

## Healthy Schools Update

It is just over a year since we launched our Healthy Schools **project** at Bell Farm, and we have made rapid progress in raising awareness and promoting opportunities for children to make healthy choices and adopt healthy lifestyles.

Year 5 and year 6 continue to learn about the dangers associated with drugs through the RIDE project and through Life Education Centres visiting our school.

In all year groups children have been working on healthy eating projects throughout the year. School meal provision and the 'Tuck Inn' environment have been improved dramatically. The gardening club has been growing their own vegetables. Our Food Policy is nearing completion.

We are now part of the Primary Sports Partnership, working with other local schools. Our aim is to increase the time children spend being physically active. We now have a Physical Activity policy, in addition to our PE policy.

There have been many sports clubs running during the year, from Fit Kids and **Weds pm** for year 3 and year 4, to rounders, netball and cross country for year 5 and year 6, and football and athletics, through the annual District Sports, for all. Children, staff and parents have all been invited to take part in the annual fun run, organized by the Friends to raise money for improved playground provision. We are all practicing hard for our Sports Day to be held at the end of June.

For the second year running we are taking part in the Golden Boot Challenge, to promote healthier ways to travel to school.

Our **Values Approach and** our Rights Respecting Schools project, linking us with Unicef, addresses aspects of behaviour, attitudes and emotional well-being at Bell Farm. All members of the school community are being encouraged to learn about their rights and responsibilities in their classes, the playground and the local community. Children are encouraged to raise issues for themselves and suggest possible solutions, increasing their participation in school life.

Our Healthy schools work is on-going and will continue to grow, benefiting all members of the school community, both physically and emotionally.