

This policy has been written by the school, building on national best practice, East Renfrewshire Council and Education Scotland guidance.



### ***Convention on the Rights of the Child***

**Article 28:** Young people should be encouraged to reach the highest level of education they are capable of.

**Article 29:** Children's education should develop each child's personality, talents and abilities to the fullest. It should encourage children to respect others' human rights and their own and other cultures.

A Health promoting School is one in which all members of the school community work together to provide children and young people with integrated and positive experiences and structures, which promote and protect their health. This includes both the formal and informal curriculum in health, the creation of a safe and healthy school environment, the provision of appropriate health services and the involvement of the family and wider community in efforts to promote health.

World Health Organisation (WHO) 2005

### **RATIONALE**

In Our Lady of the Missions we aim to make a significant contribution to improving the health and wellbeing of our students, staff and wider community by being a health promoting school. As a health promoting school we listen to and take account of the views of pupils, parents and staff. A positive, health promoting school ethos can influence health, attainment, achievements and expectations.

Human relationships rely upon physical, psychological, spiritual and emotional investment and therefore education must help young people recognise their own interpersonal skills and those of others. In addition, personal qualities such as assertiveness, self-worth and respect should be nurtured and developed throughout the lives of young people so that they can develop beliefs, attitudes and values about their relationships within a moral and ethical framework.

### **Aims**

- To give the position of Our Lady of the Missions Primary with regard to the 6 key characteristics of a Health Promoting School: Food and Health, Mental, Social and Emotional Health, Substance Misuse, Relationships, Sexual Health and Parenthood, Physical Sport and Activity
- To provide details of a full health education programme, understood and accepted by staff, showing breadth, balance, continuity and progression and promoting the physical, emotional, social, spiritual and mental health of pupils
- To establish roles and responsibilities in the delivery of Health Promotion
- To ensure common methodology in Health Promotion throughout the school
- To inform of procedures for assessment, recording and reporting of pupils' development in the Health and Wellbeing curriculum

- To ascertain procedures for monitoring and evaluation of health promotion throughout the school

At Our Lady of the Missions Primary we will seek:

- To ensure a safe, supportive and challenging environment
- To value all pupils and staff
- To promote self esteem and respect through developing a sense of belonging
- To develop partnership working
- To provide a curriculum to enable pupils to experience a wide range of experiences and make informed choices and decisions to ensure a healthy lifestyle

### **Leadership and Management**

*Curriculum for Excellence* highlights that it is the responsibility of all staff to ensure the Health and Wellbeing of children and young people in school.

### **Role of Head Teacher**

To liaise with Health and Wellbeing coordinator to ensure the following is in place:

- Health Education resources
- Procedures for assessment, recording and reporting
- Planning for delivery of Health and Wellbeing Experiences and Outcomes
- A holistic view of Health Promotion which seeks to involve the whole school community in developing Our Lady of the Missions Primary as a Health Promoting School
- Monitoring and evaluating of the delivery of Health Promotion throughout the school
- Working collaboratively with all stakeholders
- Ensure that all staff are aware of their role in relation to promoting the health and wellbeing of all learners
- Ensure that staff are given opportunities to participate in CLPL activities relating to Health and Wellbeing
- Encourage, promote and recognise creative, enterprising and interdisciplinary learning approaches to the teaching of Health and Wellbeing

### **Role of Health and Wellbeing Coordinator- Principal Teacher**

- To liaise with Head Teacher as above
- To liaise with teaching staff in order to provide support in the effective planning, management, organisation and implementation of the health curriculum
- To value the ideas of others and promote discussion on issues of Health Promotion
- To model effective practice in the planning, management, organisation and implementation of the Health curriculum
- To monitor HWB frameworks/planners for all stages
- To organise and maintain Health resources in the school
- To attend and contribute to any Cluster Steering groups
- To provide teaching staff with any relevant professional reading material
- To take/lead whole school assemblies to promote health within the school
- To ensure pupil voice and participation in Health Promotion

### **Role of Class Teacher**

- To use SHANARRI wellbeing indicators as a tool for assessment within health in line with [GIRFEC](#) policy
- To raise wellbeing concerns as appropriate with line manager

- To plan, organise, manage and implement lessons which ensure all aspects of Health and Wellbeing are taught
- To offer professional expertise/advice when review of Health and Wellbeing Planners and Policy occurs
- To work collaboratively with outside agencies and the whole school community in the promotion of Health at Our Lady of the Missions Primary
  - Promoting wellbeing in pupil interaction as well as all aspects of their own employment
  - Undertake CLPL activities relating to Health and Wellbeing as appropriate
  - Participate in self evaluation and whole school audits of ethos, update of curriculum rationale (see below), [Values Vision and Aims](#) and staff training relating to general Health and Wellbeing issues
  - Support SMT in managing all aspects of pupils Health and Wellbeing

(<https://blogs.glowscotland.org.uk/er/OurLadyMissions/the-school-day/curriculum/curriculum-rationale/>)

### Role of Pupils

- Through opportunities to self-evaluate through SHANARRI pupils will be able to discuss and state what makes us healthy
- Should be active in their learning and be encouraged to be effective contributors at all times

### Ethos

The school has a positive and inclusive ethos encompassing:

