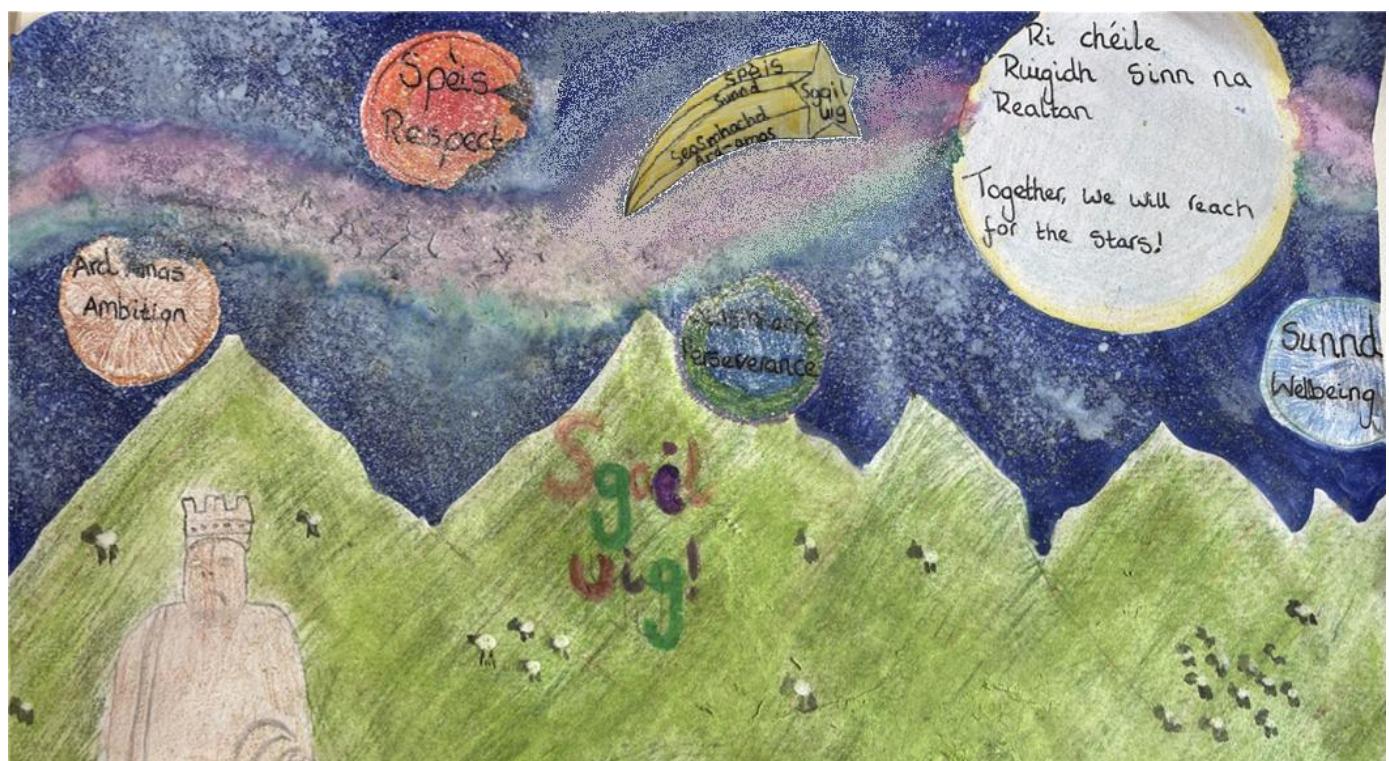


AR SLIGHE GU SUNND



SGOIL ÙIGE: OUR WAY TO WELLBEING

AN GEARRAN, 2025

WRITTEN BY SGOIL ÙIGE PUPIL LEADERSHIP COMMITTEES

FEALLSANACHD RATIONALE

'S e na sgoilearan fhèin a tha air am polasaidh seo a sgrìobhadh airson innse dha clann agus inbhich, na dòighean a th' againn ann an Sgoil Ùige airson coimhead as deidh sunnd gach neach.

Gheibh thu fiosrachadh air na rudan a tha cudromach dhuinne ann an Sgoil Ùige airson gabhail a-steach feumalachdan a h-uile duine.

Chruthaich an Ceannard againn an duilleag mu dheireadh airson tuilleadh fiosrachadh a thoirt dha inbhich air ar Slighe gu Sunnd.

