

YOUR school wants to be a Healthy School!



Can **YOU** help us decide **if** your school is a Healthy School?



A Healthy School is about **healthier living** and **learning.**

A Healthy School is about the food you eat, the activity you do and the way the school helps you feel happier and healthier, the fun you have, how you learn and about helping you stay safe

Do **YOU** think your school is a healthy place to learn?

How could **YOU** show someone that your school is healthy or explain it to them?

Is there something you'd like your school to do to make it **even healthier?**

We've thought of **some ideas** to help you decide if your school is a Healthy School.

We've also thought of **some questions** that might help you search out the answers...

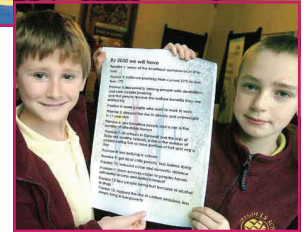


There are **four areas of school life** we are interested in finding out about your school they are:

● Personal, Social and Health Education

This is about:

- ☺ all the things you do in school to learn about keeping healthy and staying safe
- ☺ how the school listens to your views, for example, in the School Council or Pupil Parliament



● Healthy Eating

We'd like to know about:

- ☺ what you eat at school at playtimes and lunchtimes and if you can drink plenty of water during the day
- ☺ how you learn about healthier eating and if you learn to prepare healthier foods in lessons or in a cookery club
- ☺ **where** you eat your lunch and if it is a pleasant place to eat and enjoy your food together with your friends
- ☺ if your school asks you your views about healthier eating in school and if the schools makes changes if they are needed



● Physical Activity

We'd like you to tell us:

- ☺ how much PE you get in lessons and if there are lots of after school clubs
- ☺ if your after school clubs give you a chance to try out different things and activities
- ☺ about how the school helps you get active at playtimes and lunchtimes and on the journey to or from school



● Emotional Health and Well-being

This is about

- ☺ helping everyone (including the grown ups) feel happy and special at school.
- ☺ how all your good work; behaviour; kindness; and the things you are good at are noticed and celebrated by the adults and your friends .
- ☺ making sure that there is no bullying in your school and if there is that something is quickly done about it
- ☺ how the school looks after people who need extra help and at special sad times, like when someone has died





Become a Healthy School Detective

Things to do and questions to ask to see if your school is a healthy school:

1. Get together with some of your classmates and discuss whether your school is a Healthy School—we've given you some questions to get you started...

2. Go for a walk round the school and look for evidence. You could take photographs of things that tell you about being a Healthy School (Sometimes you can find out about being a Healthy Schools even if there aren't any children around)

3. Ask questions. Ask children, staff and parents if they think your school is a Healthy School (and WHY they think so) - you could record their answers on a tape recorder or video camera.



Personal, Social & Health Education^{HS}

Questions to discuss

Do you have PSHE lessons? (you might call them SEAL, or Circle Time sessions)

What sort of things do you talk about in those lessons?

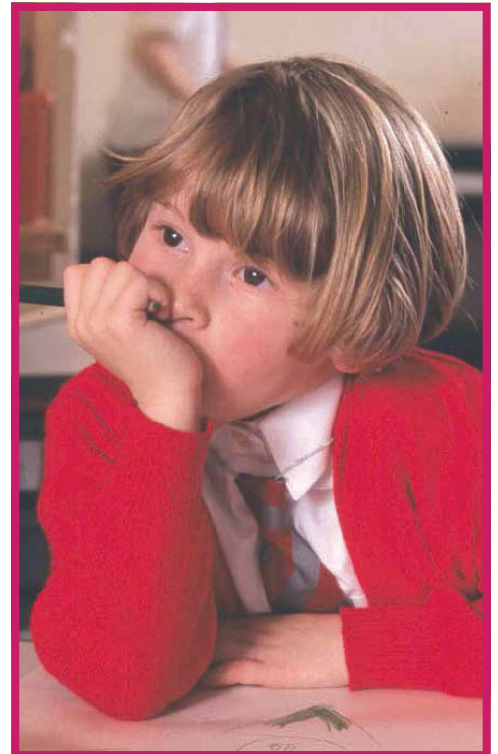
Do you learn about keeping healthy / staying safe? Can remember something you've learnt recently about being healthy?

