



# Trelawnyd VA School's



## Eco and Healthy Schools Child Friendly Policy



Our aims are to:



- To promote a whole school approach to a healthy lifestyle
- To nurture safe working and playing relationships both inside and outside of school.
- To look after our school indoor and outdoor environment, along with our local community environment, e.g. planting flowers, growing vegetables, recycling, saving energy.
- To have weekly PE, regular School Sport opportunities and physical activities like Junkyard.
- To encourage all pupils and staff to drink plenty of water and use the water fountains to refill throughout the day
- To develop cooking skills through the use of healthy ingredients and to monitor this to ensure progression of skills.
- To ensure Newydd are providing freshly cooked nutritious school meals
- To provide children with more choices as to how they use their playtime
- To offer a healthy snack each morning for the whole school
- To help children use their learning powers to develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices.
- For children to learn how to develop good relationships, and respect people's differences.
- To give pupils a voice to influence change through our School, Eco and Ethos Councils and the Criw Cymraeg.
- Ensure our eco action plan is evidenced and updated each year.



## Policy into Practice

Our policy addresses many statements across the six areas of learning within the curriculum for Wales; therefore, evidence will be cross curricular. Some topics such as 'Ourselves' and 'Food' will cover many of our aims and objectives and opportunities are sought in other topics to further expand on these messages. Our pupils will experience the following opportunities:

- Dance, gymnastics, swimming, after school clubs and games and outdoor adventurous activities such as Junkyard.
- Local sporting events/ rural schools' activities
- Circle time
- Connect PSHE/RVE issues will continue to be covered within the curriculum through topic work, personal targets for the children, classroom rules and targets, visitors and e.g. school nurse and school trips and visits
- Residential trips
- Forest schools
- Immersion weeks, e.g. Eco week/ science week/ water day/ Fairtrade week
- Through food technology topics based on Healthy Eating
- Through topics within the year groups which may be based on Healthy Eating topics or cover such issues as Sex Education



## Reviewing the Policy

This policy was created by the Eco council and outlines the practice and intentions of Trelawnyd VA School at the present time and will be used as an ongoing document. It will be updated on a regular basis or when new legislation is available.

