Felsted

HEALTH EDUCATION POLICY

WHOLE SCHOOL
INCLUDING EYFS AND BOARDING

Committee normally reviewing:	Leadership Teams
Date formally approved:	Summer Term 2025
Date policy became effective :	May 2011 (Senior)

Period of Review:	Three Yearly
Next Review Date :	Autumn Term 2027

Person responsible for implementation and monitoring :	Senior Deputy Head HOD PSHE
Other relevant policies :	● Safeguarding (Child Protection) Policy ● Staff Behaviour Policy ● Promoting the Welfare of Pupils Policy ● Anti-Bullying Policy ● PSHE Policy ● Medical Policy ● Record Keeping Policy ● Data Protection Policy ● Tutoring Policy ● Continuing Professional Development Policy ● All Pupil Welfare Policies ● All Staff Welfare Policies ● Healthy Schools Award Government Documentation

The following Policy encompasses the Aims and Ethos of the Preparatory School and the Senior School

Aims and Ethos

SAFEGUARDING STATEMENT
Felsted is committed to maintaining a safe and secure environment for all pupils and a 'culture of vigilance' to safeguard and protect all in its care, and to all aspects of its 'Safeguarding (Child Protection) Policy and the Staff Behaviour Policy'.

EQUAL OPPORTUNITIES STATEMENT
The aims of the School and the principles of excellent pastoral care will be applied to all children irrespective of their race, sex, disability, religion or belief, sexual orientation, gender reassignment or pregnancy or maternity; equally these characteristics will be recognised and respected, and the School will aim to provide a positive culture of tolerance, equality and mutual respect.

HEALTH EDUCATION POLICY

1. INTRODUCTION AND AIMS

1.1 AIMS

Felsted is committed to a holistic approach to the promotion and maintenance of a strong Health Education programme and a healthy environment and experience, and to promoting the physical and emotional well-being of all pupils and employees at the school. The important influence of a healthy diet on a pupil's ability to learn effectively is recognised. The school is committed to ensuring that pupils are well nourished at school and to promoting life-long healthy attitudes to eating and drinking. The School intends to achieve these aims by providing a healthy, balanced diet and by means of an ongoing food education programme explaining the health benefits of a balanced whole food diet and adequate water consumption designed to influence pupils to make informed dietary choices suited to their individual requirements.

To ensure that fresh water is available to pupils throughout the school day from modern, hygienic facilities and to promote water consumption by means of an ongoing education programme explaining the health and learning benefits of drinking enough water.

1.2 SUMMARY OF HEALTH EDUCATION PROVISION

The school provides holistic health education through specific health education through the PSHE programmes. A comprehensive range of health-related support services is available to all pupils. Diagnosis and treatment of any health concern is provided on a 24 hour basis in term time by the Medical Centre, with the school doctor GP services always available. The counselling service is run from the Wellbeing Centre and liaises closely with the medical team. Staff health is addressed through a range of resources available on Felsted Connect..

1.3 THE IMPORTANCE OF CONTEXT

The school believes that a happy and supportive community which collaborates and works together towards common goals, and where students have clear boundaries and are able to feel confident, valued, relaxed but focussed on the task, will not only produce the best results academically and in terms of all other achievements, but will also help to maintain and develop long-term good health.

2. HEALTH EDUCATION THROUGH THE PSHE PROGRAMMES

The PSHE programmes are constantly reviewed and updated and have a strong emphasis on promoting health and wellbeing. The specific topics are many, varied and age appropriate, but are in line with current guidance and practice.

These topics include nutrition and the importance of good hydration, wellbeing and mental health, mindfulness, alcohol, illegal substance and solvent abuse, smoking, sex education, STI's and protecting oneself from abuse.

3. HEALTHY EATING AND DRINKING

Felsted ensures pupils are well nourished at school and healthy eating is encouraged by providing a healthy, balanced diet rich in fruit and vegetables and consisting of fresh, tasty and nutritious foods made on the premises. The school continues to work towards increasing the

availability of healthier options and minimizing processed, chemically treated foods and additives. At the same time the school aims:

