



Harwich and Dovercourt
High School

Healthy Schools Policy

Document Detail	
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Authorised By:	<i>LGC</i>
Sponsor:	<i>Mr C Herron</i>
Author:	<i>Mr C Herron</i>
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Ownership and Control

History

Version	Author	Dated	Status	Details
1	Chris Herron	October 2018	Approved	Approved by LGB 18 th October 2018.
2	Chris Herron	November 2019	November 2020	Approved by LGC 7 th November 2019.

Intended Audience

Intended Audience	Intended Method of Distribution
Governors, Students, Parents	Sharepoint Google Drive, website

AMENDMENT TRACKER

Name of reviewer: Chris Herron

Date of review: November 2019

Summary of changes:

None

HEALTHY SCHOOLS

The National Healthy Schools Programme supports the links between health, behaviour and achievement; it is about creating healthy and happy young people, who do better in learning and in life.

The impact of our programme is based on a whole-school approach to physical and emotional well-being focused on four core themes:

- Personal, Social, Health & Economic Education
- Healthy Eating
- Physical Activity
- Emotional Health & Wellbeing

THE HEALTHY SCHOOL VISION

We want all our students to be healthy and achieve at school and in life. We believe that by providing opportunities at school for enhancing emotional and physical health, we will improve long term health, reduce health inequalities, increase social inclusion and raise achievement for all.

THE HEALTHY SCHOOL AIMS

To deliver real benefits for children and young people, specifically:

- To support children and young people in developing healthy behaviours
- To help raise the achievement of children and young people
- To help reduce health inequalities

Harwich and Dovercourt High School first achieved Healthy School Status in July 2008 and gained enhanced status in 2013. We continue to promote the importance of leading a healthy lifestyle and maintain the aims of a Healthy School whilst meeting the needs of our students. In December 2015 the school was successfully revalidated as meeting the requirements needed to hold the Healthy School award.

The school submitted a wide range of evidence that maintained our status in the Autumn term of 2017 showing our continued commitment to improving the health and well-being of our students.