

# Health Promoting Schools

Willington Primary School is a health promoting school. We encourage all children to lead healthy lifestyles in and out of school hours. We teach PSHCE (Personal, Social, Health and Citizenship Education) lessons in EYFS and both Key Stages as part of the National Curriculum. This includes SRE (Sex and Relationships Education) and Drugs Education.

We encourage the children to participate in at least 2 hours of physical activity in and out of school time through PE and swimming lessons, lunchtime play activities and sports clubs. All children are encouraged to bring healthy snacks and eat a well-balanced meal at lunchtime and our kitchen staff strive to provide a nutritious range of healthy meals. We never give out food related treats as a reward at school and any food treats sent into school for birthdays or holidays will be returned to parents.

Food Technology is taught across the curriculum in PSHCE, Science and Design Technology lessons. We encourage children to become involved in our community and have elected active decision-making school committees such as the School Council and Eco-Warriors.

Our school is committed to maintaining a positive, welcoming ethos and will continue to maintain our recently accredited 'Health Promoting School' award.