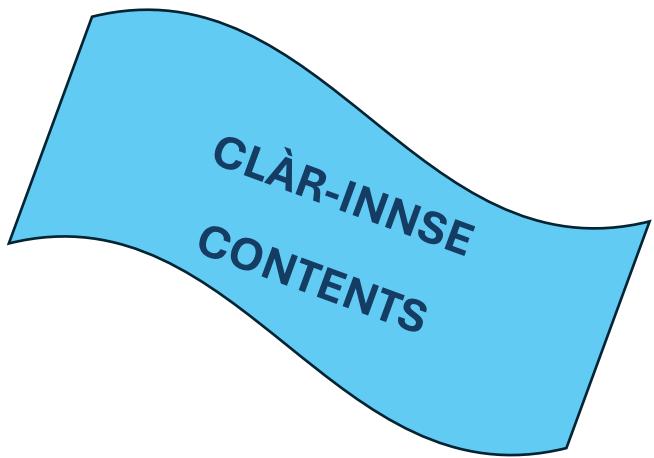
This policy has been written by pupils to explain to children and adults, our ways of looking after the wellbeing of every member of the Sgoil Ùige family.

You will find information about the things that are important to us to ensure that everyone's needs are considered and included in Sgoil Ùige.

Our Head Teacher created the last page to give adults further information of our Ways to

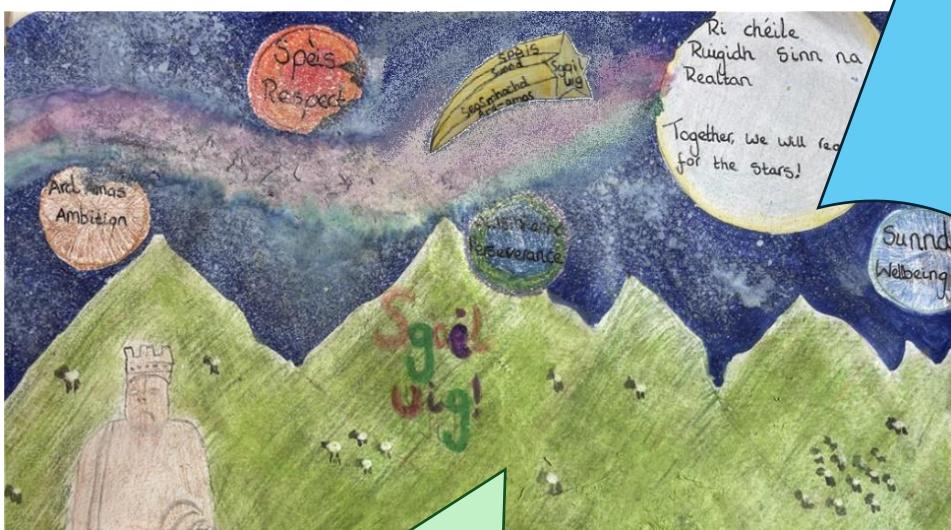


"A culture where children and young people feel included, respected, safe and secure and where their achievements and contributions are valued and celebrated is essential to the development of good relationships. In order to create this environment for effective learning and teaching there should be a shared understanding of wellbeing underpinned by children's right and a focus on positive relationships across the whole school community." (Developing a Positive Whole-School Ethos and Culture - Relationships, Learning and Behaviour, Scottish Government, 2018, pg3)



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Rinn sinn co-fharpais airson dealbh a dhèanamh a' sealltainn an leirsinn, na luachan agus na h-amasan ùr againn. Bha sinn airson gum bidh e ceangailte ri na rudan a tha sonraichte mu Ùige.

We had a competition to create a picture showing our new vision, values and aims. We wanted it to be linked to the things that are special about Uig.

Our school song was written by staff and partners using a tune often sung by one of our pupils. It explains what our Vision and Values mean to us.

