

## Healthy School Statement – Godmanchester Community Academy

At Godmanchester Community Academy, we believe that a healthy school is one where students thrive—academically, physically, and emotionally. We are committed to continually enhancing our school environment to support both learning and well-being. By fostering a culture of health and wellness, we aim to provide students with the knowledge, skills, and confidence they need to make informed choices about their health and lifestyle.

We recognise that investing in pupil well-being plays a vital role in raising academic standards and supporting every child's full potential. A healthy school nurtures learning, growth, and development through both its physical environment and social ethos—and we strive every day to create such a place for our pupils.

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### Our Aims

- **Enhance Academic Achievement**  
Create a learning environment that supports health and well-being, contributing to improved academic outcomes.
- **Promote a Whole-School Approach**  
Encourage healthy lifestyles through a collaborative effort across all school activities.
- **Informed Health Choices**  
Equip pupils and staff with the knowledge, skills, and attitudes to make positive health decisions.
- **Safe and Supportive Environment**  
Foster positive, respectful relationships and provide a secure environment both indoors and outdoors.
- **Quality Physical Education and Sport**  
Deliver high-quality PE and School Sport, making physical activity a regular and enjoyable part of school life.
- **Hydration Awareness**  
Promote the importance of staying hydrated by providing water bottles for all pupils.
- **Collaboration with External Agencies**  
Partner with health professionals and organisations to ensure access to current health information and support.
- **Healthy Eating through Food Technology**  
Strengthen education on nutrition through the Food Technology strand of the Design and Technology curriculum.
- **Active Playtimes**  
Enhance playtime opportunities by developing engaging outdoor spaces and encouraging active play.
- **Encourage Healthy Snack Choices**  
Support children in selecting nutritious snacks during morning breaks.
- **Build Confidence and Self-Esteem**  
Encourage personal development, motivation, and resilience to help pupils make positive life choices.
- **Promote Respect and Healthy Relationships**  
Teach pupils to build respectful relationships and appreciate individual differences.

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## **What the School Council Says Makes Our School Healthy:**

- Nutritious and balanced school lunches.
- A tidy and safe environment where everyone feels secure.
- A focus on mental health, including quiet areas for relaxation and reflection.
- Inclusive physical activity opportunities for all pupils.
- Fun and engaging PE lessons that get everyone moving.