



Our Lady Immaculate
Catholic Primary School
An Academy



Healthy School

Our Lady Immaculate is one of 200 Essex schools to be awarded Healthy Schools Status. The Foundation Stage Award is given to schools meeting 41 standards in emotional health and wellbeing; personal, social and health education; physical activity; and healthy eating.

Now we have successfully achieved the foundation stage, there is an opportunity to achieve an Enhanced Healthy Schools Award. This involves further work on health and wellbeing priorities to support educational attendance and attainment.

Our Lady Immaculate Healthy Schools Status

At Our Lady Immaculate we take an organisational and whole systems Healthy Schools approach with the aim of integrating health and well-being within the ethos, culture, routine life and core business of the school setting. This involves addressing the needs of pupils, staff and the wider community, not only within the curriculum, but across the whole-school and learning environment.

The whole school approach encompasses these nine over-arching areas of our school improvement:

- leadership, management and managing change;
- policy development;
- learning and teaching, curriculum planning and resourcing;
- school culture and environment;
- giving children and young people a voice;
- provision of support services for children and young people;
- staff continuing professional development (CPD) needs, health and wellbeing;
- partnerships with parents/carers and local communities;
- assessing, recording and reporting the achievement of children and young people.

The whole school review template is used by schools to review our provision for children's health and well-being. It uses the nine areas of the whole school approach to provide a current picture.

Each of the nine areas can be applied to the four themes which are the cornerstones of Healthy Schools work, namely:

- personal, social and health education (PSHE);
- healthy eating;
- physical activity;
- emotional health and well-being (EHWB).

Our Healthy Schools team notes down information on the four themes using the whole school approach, to generate a rich source of ideas which can be helpful in completing our whole school review template.

Our Lady Immaculate Physical Education Provision.

As a healthy school, we have spent some of our Sports Premium money, to build new sports equipment storage facilities so that resources are more easily and safely accessible and kept in better condition.

In addition, PE t-shirts and an all-weather sports fleeces have been introduced for staff in order to raise the profile of school sports at Our Lady Immaculate.

We are a member of the Essex Schools Sports Partnership which not only provides necessary training for staff but also organises inter schools competitions and opportunities for more able pupils. Children take part in different inter school competitions including Mini Olympics, Quad kids, Superstars and District Sports.

Through the Sports Partnership, one of our pupils has been selected to train and play with Chelmsford and Mid Essex District Cricket Team.

Every child attends one indoor PE session and one outdoor Games session weekly which equates to two hours physical exercise weekly. Children can attend after school clubs. These include HI-Fives, Gaelic Football, Multi-Sports and a Football Club.

Last year all Year six children were given 8 weekly sessions by a specialist from Essex Cricket. All KS1 and KS2 children have participated in Tag Rugby sessions by Chelmsford Rugby Club. Two children in Year 2 and Two in Year 5/6 have been chosen to take part in workshops for Gifted and Talented children. A Change4Life was introduced in Year 3 in conjunction with the Olympic legacy to raise confidence and self-esteem in children.

Our Year 6 pupils go on a residential trip just before October half term. They participate in a range of outdoor and adventurous activities including climbing, abseiling, assault courses, paddle boarding, rifle shooting and archery.