Òrain ar Sgoile / Our School Song

Sgoil Ùige - Ri Chèile, Ruigidh Sinn na Reultan

Sèist

Ri chèile, ruigidh sinn na reultan

Le spèis agus seasmhachd agus sunnd

Ri chèile, ruigidh sinn na reultan

'S e sin an lèirsinn th' aig ar chloinn

Rann

Tha sinne a' strì airson àrd-amas

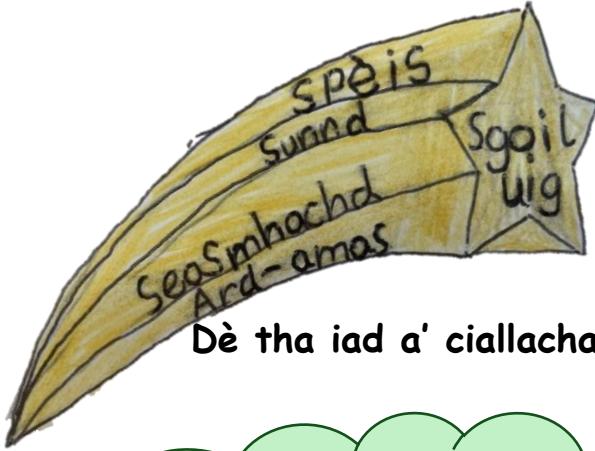
A' dèanamh ar dìcheal anns gach dòigh

Anns gach oidhirp a nì sinn n'ar beatha

Gheibh sinn toileachas is pròis

Rinn pàrantan, sgoilearan agus an luchd-obrach bhòt airson an leirsinn, na luachan agus na h-amasan a bha sinn ag iarraidh. Bidh sinn a' cleachdadadh na luachan againn airson Rionnag na Mìos, am modh againn, an Cairt Sgoile agus na polasaidhean ùr againn. Bidh sinn a' feuchainn ri sealltainn na luachan againn a h-uile là anns an sgoil.

Parents, pupils and staff all voted for the vision, values and aims we wanted. We use our values for Star of the Month, our behaviour, our School Charter and our new policies. We try to show the school values every day in school.



Dè tha iad a' ciallachadh? /What do they mean?

AR LUACHAN OUR VALUES

Spès

Ag èisteachd agus a
bhith còir ris a h-uile
duine

Sunnd

A' bhith fallainn nar
bhodhaig agus nar inntinn
agus a' feuchainn rudan
ùra

Seasmhachd

Cuidich a chèile agus
feuch, feuch, feuch a-
rithist

Àrd-Amas

A' dèanamh ar dìcheall
anns gach dòigh agus ag
obair cruaidh

Respect

Listening and being kind
to everyone

Wellbeing

To be healthy in our
bodies and minds and
try new things

Perseverance

Help one another and
try, try, try again

Ambition

Doing our best in every
way and working hard

CUMHNANT NA SGOILE SCHOOL CHARTER



Sgoil Ùige: Ar Cairt Sgoile - Our School Charter

Am Faoilleach 2025



Airson spès a thoirt do na còraichean seo, feumaidh clann...	Ann an Sgoil Ùige, tha còir againn uile... In Sgoil Ùige, we all have a right to...	Airson spès a thoirt do na còraichean seo, feumaidh inbhich...
To respect these rights, children must...	Artaigeal 12 Spès – gum bi beachd againn agus gun tèid èisteachd agus aire cheart a thoirt dha.  Respect – an opinion and for it to be listened to and taken seriously.	To respect these rights, adults must... A' toirt cothroman dhuinn na beachdan againn innse, ag èisteachd riutha agus a' cuideachadh le suidheachaidhean duilich. Give us opportunities to share our views, listen to them and help us with difficult situations.
Innis na beachdan againn, èist agus thoir spès do bheachdan daoine eile. Share our views, listen and respect the views of others.	Artaigeal 31 Sunnd – air cluiche agus fois le bhith an sàs ann an rudan mar spòrs, ceòl agus drama.  Wellbeing – play and relax by doing things like sports, music and drama.	A' sealltainn co-fhaireachdann agus a' brosnachadh ar sgilean agus tàlantán le cothroman farsaingeachd a tha a' leasachadh ar dearbh-aithne. Show empathy and encourage our skills and talents with a range of opportunities that develop our identity.
A' cumail oirnn a' feuchainn, a' toirt dùblain dhuinn fhin agus a' faighneachd nuair a dh'fheumas sinn cuideachadh. Keep trying, challenge ourselves and ask when we need help.	Artaigeal 13 Seasmhachd – gum faigh sinn a-mach mu dheidhinn rudan agus gun innis sinn dè tha sinn a' smaoineachadh Perseverance – find out things and say what you think through making art, speaking and writing, unless it breaks the rights of others	Brosnach agus cuidich sinn agus dèan cinnteach gu bheil cùisean co-ionann agus goireasan freagarrach againn. Support and encourage us and make sure we have equality and appropriate resources.
A' déanamh ar dicheall anns gach dòigh agus ag obair cruaidh.  Try your best in everything, work hard and be your best self. 	Artaigeal 29 Àrd-Amas – air foghlam fhaighinn a bheireas leasachadh air do phearsantachd, a bheireas spès do chòraichean agus luachan dhaoinn eile agus don àrainneachd Ambition – education that develops our personality and abilities, encourages you to respect other people's rights and values and to respect the environment	A' toirt dhuinn obair dùblaineach agus a' teagasc leasanan spòrsail agus inntinneach a tha a' toirt a-steach feumlachdan gach sgoilear. Give us challenging work and teach interesting and enjoyable lessons that take into account the needs of every pupil.

