

The Highfield School's Guide To Being A Healthy, More Sustainable School

Cycle Or Walk To School

We encourage those students who live close to school to walk or cycle.

Our bike racks are covered by CCTV for added security.



Supporting Eachother

The school has a dedicated wellbeing team who can support you if you feel you need extra support for your child in terms of their emotional health and wellbeing. They may be able to support you and your child directly in school or find a service who can offer the tailored help needed.

Contact wellbeing@highfield.herts.sch.uk

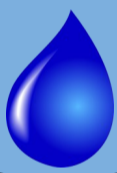
Parent/carer sessions will also be run throughout the course of the year to provide additional support.



Keeping Hydrated

Water stations are located around the school and students are allowed to bring water in bottles to lessons.

We do not allow fizzy drinks or energy drinks to be brought into school



Working together to build a healthy, more sustainable school



All pots used in the school canteen are made from sustainable, compostable materials.

Active PE Lessons And Extra-Curricular Activities

Students take part in weekly PE lessons which offer a variety of sporting activities.

We also offer an extensive extra-curricular timetable that is open to all students.



The Eatwell Guide

Throughout their time at school students look at the Eatwell Guide.



They will look at the '8 Healthy Tips', food swaps and talk about making better choices.

Our Canteen Gives Students A Choice!

The canteen offers a wide range delicious and nutritious meals including a Meal Of The Day, Salad Bar, Jacket Potatoes, Pasta Bar, Sandwiches/ Wraps, Fresh Fruit Corner s and One Pots.

All drinks comply with the Government standards for schools.

