Policy Document Title:	Health Promotion Policy
To be read in conjunction with:	Health and Safety Policy Health Care Plans Staff Handbook Intimate Care Guidelines PSHEE Policy School Food Regulations (2021)
Updated:	10/26
To be reviewed:	10/28

**This policy is available on the school intranet and website www.stvin.com*

We aim to encourage, promote and enable pupils to make informed choice about healthy lifestyles through:

- Diet and exercise
- Personal Hygiene
- Sex and Relationships
- Smoking, Drugs and Alcohol
- Staying Safe
- E-safety

We provide support, guidance and advice, appropriate to age and understanding, enabling pupils to make well informed realistic decisions.

Various agencies are used to reinforce topics covered:

- 5-A-Day
- NHS Mersey Care
- NHS Vaccination and Immunisation Team
- Daily Mile
- CMOs PA Guidelines for Disabled Children and Young People

Personal, Social, Health and Economic Education (PSHEE) includes promoting an understanding of being healthy and health related issues.

Diet

Pupils are provided with healthy, nutritious meals that meet the Requirements for School Food Regulations (updated 2019) and all of their dietary needs. Pupils are involved with planning meals through regular meetings with the Catering Manager. There is always a variety of hot and cold foods at each meal from which pupils can make their own choice.

Vegetarian/Vegan options are available, as are special diets, relating to health and cultural requirements. Pupils are offered water, no added sugar fruit juice or milk to accompany their meal. School has a number of water fountains which provide cold water; pupils are actively encouraged to use these throughout the day.

Pupils are offered fruit at morning break time to encourage participation in '5 a day'. This is also an opportunity to taste fruit and fruit products.

Care workers support pupils during mealtimes to make healthy choices and offer guidance with the many practicalities of being a visually impaired diner.

Many pupils work with Care Workers and the Living Skills Officer to plan, budget and prepare food; this includes, making informed choices and shopping for ingredients. This activity promotes independence and discussion about healthy lifestyle choices and economic wellbeing with the pupils.

Health Promotion

St Vincent's School has a Health Care Co-ordinator (HCC) who prepares health care plans and offers the opportunity for pupils to discuss health related topics. The HCC disseminates all relevant and permissible information to appropriate staff.

The HCC liaises with parents/carers and medical agencies to ensure the health and well being of all pupils. School has a named community staff nurse from the Mersey Care Special School Health Team, contact number 0151 298 2371.

Email: SpecialSchool.NursTeam@nhs.net

Pupils are offered the immunisation schedule by the NHS. Participation in these programmes is by consultation with parents and carer.

Pupils are provided with information in an accessible format to support and enable them to make informed decisions about their health.

Physical Activity

Pupils receive taught PE/swimming and are given on-going age-appropriate guidance relating to the importance of leading a healthy and active lifestyle.

The extended curriculum includes a variety of physical activities; walking, assault course, climbing frame, swings and free play, Goalball, Boccia, gardening, tennis, outdoor trampoline, golf, Disability Awareness in Sports, football training, drama, fitness suite, bowling, swimming, Daily Mile and ParkRun.

Children and young people at St Vincent's School also assisted the co-production of the CMOs physical activity guidelines: https://www.gov.uk/government/publications/physical-activity-guidelines-disabled-children-and-disabled-young-people

School takes advantage of local external links including Liverpool and Everton Football Clubs along with WDT4 (We do tennis for disability) and Majestics golf club.

School now offers fortnightly Saturday activities from 10 am to 12 pm during term time.

School continues to offer annual week-long summer camp activities for all C&YP with VI. This first qualitative study can be found using the following link via open access: https://doi.org/10.1177/02646196241261608

Personal Hygiene

The importance of personal hygiene is emphasised, encouraged and promoted throughout the school, by way of, key worker sessions, care plans, discussion groups, workshops, activities and

videos relating to personal and dental hygiene, positive self image and pride in appearance. (see also Intimate Care Guidelines).

Relationships and Sex Education

Pupils are able to approach staff with any questions, and they will receive informed information. Their sexual health is therefore promoted through RSE (see policy).

Smoking and Alcohol

St. Vincent's is a no smoking site; this includes e-smoking and Vaping (See Smoking and Alcohol policy.) Pupils are encouraged to make informed, healthy choices and decision regarding their use of alcohol.