Bidh an Cairt Sgoile a' déanamh cinnteach gu bheil clann agus inbhich a' leanntainn ar luachan agus na còraichean againn.

The School Charter makes sure that children and adults follow our school values and our rights.

Note for adults

DÀIMHEAN DEIMHINNEACH POSITIVE REATONSHIPS

Nurture

The nurture approach is promoted as a whole school approach to supporting behaviour, wellbeing, attainment and achievement. A strong focus is placed on building quality relationships, based on trust and respect, with children, parents/carers and staff. It recognises that children learn more effectively from reliable and consistent adults who are in tune with their feelings, sensitive to their needs and interested in their achievements.

The nurture approach uses the following six principles to guide practice:

1. Children's learning is understood developmentally
2. The environment offers a safe base
3. The importance of nurture for the development of wellbeing
4. Language as a vital means of communication
5. All behaviour is communication
6. Transitions are important in children's lives

Ann an Sgoil Ùige, bidh sinn uile a' sealltainn urram dha chèile - clann, inbhich...a h-uile duine!

Ann an Sgoil Ùige, bidh sinn ag èisteachd ri beachdan a h-uile duine agus ag obair le pàrantan, teaghlaichean agus an coimhearsnachd.

In Sgoil Ùige, we all show respect to eachother - children, adults...everyone!

In Sgoil Ùige, we listen to everyone's views and work with parents, families and the community.

Còmhraidhean ath-chàrrachadh / Restorative Conversations:

1. Dè thachair?
What happened?

3. Cò tha fo bhuidh?
Who has been affected?

2. Dè bu chòir tachart a-nis?
What should happen now?

2. Dè bha thu a' smaoineachadh aig an àm?
What were you thinking?

4. Ciamar?
How?

Rinn Comhairle nan Sgoilearan riaghailtean an àrd airson an raon cluiche. Tha fios againn a-nis dè seòrsa modh bu choir a bhith againn airson a h-uile duine cumail sàbhailte agus toilichte. Thug iad a-steach 'Cairt Buidhe' agus 'Cairt Dearg' airson clann nach eil a' leantainn na riaghailtean.

Pupil Council made up expectations for the playground. We now know what kind of behaviour we should have to keep everyone safe and happy. They also brought in a 'Yellow Card' and 'Red Card' system for children who don't follow the expectations.

