

Soham Village College

Healthy Schools Statement

Soham Village College recognises that a healthy school is one that is successful in helping students to do their best and build on their achievements. We are committed to ongoing improvement and development and will work with 'Healthy You', which is funded by Cambridgeshire County Council, to embed physical activity and healthy eating into the daily lives of children and their families.

We actively promote physical and emotional health and wellbeing by providing accessible and relevant information and equipping students with the skills and attitudes to make informed decisions about their health based on positive attitudes and information. We will liaise with outside agencies to ensure all information is current and relevant to our students and staff. The impact of this programme is based on a whole school approach to physical and emotional wellbeing focused on these core themes:

- Healthy Eating
- Physical Activity
- Emotional Health and Wellbeing

The whole-school approach involves the whole school community including students, staff, parents and governors. A healthy school understands the importance of investing in health to assist in the process of raising levels of pupil achievement and improving standards. It also recognises the need to provide a physical, emotional, and social environment that is conducive to learning.

As a healthy school we strive to promote healthy eating to ensure our students have enough energy to last throughout the school day. Our students are informed about what healthy eating looks like and have the option to either bring their own food into school or to choose food and drink provided at school. All aspects of food within our school are well-balanced, varied and nutritious. We have water points with cold fresh water available throughout our school and students are encouraged to bring a water bottle into school so that they can remain hydrated and minimise any waste from disposable cups.

We aim to provide high quality Physical Education to promote physical activity as part of a lifelong healthy lifestyle. We will help students develop greater confidence, motivation, self-esteem and to acquire the skills, information and understanding to make important life and health choices. A variety of play equipment and activities are provided during break and lunchtimes, enabling students to be active and develop good relationships, showing respect and tolerance for one another.

We actively encourage our students to take part in competitions and events organised by Cambridge Schools Sports Partnership, covering a wide range of different sports for students of all ages. Our new outdoor Table Tennis tables are available for all students, our school promotes an active lifestyle and creates a safe environment, providing accessible exercise for all abilities, often providing sports equipment for students to use at breaks and lunch times.

Adam Clark

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