Day, which is by the charity Time to Change. These events are designed to raise awareness and remove the stigma around mental health through encouraging conversations, tutor time activities, assemblies with guest speakers and whole school lunch time events.

### **Non-Smoking Site**

Hardenhuish School recognises that it has a responsibility to do everything it can to discourage smoking amongst the young people it serves. It has long been accepted that smokers run serious health risks and medical evidence has shown that passive smoking can also present a serious health risk to non-smokers. We therefore support young people in staying smoke-free in as many ways as we can and promote non-smoking as the norm in our society. In this way children may be able to make a self-empowered choice about smoking in an environment that is supportive of being smoke-free. This is not designed to discriminate against smokers, but to ensure that all have a healthy, smoke-free environment within which to work.

In order to promote this, the school has done the following:

- Introduced a smoking ban throughout the school site, including a ban on vaping.
- Made available (from Matron) information leaflets on how to stop smoking.
- Made available smoking cessation sessions to identified pupils.

In addition, the school will continue to:

- Inform those who are employed by us, as well as our parents, of our policy, and ensure that the site is well signed to avoid misunderstandings arising.

- Inform our contractors, and those who let from us, so that they are aware of the policy, the school's requirements in this regard and the potential consequences of breaking it.
- Make applicants for posts aware of our policy through the literature that is sent out to candidates.

Persistent disregard of the policy, despite the above reasonableness, will be dealt with through the school's disciplinary procedure. Persistent disregard of the policy from contractors, or through lettings, will result in termination.

### **Encouraging Cycling to School**

In line with Wiltshire LA's Transport Strategy, the School has published its Travel Plan (2017) with objectives that include the reduction of pupils travelling to school by car and increased numbers of pupils who walk or cycle.

To encourage safe-cycling:

- Parents of cyclists will be contacted directly and asked to ensure the roadworthiness of their son/daughter's cycle and to assess whether or not the weather and road conditions are suitable for cycling.
- Cyclists should wear a cycle helmet to and from school. A locker is available, free of charge to cyclists for storage purposes.
- All cycles should be locked in the cycle storage racks only, nearest the entrance/exit used by the pupil. Whilst this storage is overlooked either by classrooms, offices or cameras, unfortunately, the School is unable to take responsibility for any loss or damage that occurs to cycles whilst on the Hardenhuish site.
- Cycle lanes and paths indicate where the pupils should access the school site. No cycling through the school site is allowed beyond the cycle storage racks except on the designated paths and lanes.
- Pupils are expected to conform to the Highway Code.

## **Healthy Food and Hydration**

The school will promote healthy food choices in all food related school activities.

The school operates its own catering company (Manor Catering) who only use fresh fruit, vegetables and meat in their food; their menus are varied and interesting with the aim of encouraging young people to try a range of healthy foods, e.g. vegetable cakes.

Our aim is to ensure that all food choices offered to students are nutritious, meet national nutritional standards and that our students are given the knowledge to make healthy food choices. Limited amounts of fried, processed or reconstituted food will be served. Meals will not have added salt. All main meals, sandwiches and snacks will be produced in the school cafeteria freshly. A selection of fresh fruit will be available all day. Salads, potatoes and vegetables will be available at service times.

The school is also committed to providing pupils/students with a positive dining environment. To that end, it has two dining rooms as well as outside dining areas and a hall dedicated to packed lunch eaters. The school constantly strives to provide the best dining environments possible.

In addition, the school provides free drinking water in the cafeteria at mealtimes and through various drinking fountains across the site.

## **Sun Protection**

Hardenhuish School recognises the potential health dangers of too much sun exposure and aims to keep our pupils/students safe by:

- Educating pupils to the benefits of sun protection during PSHE lessons.
- Discussing the importance of sun protection in assemblies at the start of the summer term and before the commencement of the summer holidays.
- Informing parents of what the school is doing about sun protection and how they can support our policy on sun protection by sending them a letter explaining this at the beginning of the summer term.
- Advising all staff on sun protection so that a whole school approach is achieved.
- Encouraging pupils/students to sit in one of our shaded areas during break and lunch time when the sun is strong (we have covered areas outside school dining halls to ensure that, in good weather, pupils can enjoy lunch in the shade. We also have large areas on the school field and elsewhere on the site that are shaded by trees, providing protection from the sun).
- Allowing pupils/students to stay inside some buildings during the summer (During break and lunch times, spaces available include dining halls, the Resource Centre, ICT rooms and private study rooms).
- Encouraging pupils/students to apply at least factor SPF 20 sunscreen and wear appropriate hats (wide brimmed or legionnaire style) when outside such as during PE lessons, off-site visits, Sports Day or field work.
- Adhering to Summer Uniform rules (a white shirt with long or short sleeves provides appropriate sun protection. Pupils are required to wear this at all times during the school day, unless in PE lessons. PE uniform also comprises short sleeved shirts, rather than vest

tops. Pupils are not permitted to change into alternative clothing such as vest tops during break and lunch times).

- Encouraging staff to lead by example by applying at least SPF 15 sunscreen and dressing appropriately when working outside.

## **CONSULTATION**

The Leadership Team, Manor Catering manager and school governors have been consulted during the creation of this policy, which is based on DFE guidelines for promoting health and wellbeing in schools.

## **MONITORING AND REVIEW**

This policy will be monitored by members of the Leadership Team with feedback being sought from pupils, students, staff, governors and parents.