**Where We Are Now Document**

As part of our engagement with your school we would like to help you work towards a Healthy School Award. In order for you to plan how to achieve this, it is first of all necessary to gather some information to understand where you are currently on your journey towards becoming a Healthy School in all of the four core areas of **Physical Activity, Food, Emotional Health and Wellbeing, and PSHE** with **Learner Participation** as an integral part of these areas.

Please include as much information as you can, even if you are not sure if it is relevant. You are welcome to include the same activity/initiative in more than one core area if it has impact. This process can also help you to identify areas for improvement.

**Nutrition**

**To facilitate a healthy diet, encourage the development of positive eating behaviours, and educate students the importance of nutrition for benefits to physical and mental health.**

**Please indicate what interventions you are currently or have recently been engaged with:**

*Examples could include but are not limited to: SUGAR SMART Certificate, SUGAR SMART Staff Session/Parent Session/Pupil Sessions, implementation of the Food in Schools Framework, school catering advice, menu reviews, Healthy Lunch & Snack Polices, Dental Health Work, Food Hygiene certificate, growing produce, cooking*

**Other work around Nutrition:**

**How are learners consulted over decisions made in this area?**

**Emotional Health & Wellbeing**

**To facilitate a whole school culture as a mentally healthy school via the teaching about mental health and emotional wellbeing, in order to keep pupils safe, promote an understanding of pupils’ own emotions as well as those of other people, and the development of healthy coping strategies.**

**Please indicate what interventions you are currently or have recently been engaged with:**

*Examples could include but are not limited to: Whole School Approach to Good Mental Health session, ReSET Session, MindEd, Trauma Informed Schools/Thrive, Denzel, Mindfulness*

**Other work around Emotional health & wellbeing:**

**How are learners consulted over decisions made in this area?**

**PSHE**

**To facilitate a whole school approach in the delivery of PSHE within the curriculum guidance.**

**Please indicate what interventions you are currently or have recently been engaged with:**

*Examples could include but are not limited to: RSE programmes of work, Drugs & Alcohol programmes of work, RSE Confidence Session, Speakeasy, Barnardo’s Workshops, CEOP Training, Online Safety, NSPCC*

**Other work around PSHE:**

**How are learners consulted over decisions made in this area?**

**Physical Activity**

**To facilitate 30 minutes of physical activity a day, encourage the development of active lifestyles, and educate students about the importance of physical activity and its benefits to general wellbeing, including mental health.**

**Please indicate what interventions you are currently or have recently been engaged with:**

*Examples could include but are not limited to: The Daily Mile, Time 2 Move Framework, Cornwall School Games, Active Classrooms, Wake & Shake, This Girl Can, Active Travel to& from School, Early Movers, Arena, Youth Sports Trust*

**Other work around physical activity:**

**How are learners consulted over decisions made in this area?**