

## Compass School Healthy Lifestyle Statement of Intent

At Compass School, we are dedicated to fostering a healthy and balanced lifestyle for all pupils and staff. Our holistic approach focuses on the well-being of the whole person, promoting both physical and mental health. To support this, we emphasise the following key areas:

### 1. **Physical Activity**

We aim to integrate daily physical activity into the school routine, encouraging all pupils to participate in exercises that enhance fitness, coordination, and mental clarity. Whether through structured sports, our extensive enrichment programs, outdoor play, or active breaks, movement will be a core part of the school day.

### 2. **Access to Water**

Hydration is crucial for both physical health and cognitive function. We ensure fresh, clean water is readily available throughout the school day, encouraging pupils to drink regularly to support their well-being and maintain optimal performance. Fizzy drinks are not permitted on school premises.

### 3. **Mindfulness and Emotional Well-being**

To help pupils develop emotional awareness, manage stress, and build mental resilience, we incorporate regular mindfulness practices. These sessions provide time for reflection, helping pupils cultivate positive mental habits that enhance emotional well-being.

### 4. **Nurturing Nature**

We believe in the importance of connecting with nature and provide opportunities for outdoor learning, gardening, and environmental awareness. Partnering with Eco-Schools, we aim to instil a sense of responsibility toward the natural world, fostering sustainable practices in our community.

### 5. **Healthy Lunch and Breakfast**

Compass School is committed to providing nutritious meals that fuel both learning and growth. In collaboration with City Catering, we offer balanced breakfast and lunch options that meet dietary guidelines, focusing on whole grains, fruits, vegetables, and lean proteins. Through Food Tech lessons, pupils will also learn essential life skills in the preparation and cooking of healthy, nutritious meals.

Through these initiatives, Compass School aims to promote a healthy, vibrant, and sustainable lifestyle, empowering our pupils to thrive both academically and personally.