



Saint Andrew's International High School

# HEALTHY SCHOOL POLICY

Policy Approval Date: June 2026

Review Cycle: Biennial

Next Review Date: June 2028

## General Statement

St Andrew's International High School (SAIntS) is committed to providing a safe, supportive, and health promoting environment in which all students and staff can thrive. The school recognises that physical health, mental wellbeing, nutrition, safety, and environmental conditions all contribute to student achievement and personal development. This policy outlines the school's approach to promoting healthy lifestyles and maintaining a whole school culture that prioritises wellbeing and sustainable practice.

## Rationale

A healthy school environment supports the academic, social, and emotional development of students. SAIntS recognises that wellbeing is essential to learning, and that positive habits established at school can contribute to lifelong health. The policy also acknowledges that parents, staff, and students each have a role in sustaining a culture of wellbeing across campus.

## Aims & Objectives

- Promote lifelong healthy habits and positive lifestyle choices.
- Support students' physical, emotional, social, and mental wellbeing.
- Provide a safe, clean, and inclusive environment for learning.
- Ensure consistent health promoting practices across school life.
- Align health and wellbeing initiatives with the school's Sustainability and Education for Sustainable Development (ESD) strategies.
- Strengthen partnerships with parents and the wider community in supporting student wellbeing.



## Procedures

### 1. Mental Health & Wellbeing

- Deliver a high quality Life Skills curriculum and pastoral programme.
- Promote a culture in which students feel safe to discuss concerns.
- Implement proactive wellbeing initiatives.
- Train staff to recognise early signs of mental health difficulties.
- Reduce stigma through intentional pastoral and curriculum programmes.

### 2. Physical Health

- Encourage regular physical activity through PE, Games, and co curricular provision.
- Maintain safe facilities and equipment.
- Promote good hygiene practices across campus.
- Maintain clear procedures for medical conditions.
- Ensure the school clinic is staffed and equipped appropriately.

### 3. Healthy Eating & Nutrition

- Promote balanced meals in the dining hall.
- Limit high sugar, high fat, and highly processed foods.
- Provide access to clean drinking water.
- Include nutrition education within relevant subjects.
- Encourage healthy options at school events.

### 4. Physical Activity & Active Living

- Promote daily physical activity opportunities.
- Ensure sport and physical activity are accessible to all students.
- Encourage safe walking and cycling.
- Provide opportunities for outdoor learning.

### 5. Safe School Environment

- Uphold high standards of cleanliness and air quality.
- Enforce safeguarding and child protection procedures.
- Ensure emergency procedures are implemented effectively.
- Promote anti bullying and positive behaviour practices.
- Maintain safe, inclusive play and learning spaces.

### 6. Health Education

- Integrate health content across the curriculum.
- Deliver age appropriate Life Skills topics, including relationships, digital wellbeing, and substance misuse.
- Work with external partners where appropriate.

## Roles & Responsibilities

### Senior Leadership Team

- Ensure effective implementation and resourcing of this policy.
- Oversee monitoring and evaluation processes.
- Support staff wellbeing and training.

### Health & Safety Officer & School Nurse

- Oversee medical procedures and emergency response.
- Maintain health records and first aid provision.
- Lead health promotion initiatives.
- Maintain and review the accident logbook.

## Head of PE & Life Skills Coordinator

- Lead and develop PE and Life Skills programmes.
- Ensure curriculum reflects best practice in health education.
- Work closely with Pastoral and Safeguarding teams.
- Support staff delivering Life Skills.
- Promote inclusive access to physical activity.
- Review and update documentation aligned to whole school priorities.
- Teachers
- Model healthy habits.
- Integrate wellbeing into classroom routines.
- Identify and refer emerging health concerns.
- Deliver Life Skills and pastoral sessions.

## Parents & Guardians

- Encourage healthy habits at home.
- Participate in health initiatives.
- Provide timely medical and wellbeing information.

## Students

- Make informed healthy choices.
- Participate actively in wellbeing programmes.
- Treat themselves and the school community with respect.

## Monitoring & Evaluation

- Feedback from students, staff, and parents.
- Data from the school nurse and pastoral team.
- Review of participation in physical activity.
- Monitoring of dining hall menus and food quality.
- Alignment with local and international health guidelines.

## Linked Policies

- Safeguarding & Child Protection Policy
- Behaviour and Anti Bullying Policy
- Sustainability Policy
- Medical & First Aid Policy
- Staff Wellbeing Policy
- Trips & Events Policy
- SAIntS Digital Strategy Policy
- Games and PE Schemes of Work
- Life Skills Schemes of Work
- Pastoral Programmes
- Co curricular Programmes