

## Healthy School

The National Healthy Schools Programme project intended to improve health, raise pupil achievement, improve social inclusion and encourage closer working between health and education providers in the United Kingdom.

It has four themes, each with its own criteria:

- **Personal, Social and Health Education** including sex and relationships and drugs education. It provides young people with knowledge, understanding, skills and attitudes to make informed decisions about their lives.
- **Healthy Eating** includes healthy and nutritious foods being made in school canteens and available in schools as well as enabling young people to make informed decisions about healthy food.
- **Physical Activity** encourages young people to do physical activity as well as being given opportunities to be physically active. It helps understanding on how physical activity can make people healthier and can improve life as well as being part of it.
- **Emotional Health and Well-being**, including bullying, how to express feelings, build confidence and emotional strength as well as supporting emotional health through counsellors and chaplains. It is the promotion of positive emotional health and well-being.