

north
somerset



healthy schools
network

It is with great pleasure that we are able to send you a NSHSN logo, in recognition of the ongoing commitment to healthier, happier learning at Kingshill Church School.

You identified two clear areas that you wanted to address over the year, which were promoting healthy eating and encouraging more children to become physically active.

Healthy eating can often become a contentious issue, but you tackled the issue with consideration and care, to try to bring your whole school community 'onside'. Firstly you created a new food policy to clarify exactly what your expectations were, and explain the rationale for food being identified as an important issue. You were very clear that children would only be able to bring fruit and vegetables into school for break times. The healthy eating messages were promoted in several whole school assemblies, within lessons and through workshops such as the 'Field to Fork' scheme and smoothie making. Lunchtimes saw the introduction of Year 6 children as 'Table Toppers' to model good mealtime manners and help cut up food for the very young children on their table. Parents were included in the healthy eating drive with promotion in the school newsletters and a number of home based 'health' challenges in Healthy Schools week. The whole school promotion of healthy eating has really raised awareness of the need to eat well. Healthy eating has a prominent status within school and has been integrated in the rewards system, ensuring that children are regularly praised for eating well and making healthy choices.

You came up with a number of different strategies to encourage your children to get more active. In addition to outside agencies, such as additional coaches to work with the children with a greater variety of sports, you also trained some of your children to become Junior Sports Leaders. These leaders take responsibility for organising and playing lunchtime games and also reward children for their efforts and achievements with certificates in assembly. The PE coordinator sets the whole school a termly sporting challenge, and you have tried to source a number of visitors to come into school to encourage the children to try something new or a bit different.

We congratulate everyone who has been involved in your Healthy Schools journey this year, for boosting opportunities for the students to eat well and get active. It has been a pleasure to work with you and we very much hope to work with you again in the future.

Shaun Cheesman and Alison Ball
North Somerset Healthy Schools Network Team