MODH & BROSNACHADH BEHAVIOUR & ENCOURAGEMENT



Scoil Ùige: Ar Cairt Raon-Cluiche - Our Playground Charter



Am Màrt 2025

Airson spès a thoirt do na còraichean seo, feumaidh clann...	Ann an Sgoil Ùige, tha còir againn uile... In Sgoil Ùige, we all have a right to...	Airson spès a thoirt do na còraichean seo, feumaidh inbhich...
To respect these rights, children must... Èist ri na Monatairean Cluiche, Caraidean Co-Dhùnhadh agus inbhich Listen to the Play Monitors, Decider Friends and adults	Artaigeal 12  Spès – gum bi beachd agaunn agus gun tèid èisteachd agus aire cheart a thoirt dha. Respect – an opinion and for it to be listened to and taken seriously.	Èist ri beachdan a h-uile duine agus na bi ag èigheachd san sgoil againn. Listen to the views of every body and don't shout in our school.
Cum do làmhan riut fhèin, na bi a' sabaid – fiù 's sabaid cluiche. Bi faiceallach nuair a tha thu a' cluich gemaichean-sgiobaidh. Keep your hands to yourself, don't fight – even play fighting. Be careful when you are playing team games.	Artaigeal 31  Sunnd – air cluiche agus fois le bhith an sàs ann an rudan mar spòrs, ceòl agus drama. Wellbeing – play and relax by doing things like sports, music and drama.	Bheir dhuinn cothroman a bhith a' cluich diofar spòrsan agus gemaichean agus dean cinnteach gu bheil goireasan freagarrach againn. Give us opportunities to play different sports and games and make sure we have appropriate resources.
Bi còrn agus cuideachail ris a h-uile duine agus na bi a' fágail daoine a-mach. Be kind and helpful to everyone and don't leave people out.	Artaigeal 15  Ard-Amas – coineachadh ri caraidean agus a bhith a' gabhail pàirt ann am buidhnean, gun a bhith a' dèanamh cron air càch Ambition – be with friends and join or set up clubs, unless this breaks the rights of others	A' coimhead as ar deidh agus a' dèanamh cinnteach nach bi duine sam bith air fhàgail a-mach. Look after us and make sure nobody gets left out.
Cleachd na sgilean Co-dhùnhadh ma dh' fhairicheas tu 'Am Fizz'. Bi onarach agus can gu bheil thu duilich ma bhios tu air rudeigin ceàrr a dhèanamh. Use the Decider Skills when you feel 'The Fizz'. Be honest and say sorry if you have done something wrong.	Artaigeal 29  Seasmhachd – air foghlam fhaighinn a bheireas leasachadh air do phearsantachd, a bheireas spès do chòraichean agus luachan dhaoine eile agus don àrainneachd Perseverance – education that develops our personality and abilities, encourages you to respect other people's rights and values and to respect the environment	Cleachd Comhraidean Ath-Chàrrachadh airson a bhith ag obair còmhla rinn nuair a bhios cùisean a' dol ceàr. Use Restorative Conversations to work with us when things go wrong. 1. Dè thachair? / What happened? 2. Dè bha thu a' smaoineachadh aig an àm? / What were you thinking at the time? (Luachan/Values) 3. Cò tha fo bhuaidh agus ciamar? / Who has been affected and how? 4. Dè bu chòir tachairt a-nis? / What should happen now



Mol agus Brosnachadh / Praise and Encouragement

Rionnagan na Mìos / Stars of the month

Tide Teòclaid Teth / Hot Choc Friday

Puingean Taighe / House Points

Tachartasan Taighe / House Events

Balla Soirbheachas / Achievements Wall

Ciamar a bhios sinn a' brosnachadh na Slatan Sunnd ann an Sgoil Ùige?

How do we encourage the Wellbeing Indicators in Sgoil Ùige?

NA SLATAN SUNND THE WELLBEING INDICATORS - SHANARRI



Sàbhailte/Safe:

Caint Clas
budaidhean House Captains and Vice Captains
monatainean cluiche
geataichean diùinte feansa timcheall an sgoil
playground expectations
Caint Sgoile doras glaiste
tidsearan còmhla rinn
cairt buidhe agus cairt dearg
a' coimhead as deidh a chèile
bi faiceallach ma tha deigh ann

Fallain / Healthy

Àm ERIC
Dùbhlain inntjinn
eating lunch and snack
ag ionnsachadh mu diofar euspaircean

