

Governors' Information Bulletin

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National Healthy Schools Programme

Healthier Living and Learning

The National Healthy Schools Programme was established in 1999 as a joint Department of Health (DH) and Department for Children, Schools and Families (DCSF) initiative. At that time, local programmes could determine which themes and criteria they wanted to implement locally. In September 2005 a new, more rigorous approach was introduced to create national consistency.

More than 90% of schools have joined the National Healthy Schools Programme, and nearly 50% have achieved Healthy School Status. In Calderdale we have 100% of our schools signed up to the National Healthy Schools programme and over 59% of our schools have achieved the award.

The National Healthy Schools Programme is an exciting long term initiative that helps young people and their schools to be healthy. We are making a difference to the health and achievement of young people in thousands of schools across England.

Healthy Schools help children and young people to reach their potential by building on a solid foundation of health to do better in learning and in life.

The Programme isn't just about physical health, it's about good health and happiness inside and out. And it's not just about pupils either; a Healthy School involves the whole school community – from parents to governors to school staff – in improving their health and their happiness and getting the most out of life.

Children in Healthy Schools tell us that they feel healthier, happier and safer. Their parents tell us that they feel more involved in their child's health and learning and often feel better themselves. Schools tell us that the Healthy Schools programme has brought sustained improvement in behaviour, standards of work and school management. What difference will it make to your school?

The Four Themes

The National Healthy Schools Programme has four themes:

- Personal, Social and Health Education (PSHE), including SRE and drugs education;
- Healthy Eating;



- Physical Activity;
- Emotional Health and Wellbeing, including bullying.

The four core themes relate to both the school curriculum and the emotional and physical learning environment in school. Each theme includes a number of criteria that schools need to fulfil in order to achieve National Healthy School Status. Although each theme covers a different area, they are all delivered using the whole school approach so the basic requirements are the same. All schools now achieving National Healthy School Status must have met national criteria using a whole school approach across the four core themes.

Becoming a Healthy School helps schools in supporting the outcomes of the Every Child Matters agenda and can provide useful data and information for the completion of the SEF.

After the Award has been achieved, a plaque and framed certificate will be delivered to your school, and a celebration assembly may be arranged. The school is then encouraged to complete a self review after two years, in preparation for re-accreditation in three years. Once the initial award has been received, school may wish to consider working for a Calderdale Healthy Schools Flagship Award.

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Healthy Schools
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