Do you enjoy the lessons? Why? / Why not?

Does the school ask you about your views about the lessons?

Do you have a School Council (Class Council or Pupil Parliament)? Did you help choose them? How often do they meet? Do get you told about what happens at the meetings? Is there a teacher who looks after the meetings?

What things has the School Council (or Class Council / Pupil Parliament) done to help make changes to school life?



Go for a Healthy School Walk

Look out for news about the School Council / Pupil Parliament around the school - is there a board telling you who they are and what they've been doing recently?

Are there displays about SEAL or pupils' work on PSHE?

Can you find any posters telling you about people who can help you if you are worried? (e.g. Childline, or Antibullying Cornwall)



Questions for discussion

Do you have a tuck shop? Name some things sold in your tuck shop that are healthy. Do pupils have healthier snacks at breaktime?

What have you learnt about Healthy Eating in your lessons? Is there a school cookery club? Who goes to the club? What things do they make?

Are pupils allowed to drink water freely throughout the school day? Where do you get it from? Do pupils have water bottles?



Is the area where you eat your lunch a nice place to be

Is the area where you eat your lunch noisy or quiet?

Is the area where you eat your lunch crowded?

Do you have to queue for a long time to get your lunch?

Are there posters encouraging you to eat healthier food?.

Do you eat with your class or in mixed age groups? Can pupils having school dinners and packed lunches sit together?

Does the school ask for your views about school dinners and healthy eating?

Does anyone monitor what you eat?

Is there anything you could think of that would make the area where you eat your lunch better?

Go for a Healthy School Walk

Can you find any posters about healthier eating?

Can you take a photograph of healthier snacks?

Look around the dining area, is it a 'nice' place to eat?

Where can you get water to drink from?

Is there an area where you do cooking?

Can you find pupils who are learning to cook?



Healthy Eating^{HS}

Questions for discussion

How much physical activity do children get each week (in hours or minutes?)

What after school clubs are there for people to do physical activity?

What do like best about PE? What's the worst thing about PE?



Does your school have a School Travel Plan?

What do you know about the School Travel

Plan? Do you take part in Walk to School

Weeks or other events? Is it easy for you to

take part? Why? / Why not?

Is there cycle training? Who does this? Do

some people cycle to school?

Is there equipment for you to use at playtimes and lunchtimes?

Are there different activities for you to do at playtimes and lunchtimes (including a chance to be quiet)?

Does the school ask you about your views about making physical activity even better in your school?

Do you do any physical activity before schools begins in the morning? What do you do? How does it make you feel?

Go for a Healthy School Walk

Is there a display telling you about the importance of getting active and telling pupils about lunchtime and after school clubs?

Is your playground or play area a good place to play and get active?

Are there different areas for football or quiet play? Is there shelter from the sun?

Take a photograph of playground equipment that you can use?

Can you find children who are enjoying getting active?



Questions to Discuss

Do you have clear rules about how to behave around the school? Are these rules displayed?

Do you have Circle Time / SEAL lessons?

Does everyone have a chance to join with lessons and activities?

How does your school make sure everyone is treated fairly?

Do you have a "buddy" system or playground pals at school?

Is there a quiet area where you can go at playtimes? What could you do there?

Are there any parts of the school you feel unsafe? Why do you think this is?

What would you do if you do if you saw someone who was upset?

Who would you tell if you saw someone who was unhappy, or if you felt unhappy yourself?

Do you think there is any bullying at your school?

If there is, how would it be dealt with?

Do you get to do things that help other people in school? Do older pupils help and support younger pupils?

Does the school celebrate all the things pupils are good at and not just school work? How is this done?

What makes you feel good about yourself when you are at school?

Is everyone happy and looked after at your school?

Does the school ask you about your views and ideas? Do you think they listen and act on your ideas?



Go for a Healthy School Walk

Look for SEAL displays and celebration boards

Can you find information about what to do if you were being bullied?

Can you find the school or class rules displayed?

Can you find people taking part, helping others and being happy around the school?



**Emotional Health
& WellBeing^{HS}**