**Physical health, fitness and healthy eating**

**Schools should have** at their heart a belief that all children are loved by God, are individually unique and that the school has a mission to help each pupil to fulfil their potential in all aspects of their personhood: physically, academically, socially, morally and spiritually.

We are seeking to enable pupils to take increasing responsibility for their own physical health and mental wellbeing. At one level, this is about recognition of signs of physical illness, risks of sun damage, importance of quality sleep, dental and personal hygiene. At another level, it is about the importance of exposing pupils to a range of physical activity and wellbeing strategies: vigorous physical activity (e.g. daily mile); core strengthening activity (e.g. dance, gymnastics, singing, exercise); mental resilience (e.g. prayer, mindfulness). It is important that pupils are aware of the characteristics of a healthy lifestyle and understand the positive associations between physical activity and the promotion of overall wellbeing. Pupils should be supported to be agents of change in their own lives.

Alongside physical activity and fitness, if children are to 'flourish', they must also be aware of the importance of a healthy diet and the risks associated with unhealthy eating and drinking.

Pupils should understand that making wise choices in childhood can impact positively on health in later life.