- To produce improvements in attitudes towards and knowledge about food types and functions in order to enable pupils to make informed choices to achieve a varied food intake that is suited to their age, size, gender, level of activity and individual basal metabolism.
- To encourage healthy attitudes to eating by encouraging children to enjoy foods in moderation and to be willing to try new tastes.
- To ensure pupils' regular consumption of fresh fruit and vegetables.
- To encourage pupils to be grateful for what they eat and to demonstrate accepted good manners at meal times, not least towards catering staff and other diners.
- To provide the same tasty and nutritious foods that meet the allergic, medical, and vegetarian needs of pupils with special dietary requirements.
- To elicit the support of parents in these objectives in order that they be reinforced in the home.
- To develop and maintain shared values on all aspects of healthy food and drink and to integrate these into all aspects of school life.
- Within the EYFS, morning and afternoon snacks are provided and eaten in the classrooms. A variety of healthy food options are provided and children are encouraged to try foods. Staff hold Food Hygiene certificates.
- To enable and encourage children to drink at least 3-4 glasses of water per day at school – and plenty more when exercising and/or in warm weather. (Drink to Think)
- To continue to provide modern, attractive, hygienic facilities which deliver fresh water that is palatable, both in taste and temperature, in order to encourage pupils to drink water regularly.
- To ensure that water is freely accessible to pupils throughout the day.
- To provide ongoing knowledge about and attitudes towards water consumption among pupils by means of a co-ordinated education programme to promote the health and learning benefits of regular and sufficient water intake.

4. WELLBEING AND MENTAL HEALTH

Pupils are taught about managing and regulating their emotions, and strategies for promoting and improving resilience are taught within the PSHE programmes. However, rising numbers of mental health problems are being reported in young people so Felsted also supplies support for any child in need of additional support. The counsellors on the wellbeing team are able to work with children and young people of all ages. Referrals are made by parents, teachers or the young person themselves. Each pupil is entitled to 6 free sessions and if more are needed, then the cost is added to their bill. For prep school pupils, the parents are always involved in the process but it is possible for senior school pupils to make appointments without involving their parents.

5. PHYSICAL ACTIVITY

All pupils are taught the importance of physical activity and all take part in sporting activities several times a week. For pupils who are, because of disability or illness, unable to take part in core activities, appropriate alternatives are found. A pupil recovering from illness or injury will also be helped to regain fitness by the sports team.

6. HEALTH EDUCATION THROUGH ASSEMBLIES AND OTHER FORUMS

Heads' Assemblies are periodically used to address the whole school on major health issues, for example awareness of and countering cyber-bullying

Chapel Services address issues of relationships, anti-bullying, well-being, spiritual health, self-awareness, understanding others, and related topics.

House and Phase Assemblies are periodically used to address issues of well-being, self-management, anti-bullying, self-awareness, understanding others, developing awareness and helping others who have specific medical needs, for example, how to administer an EpiPen when a member of the house has an allergic emergency (the school nurse supported this) and related topics

Peer mentoring and peer counselling training provides significant awareness and training in a range of health-related issues, particularly relating to emotional well-being.

Tutorials address issues of well-being including balance of activities in life, managing stress, understanding self and others, as well as management of specific health conditions. PSHE topics are also included in the tutorial programme to make effective use of the trusted relationship between the tutor and pupil.

The Co-Curricular Programme provides many areas of Health-related Education, either developing one's own health or understanding the health-related issues of others; through sport, Community Service, adventurous activities, challenging overseas projects such as community service with street children in Mumbai, or Round Square Service Projects

7. STAFF ENFORCEMENT OF MEASURES TO COUNTER MAJOR RISKS TO HEALTH AND STAFF DEVELOPMENT INVOLVING HEALTH EDUCATION

Staff are aware and will be periodically updated on the School's Policies relating to health issues, and the appropriate response to smoking, vaping, alcohol and illegal substance abuse by all pupils, and in the boarding Houses by boarders, and follow that Policy in practice.

All staff including Boarding House staff receive comprehensive health-related training regularly on matters such as Safeguarding and anti-bullying and from Medical centre nurses in First Aid (procedures such as managing anaphylaxis, asthma, diabetes, epilepsy and other significant health conditions). There is a systematic programme for training staff on registered First Aid courses to First Aid Certificate standard.

Staff receive regular Staff Development Health Education on managing particular pupil health issues (for example, managing pupils with epilepsy) or on their own health such as managing stress. There is a rolling programme to ensure that all staff are trained in Mental Health First Aid.

Boarding House staff in particular receive support and training, with HMs having access to supervision on a voluntary basis to discuss particular pressures and their self-management relating these pressures.

8. REVIEW

This Policy is kept under review by the Heads and Leadership Teams, Deputy Heads, Counselling and Wellbeing and the Heads of PSHE.