

Diet

Relationships  
Education

Exercise

**Healthy Living across the Curriculum**  
at  
Oasis Academy Shirley Park Primary

Health and Safety

Mental  
Health

Education  
about dangers  
of substance  
abuse

## Mental Health

English	Ethos	Maths	Services
Range of PSHCE books in the library and book corners.	<p>Children do peer massage daily to calm themselves down</p> <p>Behaviour challenged children are given a cool down spot to calm themselves down if they need it.</p> <p>SEAL lessons taught weekly in all key stages offer ways to calm down when they are in a situation and do not know how to deal with it.</p> <p>Problem Page - Children that have any worries or stresses are given a page to write their problems down in confidence.</p> <p>Children have 2 safe adults to speak to, if they need to, about any stresses or worries .</p> <p>Verbalising thoughts through Circle time and P4C.</p>	<p>‘Brain Training’ in regards to programs like TT Rockstars, Short inputs at the start of lessons.</p>	<p>Full Circle Counselling.</p> <p>Play therapy.</p> <p>Social skills groups.</p> <p>Mighty ‘Men of Valour’.</p> <p>Educational Psychologist</p>

Mental Health in our values:  
Happiness, Honesty, Kindness, Patience, Perseverance and Self-Control.

## Exercise

PE	English	Ethos	Science and Technology
<p>Participation in PE/ Games Outside clubs After school clubs Availability of a range of activities and equipment at playtime</p>	<p>Range of PSHCE books in the library and book corners. Range of sports books in the library</p>	<p>Cultural workshops that offer dance e.g. multicultural week is used to promote Bollywood dancing. Comic relief - raise money for Red Nose Day by offering children to play a charity football match against teachers Peer Massage Teaching through kinaesthetic activities</p>	<p>Importance of exercise human body movement (skeleton and muscles)</p>

Exercise in our values:  
Happiness, Honesty, Kindness, Patience, Perseverance and Self-Control.

## Diet

English	Ethos	Science and Technology
Range of PSHCE books in the library and book corners.	Children in EYFS and KS1 are given fruit every day Healthy plate in lower school. Food tasting, e.g. Handa's surprise.	Balanced diet and nutrition Food groups Digestive system Teeth Food technology: use the basic principles of a healthy and varied diet to prepare dishes understand and apply the principles of a healthy and varied diet Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Diet in our values:

Happiness, Honesty, Kindness, Patience, Perseverance and Self-Control.

## Relationships education

English	Ethos	Science and Technology
Range of PSHCE books in the library and book corners.	Relationships education in phases starting from year 4. Parents are consulted and give consent to this prior to this. SEAL lessons	Noticing that animals, including humans, have offspring which grow into adults (Animals including humans – Year 2) Life cycles and reproduction Changes as humans develop (puberty)

Relationships in our values:  
Happiness, Honesty, Kindness, Patience, Perseverance and Self-Control.

## Education about dangers of substance abuse

English	Ethos	Science and Technology
<p>Range of PSHCE books in the library and book corners.</p>	<p>KS2 teach the dangers of drugs and alcohol in P4C lessons and topic lessons where it sees fit.</p> <p>Children are given a basic understanding in topic lessons and children are taught the dangers of this, when they overdose on drugs and alcohol.</p> <p>As children move up the years in KS2, the issues of drugs and alcohol is explored deeper in the topic lessons it fits into.</p>	<p>Recognising the impact of drugs and lifestyle on the way their bodies function (Animals including humans – Year 6)</p>

Education about dangers of substance abuse in our values:  
Happiness, Honesty, Kindness, Patience, Perseverance and Self-Control.

## Health and Safety

PE	English	Ethos	Science and Technology
<p>Performing activities safely Not putting others in danger</p>	<p>Range of PSHCE books in the library and book corners.</p>	<p>Children are taught how to use the equipment safely e.g. scissors, paint. Safety advice and modelling in lessons, using potentially dangerous equipment e.g. saws, glue guns Art lessons - children taught to wash their hands afterwards. Children in EYFS and KS1 are given the opportunity to wash their hands before lunch School trips - Teachers carry out a risk assessment before hand, working out a safe route and noting down potential hazards. Children are notified of these hazards and children are taught what they need to do to keep safe. Road safety - School council work with teachers to keep the environment outside of school safe Children are encouraged to walk to school, working in accordance with the school travel plan Zig Zag lines - school council are notifying parents about the dangers of parking on the zig zag line by producing a banner.</p>	<p>Taught to use equipment safely Carry out experiments safely Food preparation safety  E-safety: use technology safely, respectfully and responsibly; recognise acceptable/ unacceptable behaviour; identify a range of ways to report concerns about content and contact.</p>

Health and Safety in our values:

Happiness, Honesty, Kindness, Patience, Perseverance and Self-Control.