ST MARY'S
CATHOLIC SCHOOL

St Mary's Catholic School

Healthy School Strategy

<u>Counselling Provision</u>
Physical: School Nurse
Emotional: School Mentors
Spiritual: School Chaplain
Leadership Group
Form Tutor
Peer Support Groups

<u>Spiritual Provision</u>
Liturgical Calendar
Assembly Monitoring
Map of opportunities for spiritual development of staff

<u>School Policies</u>
Use of Substances
Bullying Policy
School rules
Behaviour Policy

Health & Safety Committee

<u>PSHEE Curriculum</u>
Includes Citizenship, Drugs Education, Personal Relationships Education, personal safety, Emotional health. Mental health, Social Media

Policy on Health Promotion

<u>RE Curriculum</u>
Includes Citizenship, Drugs Education, Personal Relationships Education, personal safety, emotional health, spiritual development

<u>Communication System</u>
Including Bulletin, Weekly Student bulletin, Staff Support Meetings, directed time meetings for teachers, Senior LSAs, school councils

<u>Technology Curriculum</u>
Nutrition, maintaining a healthy diet

<u>Staff Well-being Policy</u>
Includes stress management, life / work balance, professional support and development.
Catholic Programme of Development

Catering Development Plan

<u>PE Curriculum</u>
Includes exercise, and maintaining a healthy lifestyle

Review
Governor Committee: School Improvement Committee
Date of review: January 2023
Next Review Date: January 2024