



East Riding of Yorkshire

A Healthy School is a safe, healthy place to learn and work.

- It's a school that understands that a healthy, emotionally-resilient person will achieve, gain confidence and become a valuable member of the school community.
- A Healthy School involves its pupils, staff, parents/carers, and governors in making the learning environment a vibrant and exciting place. The school has active links with local services which it draws on to the benefit of pupils and staff.
- It is a school that has achieved National Healthy School Status and is participating in the Healthy Schools Programme.

For a school to achieve National Healthy School Status, it must have in place the minimum evidence for 41 criteria across four themes: Emotional Health & Wellbeing (including bullying); Healthy Eating; Physical Activity and PSHE including Sex & Relationship Education (SRE) and drug education. There are direct links between the 41 criteria and the five Every Child Matters outcomes.

The Healthy Schools Programme supports schools and local authorities with achieving a number of related national targets by 2008-2010, including:

- Reduce inequalities between levels of development achieved by children in the 20% most disadvantaged areas and the rest of England.
- Extended school provision available in every locality.
- Halt the rise in obesity amongst children under 11.
- Improve school attendance.
- Promoting positive sexual health and reducing teenage pregnancy.
 - Percentage of children who spend a minimum of two hours each week on PE and sport.

In the East Riding we have 153 schools – every one of them has NHSS (National Healthy School Status). Some examples of what this means for schools:

Having a planned programme for PSHEe (Personal, social, health and economic education – this includes Drug Education, social and emotional skills including relationships with others, Sex Education at age appropriate levels, risk-taking, lessons around managing money and safety education)

In an infant school – learning about medicines is a starting point for Drug Education, learning about what makes a good friend is a pre-cursor for relationships and sex-education, sun safety, road safety and pocket money will all be part of the programme.

In a primary/junior school – puberty education is usually taught at age 10, there are elements of statutory sex-education in the primary science curriculum around reproduction. Most primary schools also cover friendships, bullying, cycle training, topics on “my money”, drug education with discussions about legal and illegal drugs including alcohol and tobacco, risky behaviour and peer influences will also be part of the programme.

In secondary schools more specific finance and economic education is necessary, sessions on alcohol, cannabis, legal highs, tobacco and peer influence are usually included. Good PSHEe

programmes will have lots of active learning and opportunities for discussion. Contraception advice, also STI information and sessions on choices, risky behaviours, self-esteem and confidence are really important.

All schools have to provide meals which are compliant to nutrient standards by law. Schools have to have a food policy which includes recommendations surrounding food brought into school as a packed lunch. Food served other than at lunchtime (tuckshop, breaktime, breakfast club etc) also has to be monitored and comply with legislation.

Physical Activity provision should be to a minimum standard and extra-curricular clubs, school travel plans, walking, cycling and scooting to school are also in this section. Schools should have at least 2 hours structured Physical activity offered each week to every pupil.

Emotional Health and Well-being includes universal entitlement to support for good mental health. In addition, support for more vulnerable pupils, those with disabilities and special educational needs, those eligible for free school meals, young carers; those at risk of exclusion etc should be in place. Schools behaviour and rewards policies, anti-bullying policies, child protection and safeguarding policies are all in this theme.

All schools in the East Riding have NHSS – some schools are now embarking on the enhancement model – these are:

Beverley High School
Beverley St Nicholas Primary School
Boothferry Primary School
Boynton Primary School
Bridlington School Sports College
Brough Primary School
Cottingham Croxby Primary School
Driffield Junior School
Hazel Lodge Short Stay School
Headlands School
Hook Primary School
Hornsea School and Language College
Howden Infant School
Marshlands Primary School
Martongate Primary School
Middleton-on-the-Wolds Primary School
Nafferton Primary
Pocklington Infant School
Pocklington Junior School
Quay Primary School
South Hunsley School
Swanland Primary School
St Mary and St Joseph's Primary School
Thorngumbald Primary School
Warter Primary School
Wetwang Primary School

Karron Young – Healthy Schools Coordinator – East Riding of Yorkshire