

The school achieved national healthy school status in March 08 - the first secondary school in Darlington to achieve this. There will be a celebration assembly from 11.15 – 12 noon holding on Tuesday 15<sup>th</sup> July followed by a healthy buffet lunch served outside at the new outdoor eating area (weather permitting!)

Longfield has shown a long standing commitment & recognition of the importance of the health agenda & how it can support success and achievement in children and young people.. Information about the National Healthy Schools programme below:

The National Healthy Schools Programme is an exciting long-term initiative which is making a significant difference to the health and achievement of children and young people. The National Healthy Schools Programme supports the links between health, behaviour and achievement; it is about creating healthy and happy children and young people, who do better in learning and in life.

Children and young people in Healthy Schools tell us that they feel healthier, happier and safer. Their parents tell us that they feel more involved in their child's health and learning and often feel better themselves. Schools tell us that the National Healthy Schools Programme has brought sustained improvement in behaviour, standards of work and school management.

The impact of our programme is based on a whole-school approach to physical and emotional well-being focused on four core themes:

Personal, Social & Health Education

Healthy Eating

Physical Activity

Emotional Health & Wellbeing

The whole school approach involves working with children and young people, parents, school staff and the whole school community to provide a solid foundation from which developments and improvement are embedded in a systematic way. These processes contribute to the physical and emotional development of all members of the school community.