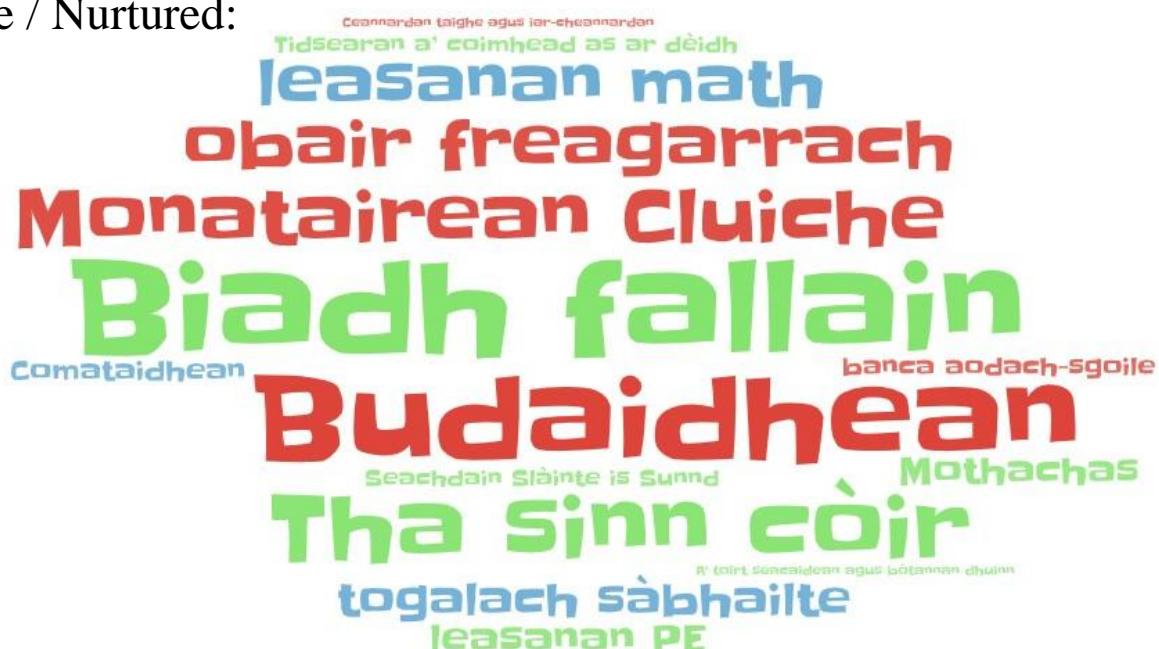
Àm cluich mothachas
dannsa duthchail ag ionnsachadh mu dheidhinn do bhodhaig àm cearcall Am Fizz

cleasachd budaidhean
R' cocaireachd sa beicearachd Playgroun Monitors Young Leaders tide le do charaidean
biadh fallainn slàinte is sunnd
Brain breaks Sgilean co-dhùnadh

A' Coileanadh / Achieving



Àraichte / Nurtured:



Gníomhach / Active:



Urramaichte/Respect:

a' bruidhinn ri daoine
 ag ràdh tapadh leibh
 a' coimhead as deich na goireasan againn
 ag èisteachd nuair a tha cuideigin a' bruidhinn
 a' cumail dorsan
Còir ri chèile
 ag ràdh madainn mhath leig daoine seachad ort ag ràdh feasgar math
 a' sgioblachadh anns a' chanteen
 ag èisteachd ri na tidsearan
 cha bhi sinn a' fàgail daoine a-mach
 ag ràdh 'mas e do thoil e'
a' cleachadh Gàidhlig cho leis sa's urrainn dhùinn

Cunntachail / Responsible:

A stiùireadh co-thional
Cuideachadh a cheile
 Ceannardan agus iar cheannardan
Cluba as deigh sgoil
Monatairan cluiche
Dleasdanas Dobby Comataidhean Sradagan
Cluba cèilidh **Cunntachail** Ceannardan òg
Budaidhean

Air a thoirt a-steach/Included:

Sradagan Friendship Bench
 tidsearan a' toirt dùibhlain dhutubh a' dol chun a' Mhòd budaidhean
 monatairean cluiche Comataidhean Eist ri beachdan daoine eile
 targidean agad fhèin ag obair ann an sgiobaidhean a' faighinn cothromen ann an Spòrs
tha sinn cairdeal ri chèile
After-School Club Sean cinneach gu bhled a h-uile doine co-ionnan innis na beachdan againn
 bruidhinn ris a h-uile daoine
 bruidhinn ri daoine a tha leotha fhèin Ceilidh Band



CONVENTION ON THE RIGHTS OF THE CHILD

CÒRAICHEAN CLOINNE CHILDREN'S RIGHTS - UNCRC

Dh' innis am Buidhean
Spèis is Còraichean nar
Sgoile mun obair a bhios
iad a' dèanamh.

The Rights Respecting Schools Group explained about the work they do.

Bidh sinn a' brosnachadh còraichean cloinne ann an Sgoil Ùige agus a' dèanamh ceanglaichean eadar còraichean agus sunnd. Bidh sinn a' dèanamh rudan spòrsail airson dèanamh cinnteach gu bheil eòlas aig a h-uile duine mu na còraichean tro Còr na Mìos agus am balla taisbeanadh againn. Bidh sinn a' cleachdadadh ceisteachain airson faighinn a-mach a bheil na sgoilearan a' faireachdann sàbhailte, spèiseal agus toilichte ann an Sgoil Ùige.

