

# HEALTHY LIVING

## AT

### ST JOSEPH'S CATHOLIC PRIMARY SCHOOL

At St Joseph's Catholic Primary School,  
we are taking an active role in laying the foundations  
for the children to develop an adult healthy lifestyle.

We:-

- promote a school ethos and environment which encourages
  - a healthy lifestyle,
  - an understanding of the impact of particular behaviours,
  - the taking of responsibility for the choices they made.
  
- use the full capacity and flexibility of the National Curriculum to achieve a Healthy Life Style by developing the knowledge and understanding of health especially through
  - Food Technology
  - Science
  - PSHE
  - Geography
  - Citizenship
  - Physical Education.
  
- encourage healthier eating in school by
  - monitoring the snacks and packed lunches brought to school by the children in order to ensure that it reflects the healthy eating messages taught in the National Curriculum
  - providing water to drink in all the classrooms
  - participating in Fruit and Vegetable Scheme for KS1
  
- provide as part of a lifelong healthy lifestyle
  - high quality Physical Education both as part of the National Curriculum and as After School Clubs
  - other physical activities including structured and unstructured play and cycle training
  
- promote an understanding of the full range of issues and behaviours which impact upon lifelong health e.g.
  - emotional well being
  - attitudes to drugs
  - family life