

Our school helps us to understand how we eat, how active we are and how decisions we make about our behaviour and relationships affect our bodies and the way we think and feel about ourselves.

	<b>Pupils</b>	<b>Parents &amp; Staff</b>
<b>Evaluation</b>	<b>Very Good</b>	<b>Very Good</b>

School Staff & Parents

Health and relationship learning is integrated throughout the curriculum and focussed on during weekly circle time. There is a healthy snack rota. It would be great to have an extra-curricular sport activity.

The school is extremely active in giving pupils opportunities to participate in physical activities, strength training, yoga, healthy cooking. Healthy snacks are also encouraged. School lunches are provided which have to meet health standards but this does not apply to packed lunches. Perhaps the Healthy Safe Kidz could help to promote healthy lunch boxes.

A wide variety of opportunities to improve health and fitness is offered to pupils including cooking lessons as part of their Skills for Life, Walk to School days, Health Week, cycling and scootering skills workshops, class fitness lessons (Yoga, Strength and Stamina training) and healthy eating choices are also recognised and rewarded.



Pupils

It is really good but I think even myself we can be better.

We could eat crisps.

Some people like sweets.

Excellent.



Mr Williams

It is great to see that the emphasis we put on healthy bodies and minds is being recognised.

**Action to improve:** I will endeavour to create an extra-curricular sporting club at Foveran School.

I will further promote the opportunities provided by Active Schools Aberdeenshire.