We promote children's rights in Sgoil Uig and connect our rights to our wellbeing. We express them in fun activities and make sure everyone is aware of the Right of the Month in assemblies and our display board. We use pupil questionnaires to find out if children are safe, respected, heard and happy in Sgoil Uig.

SEASMHACHD SUSTAINABILITY – GLOBAL GOALS

Dh' innis an Comataidh
Eco dhuinn mu na Cuimisean
Cruinneal agus am buaidh air
slàinte-inntinn.

The Eco Committee
explained about the Global

- Bidh sinn a' dèanamh rudan airson a' cuideachadh an àrainneachd agus an sunnd againn le bhith a' cleachdad na Cuimisean Cruinneal.
- Rinn sinn rannsachadh air na bha tachairt an-dràsta agus thaghadh sinn na cuimisean a bha sinn airson coimhead air.
- Tron a chomataidh, tha bàrrachd eòlas agus tuigse againn air dè cho cudromach sa tha an àrainneachd ionadail againn agus am buaidh a th' aig an àrainneachd air ar slàinte-inntinn aois an coimheasnachd air fad

- We do things to help our environment and our wellbeing by using sustainability goals and taking part.
- We did a review of what was happening and chose goals to focus on.
- The committee helps us to appreciate our local natural environment, how it helps our wellbeing and the whole community.



Tha barrachd spèis
agam air an àrainneachd
againn ann an Ùige. Tha
mi ag iarraidh Bratach
Uaine fhaighinn.

AR CÒRAICHEAN GÀIDHLIG OUR GAELIC RIGHTS

Dh' innis Comataidh na
Gàidhlig dhuinn mun obair
aca airson brosnachadh ar
còraichean Gàidhlig timcheall
na sgoile.

The Gaelic Committee told

Tha còir againn ùile ionnsachadh mu Gàidhlig agus an cultar sonraighe a th' againn air an eilean airson eòlas agus tuigse fhaighinn air ar dearbh-aithne. Bidh sinn a' dèanamh cinnteach gu bheil daoine a' cleachdadadh Gàidhlig san sgoil agus gu bheil iad a' faireachdann moiteil mu dheidhinn a' Ghàidhlig. Bidh sinn a' faighinn beachdan daoine air mar a dh' fhaodadh sinn Gàidhlig a bhrosnachadh agus a chleachdadadh san sgoil agus san sgìre. Bidh sinn a' toirt seachad Abairt an Cola-deug agus a' cur rudan spòrsail air dòigh sa Ghàidhlig

We have a right to learn about Gaelic and the unique culture of our islands to understand more about our own identity. We make sure everyone is using Gaelic and that they feel proud of Gaelic in our school. We collect and act upon ideas from learners on promoting and using Gaelic. We share a phrase of the fortnight with learners and organise different fun events such as our Gaelic Café and a Gaelic Week.

Tha còir aig gach
leanabh Gàidhlig
ionnsachadh agus a
chleachdadadh - ma bhios
iad ann an GM neo GL.

Every child has a right
to learn and use Gaelic -
whether they are in GM
or GL.

CÒ-IONNANACHD & COTHROMAS

EQUALITY & EQUITY

Tha 'cò-ionnanas' a' ciallachadh gu bheil na h-aon càraichean aig a h-uile duine agus cha bhi duine air fhàgail a-mach

Tha 'cothromas' a' ciallachadh gu bheil sinn a' toirt a-steach na feumalachdan eadar-dhealaichte aig gach duine.

'Equality' means that everyone has the same rights and nobody gets left out.

'Equity' means that we think about the different needs of each person.



'S e 'spèis' aon de na luachan a th' againn. Nuair a bhios duine a' toirt spèis dhuinn, bidh sinn a' faireachdann sàbhailte agus mar gu bheil sinn a' buntainn. Tha sinn ag ionnsachadh gu bheil a h-uile duine eader-dhealaichte agus uaireanan gu bheil daoine dona ri daoine eile air sgàth 's gu bheil iad eadar-dhealaichte. Ann an Sgoil Ùige, bidh sinn gar moladh fhìn agus na tha ar dèanamh sonraichte. Mura h-eil sinn a' faighinn spèis bho chàch, innsidh sinn dha inbheach.

