



ST MARY'S
CATHOLIC SCHOOL

H4 POLICY ON HEALTH PROMOTION

Rationale:

To promote the health and well-being of staff and pupils.

Procedures:

This policy requires a multi-faceted approach. This is outlined in the school's 'Healthy School Strategy'. The policy of St Mary's is:

- to provide for the spiritual development of staff and pupils
- to provide emotional support for pupils through a school listener
- to provide medical advice for pupils through the school nurse and Mental Health First Aider
- to provide communication channels for staff and pupils to participate in and feedback on school development
- to operate systems which reduce the likelihood of stress, identify problems at an early stage, and which respond to the needs of the individual
- to provide a range of healthy eating options
- to ensure that the curriculum supports and develops a healthy lifestyle for pupils.

Evaluation:

The surveys that are integral parts of the school's framework of self-evaluation will record high levels of satisfaction from staff and pupils. Attendance will also be high.

School Improvement Committee

This review: April 2023

Next review: May 2025