






Congerstone Primary School is a Healthy School

Being a Healthy school is central to

Inspiring  each other to achieve  success .

Everyday practice within our school includes a policy of healthy snacks at breaktime, provision of healthy food cooked on school site, provision of a wide variety of opportunities to enjoy physical activity and a PSHE curriculum which teaches children about the importance of a healthy body and mind.

We also appreciate that being a parent provides many challenges Leicestershire Healthy Schools' website provides the following links to resources which provide advice and support for;

[Anti- Bullying- Support for Parents and Carers](#)

[Bereavement and Crisis Response- Support for Parents and Carers](#)

[Dental information - Support for Parents and Carers](#)

[Drug, Alcohol and Tobacco- Support for Parents and Carers](#)

[Healthy Eating - Support for Parents and Carers](#)

[Health and Wellbeing - Support for Parents and Carers](#)

[Physical Activity - Support for Parents and Carers](#)

[Relationships, Sex and Health Education - Support for Parents and Carers](#)

[Risky and Harmful Behaviour - Support for Parents and Carers](#)

[SEND Resources and Support for Parents and Carers](#)

[Trauma and Adversity - Support for Parents and Carers](#)



The following NHS links provide great ways to engage your children in importance of a healthy body and mind at home.