'Respect' is one of our school values. When we are respected we feel safe and like we belong. We learn that everyone is different and some people are treated badly because of our differences. In Sgoil Ùige, we will celebrate what makes us who we are and tell an adult if we feel that someone is not being respected.





Nuir a bhios sinn a' faireachdann 'Am Fizz', bidh sinn a' cleachdadh na Sgilean Decider

NA SGILEAN CO-DHÙNADH DECIDER SKILLS

When we feel 'The Fizz', we use our Decider Skills. This stops us from getting into



Stad!

Tarraing anail- smaoinich
Amhairc na tha tachairt
Dè cho dona sa tha e?
Dèan an sgil as fheàrr

Tha na sgilean cò-dhùnadh a' cuideachadh nuair a bhios rudeigin a' tachairt a tha a' cuir Am Fizz againn an àrd.



Stop!

Take a breath
Observe - what's your fizz at?
Pull back - What would you say to a friend?
Practise what works, proceed

Decider Skills help when something happens that makes our Fizz go up.

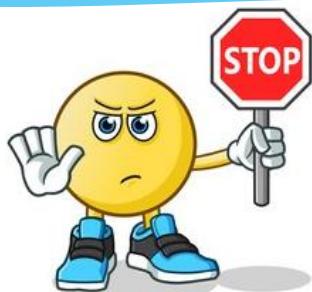
STADD	Thèid e Seachad	An Dràst Fhèin
		54321
Ainmich am Faireachdann	Dèan an Rud Eile	Firinn no Beachd
Fèin-chùram	Luachan	Éist
Urram	Soilleir mar Criostal	Meòdirich

THE DECIDER® LIFE SKILLS		
		54321
NAME THE EMOTION	OPPOSITE ACTION	FACT OR OPINION
SELF CARE	VALUES	LISTEN
RESPECT	CRYSTAL CLEAR	REFLECT
PRACTICE!		

Dh' aontaich sinn uile gu bheil burraidheachd a ciallachadh nuair a thèid ar gortachadh (gu corpora no nar n-inntinn) no dh' fhàgas sinn air ar fàgail as, túrsach no mi-sàbhailte.

We have agreed that bullying means when someone hurts you (physically or emotionally) or leaves you feeling sad, excluded or unsafe.

ANA-BHURRAIDHEACHD ANTI-BULLYING



Can riutha STAD!
Tell them to STOP!

Cleachd na Sgilean
Co-dhùnadh &
coisich air falbh.
Use the Decider Skills
and walk away.



Ma tha cuideigin a'
burraidheachd, innis dha
inbheach neo cuir not
dhan a Bhucas Beachdan.
If someone is bullying, tell
an adult or write a note in
the Drop Box.



Bu chòir dha inbhich faighinn a-
mach dè thachair, bruidhinn ris
a h-uile duine & sgrìobh sìos e.
Adults should investigate what
happened, speak to everyone
involved and record it.

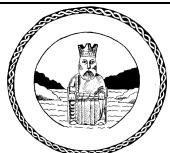




Sgoil Ùige – Ar Slìghe gu Sunnd

Our Way to Wellbeing

Tuilleadh Fiosrachadh – Further Information



Our Vision: Ri Chèile, Ruigidh Sinn na Reultan / Together, We Will Reach for the Stars

Getting it right for every child (GIRFEC)

Values & School Charter	Positive Relationships, Behaviour & Encouragement	Children's Rights
Vision Values & Aims Sgoil Ùige	Promoting Positive Behaviour Sgoil Ùige	United Nations Convention on the Rights of the Child (UNCRC)
Cairt Sgoile - School Charter Sgoil Uige	CNES Positive Relationships Policy	
The Wellbeing Indicators	Sustainability	Gaelic Rights
Wellbeing Indicators (SHANARRI)	The Global Goals	Gàidhlig / Gaelic Sgoil Ùige CnES Gaelic Language Plan 2023-2028
Equality and Equity	Anti-Bullying	
CNES Relationships, Sexual Health and Puberty Blog	Anti-Bullying Sgoil Ùige Sgoil Uige Anti-Bullying Policy 2025 CNES-Anti-Bullying-Policy.pdf	
Decider Skills	Anti-bullying guidance for adults working with children and young people - gov.scot	
The Decider Skills The Decider		