

# INTRODUCTION

**LearnWell** is a whole school initiative launching in St. Joseph's Academy in June 2021. It is aimed at supporting the wellbeing of young people in order that they have the best possible opportunity to meet their potential. This initiative is focused on four main areas

**Physical Wellbeing**  
**Mental Wellbeing**  
**Social Wellbeing**  
**Spiritual Wellbeing**

In Scottish Education, there are many services which are statutory, therefore, all schools provide these in line with National Legislation.

There are some Wellbeing supports which are statutory and these have become more prevalent in recent years, with a recognition that local authorities and schools have a responsibility not only for learning, but also for the wellbeing and emotional development of a young person.

Local Authorities, school clusters and individual schools regularly have specific target areas. These often relate to data or are in response to an identified local need. In relation to Wellbeing, many schools have individualized plans, programmes and initiatives which they feel are in the best interest of the young people and families they serve.

LearnWell will not only encompass statutory and local authority Wellbeing support, but will also compliment and further enhance provision in each of the specified areas with projects, initiatives, events and funding.

## LATEST NEWS & INFO...

[blogs.glowscotland.org.uk/ea/stjosephsacademy](https://blogs.glowscotland.org.uk/ea/stjosephsacademy)



St. Joseph's Academy



St. Joseph's Academy



**"Health and wellbeing across learning is the responsibility of all teachers and other practitioners."**

**Thematic inspection of personal and social education/health and wellbeing in Scotland's schools**

**"Learning in health and wellbeing ensures that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they will need for mental, emotional, social and physical wellbeing now and in the future."**

**Curriculum for Excellence; Health and Wellbeing: principles and practice**

**"Learning about health and wellbeing will help them cope with uncertainties in life, have confidence to try new and different things and make the most of opportunities that come along."**

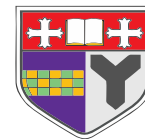
**Education Scotland**

**"Healthy social and emotional development in childhood and adolescence has been shown to be positively associated with better educational outcomes and greater wellbeing. Social and emotional learning programmes in schools have the potential to help build resilience and promote wellbeing."**

**Dr Jane White - Evidence summary:  
Reducing the attainment gap**

**"...a child or young person's education should help their mind, body and talents be the best they can."**

**Article 29 of the United Nations Charter  
for the Rights of the Child (UNCRC)**



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# PHYSICAL WELLBEING



Taking care of your body is a powerful first step towards mental and emotional health. The mind and the body are linked. When you improve your physical health, you'll automatically experience greater mental and emotional wellbeing. For example, exercise not only strengthens our heart and lungs, but also releases endorphins, powerful chemicals that energise us and lift our mood.



## LEARNWELL

SUPPORTING WELLBEING FOR BETTER LEARNING

# SOCIAL WELLBEING



Schools can play a pivotal role in building the strong emotional foundations that all children need in order to thrive and be mentally healthy.



# MENTAL WELLBEING



Education authorities and schools are responsible for identifying, supporting and developing the mental wellbeing of pupils. Every child and young person should have access to mental wellbeing support in school. This may be support from their class teacher, pastoral care staff, school counselling or Educational Psychology Services, or specialist family and health services when required

In 2018/19 the Government included a commitment to invest in access to school counselling services across education by 2021. This commitment will ensure that every secondary school has access to counselling services.

# SPIRITUAL WELLBEING



Developing our sense of Spiritual Wellbeing can help us feel happier, more in control and helps us deal with stress more effectively. Developing your own sense of Spiritual Wellbeing is about asking yourself what is important to you and how this influences how you live your life.

As a Catholic school our values and ethos are what sets us apart and is something which we try to cultivate and nurture to make St. Joseph's an excellent place to learn, where this is respect, tolerance, consideration and care for others.

