

# Getting it Right for Every Child in Netherlee PS and NC GIRFEC and SHANARRI



# GIRFEC

- **G**etting
- **I**t
- **R**ight
- **F**or
- **E**very
- **C**hild



# SHANARRI

- Safe
- Healthy
- Active
- Nurtured
- Achieving
- Responsible
- Respected
- Included



# Health and Wellbeing Indicators



We want every child in Netherlee to be given opportunities to develop in each of the indicators. Over the next few pages, you will see **just some** of the kind of themes which come under each indicator.

## I Feel Safe

- I feel protected from harm within my home and school.
- The people who care for me teach me how to protect myself from harm.
- I am not scared when I go out and about in my local area.
- I know when things are risky and try to stay away from danger.
- The people who care for me know who I am with and where I am going when I go out.



## Safe

**Article 19** – You have the right to be protected from being hurt or badly treated

## I Am Healthy

- I have healthy food to eat most of the time.
- I exercise a lot.
- I get the chance to spend time outside.
- The people who look after me make sure I get help when I feel ill.
- The people who look after me help to make sure I eat and exercise to keep healthy.
- I enjoy life.
- I feel able to deal with difficult things that might happen in my life.



### Healthy

**Article 24** – You have the right to clean water, food that is good for you, a clean place to live and good health

## I Am Achieving

- I am learning new skills.
- I am confident that I can do well.
- I do the best I can.
- I have hobbies and interests out of school that help me learn new skills.
- The adults in my life encourage me to do my best.
- If I am struggling with anything, someone can help me.
- I get the help I need to do well.



### Achieving

**Article 29** Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.

## I Feel Nurtured

- I feel cared for and supported by the people who live in my home.
- The people who care for me can provide me with the right amount of food and clothing.
- I live in a home that is clean and warm.
- Someone at home and school listens when I want to tell them about things I need, like or dislike.
- I am learning to look after myself and make decisions that affect my life.



### Nurtured

**Article 3** Adults should do what's best for you



## I Am Active

- I do things for fun in my spare time.
- I have the chance to take part in leisure and sporting activities in my area.
- The adults in my life help me find ways to do things that interest me.
- I have lots of opportunities to play games and make my heart and lungs work hard.



### Active

**Article 31** You have a right to play and to relax!

**Article 15** You have the right to be with friends and join or set up clubs, unless this breaks the rights of others.

## I Feel Respected

- I feel that people listen to me before they make decisions which affect me.
- I am involved in making decisions about my life.
- If I need it, I have help to tell people about my views and decisions.
- If I need to talk to someone, I know who I can talk to and where to find them.



**Article 2** You have the same rights as everyone else: whatever your race, religion or abilities, whatever you think or say, whatever type of family you come from

**Article 12** You have the right to be listened to and be able to say what you think about things.

## I Am Responsible

- I listen to other people and try to understand their point of view.
- I know the difference between right and wrong.
- I am caring and helpful.
- I can follow instructions.
- I am able to follow rules in school, at home and in society.
- I know what is expected from me and why.
- Adults in my life behave in a way that sets a good example to me.



### Responsible

**Article 29** Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.

## I Feel Included

- I feel that I belong when I am with my friends, family, in school and in my neighbourhood.
- I am able to take part in activities which let me be with people that I need in my life.
- I get to meet lots of different people.
- I feel that other people want me around.
- People support me when I need help.



## Included

**Article 2** You have the same rights as everyone else: whatever your race, religion or abilities, whatever you think or say, whatever type of family you come from.

**Article 14** You have the right to think what you like and be whatever religion you want