- Pastoral care supporting children in and assessing wellbeing of all pupils.
- Key Policies and Practice are in place to tackle bullying ([anti-bullying policy](#)), race equality, discrimination, equal opportunities, health promotion and use of external agencies in Health Education, Care and Welfare etc
- Promoting Positive Behaviour is addressed by staff fully implementing [the Promoting Positive Behaviour Policy](#), 'Children on a Mission', House System, Celebration and tracking of achievements, Bounceback, assemblies, individual class reward systems, stickers, verbal and written feedback and Certificates
- Climate and Atmosphere at Our Lady of the Missions Primary aims to be welcoming, where inclusion, achievement and success are promoted
- Staff Health and Welfare includes a clear commitment to CLPL, management support and access to services
- Initiatives impacting on the ethos at Our Lady of the Missions and where pupils are fully involved include a Buddying System for new P1 entrants, well-established and successful Pupil Council and Eco School Committee and the Rights Respecting Team
- Needs for targeted support where wellbeing concerns have been identified are taken seriously

### Partnership Working

The school is committed to partnership working and collective responsibility that involves and reflects the views of pupils, staff, parents and the wider community. This is exemplified by:

- Policy and Practice underpinned primarily by East Renfrewshire's 'Being Well Doing Well' document/GIRFEC/SHANARRI indicators.
- Pupil participation
- Examples of our key partners include: Active Schools Coordinator, Roads Department for Road Safety and Cycling Proficiency, Active Schools, Psychological Services, Catholic Church and other faith institutions, Community Police Officers, Fire and Rescue service Community Police Visits, Health Professionals (Speech Therapists, Physiotherapist) and Facilities Management.

- Parental Involvement is highly important. There is a very active Parent Staff Association who have raised substantial funds for of the benefit the school and pupils in addition to the Parent Council who support the school to drive forward particular initiatives/projects.

### **Curriculum, Learning and Teaching**

The school aims to provide a curriculum and approaches to learning and teaching that provide challenge, participation and support for all pupils.

- East Renfrewshire's Health Framework adopted as the key resource in delivering the Health Curriculum
- Outside agency involvement as aforementioned in Partnership Working.
- Parents are kept fully informed of outside agency involvement in order to support and reinforce health learning
- Assessment, Recording and Reporting in line with school and authority policy
- HT/ DHTs and PTs monitor the delivery and effectiveness of the health curriculum. Termly and yearly plans are monitored, samples of health work in pupil folders/jotters viewed
- CLPL provision in place to ensure expertise and confidence to deliver lessons effectively. This is available through shadowing opportunities, internal and external in service and professional reading

Pupils should be encouraged to consider contemporary issues related to the subject matter and in particular draw on the advice given in the experiences and outcomes of RME/RE and Social Subjects

- The teaching of *Relationships, Sexual Health and Parenthood* should be engaging and interactive. Teaching approaches such as collaborative group work, active learning, problem solving, challenges and use of ICT should be a feature of classroom practice. Pupils should be encouraged to share their knowledge and skills through debates, group discussions, research tasks or presentations.

### **Health and Wellbeing Programmes**

At Our Lady of the Missions, approaches to Health and Wellbeing Programmes are:

- In line with both national and local advice
- Well targeted to pupils' needs and abilities by the provision of a structured and progressive programme
- Provide a sound basis for exploring health and wellbeing issues
- Help pupils establish the values, attitudes, knowledge and skills to make informed decisions
- Are reinforced through other areas of the curriculum and school initiatives

### **Environment, Resources and Facilities**

Our Lady of the Missions Primary aims to provide a safe, supportive, accessible and well-resourced environment, which includes provision for those with additional support needs. The school's physical environment resources and facilities aim to support and encourage healthy lifestyles. This is addressed by:

- Classes having a designated area for GIRFEC/SHANARRI displays
- Healthy choice messages being promoted in the school canteen
- Flexibility existing to accommodate individual needs
- Drinking Water Initiative in operation
- Tracking of attendance at After School Clubs
- East Renfrewshire Council skills planner
- God's Loving Plan/This is Our Faith

### Planning for Improvement

The Health and Wellbeing Coordinator develops Health Promotion in the school with responsibility for this area in consultation with the Head Teacher.

### Resources

All members of staff, at every level, are encouraged to include an allocation of CLPL hours to increase knowledge and skills in relation to issues of Health and Wellbeing.

- Health Promotion and Nutrition (Act) (Scotland) 2007
- Health Promotion and Nutrition (Act) (Scotland) 2007 – Guidelines for Schools
- Curriculum for Excellence – Health & Wellbeing outcomes & experiences
- Respect & Responsibility – Scottish Strategy and Action Plan for Improvement
- Getting it Right for Every Child
- The Rights of the Child – UN Convention
- World Health Organisation
- Scottish Government Priorities in relation to 'Healthier'
- Journey to Excellence
- East Renfrewshire Council Intra-net: CurricuLinks
- God's Loving Plan/This Is Our Faith

### APPENDIX

<https://education.gov.scot/Documents/hwb-across-learning-eo.pdf>

<https://education.gov.scot/Documents/health-and-wellbeing-eo.pdf>

<http://www.healthscotland.scot/media/2272/linking-the-indicators-to-curriculum-for-excellence-by-derrick-bruce-education-scotland.pdf>

<https://education.gov.scot/improvement/self-evaluation/Health%20and%20wellbeing%3B%20Responsibility%20of%20all%20-%20Making%20the%20links%E2%80%A6making%20it%20work>

### Wellbeing web

<https://www.gov.scot/binaries/content/documents/govscot/publications/factsheet/2017/08/shanarri/documents/wellbeing-wheel/1d61e4a3-19ad-4959-a7be-97d7b757b0ab/1d61e4a3-19ad-4959-a7be-97d7b757b0ab/govscot%3Adocument/SHANARRI%2B-%2BWellbeing%2Bwheel%2B-%2Bfull%2Btext.pdf>