Carnegie Primary School

Health and Wellbeing



Reviewed August 2023



“To achieve their potential, school children must participate fully in educational activities. To do this they must be healthy, attentive and emotionally secure”.

(World Health Organisation (WHO), 2000)

**Rationale**

In Carnegie Primary School we are taking a whole school approach to Health and Wellbeing Education based on the understanding that children develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.

Learning through health and wellbeing enables children and young people to:

* make informed decisions in order to improve their mental, emotional, social and

physical wellbeing

* experience challenge and enjoyment
* experience positive aspects of healthy living and activity for themselves
* apply their mental, emotional, social and physical skills to pursue a healthy

lifestyle

* make a successful move to the next stage of education or work
* establish a pattern of health and wellbeing which will be sustained into adult life, and which will help to promote the health and wellbeing of the next generation of Scottish children

**Aims**

The aim of this policy is to ensure a whole school consistent approach to Health and Wellbeing encompassing the values and principles of a Curriculum for Excellence.

We aim to deliver a broad, balanced and progressive programme to deliver all aspects of Health and Wellbeing as outlined in the Curriculum for Excellence which also takes into account the changing needs of our children and our community. We want children to be educated to make sensible choices about their Health & Wellbeing which will allow them to grow and learn throughout their lives.

We aim to:

* Plan and deliver a coherent and curriculum-based Health and Wellbeing Education programme in line with our 4 part model, learning outcomes and benchmarks within the Curriculum for Excellence.
* Provide supportive encouraging atmosphere for children, staff and parents/carers.
* Continue to develop relationships with pupils, parents/carers and the wider community.
* Work closely with outside agencies to encourage a wide range of health and sport related activities.
* Further develop school policies and procedures to promote health and wellbeing.
* Ensure that all members of staff are aware of their professional roles in health related issues and are involved in developments to promote healthy living.

**Learning and Teaching**

“Learning through health and wellbeing promotes confidence, independent thinking and positive attitudes and dispositions”

(Building the Curriculum 1)

Carnegie’s Health and Wellbeing Education framework consists of:

* **Physical Wellbeing** which explores the knowledge, skills and attitudes that are needed to understand physical factors in relation to our health and wellbeing. Working in partnership with Fife PEPAS.
* **Food and Health** exploring what we need to stay healthy and investigating the nutrients required to sustain a healthy wellbeing.
* **Substance Misuse** investigates the effects substances have on the body.
* **Relationships, Sexual Health and Parenthood** children will explore positive relationships, their changing bodies, the diversity of sexuality and how life is created.
* **Planning for Choice and Changes** gives the opportunity to think for themselves and develop confidence to make their own positive life decisions for the future.
* **Social Wellbeing** exploresthe interaction of the individual, the community and the environment in relation to health and safety.
* **Mental and Emotional Wellbeing** explores the development of a mental and emotional toolbox to deal with difficulties they may have. It also offers opportunities to talk and have voice when dealing with difficult life situations.

This framework is linked to the Health and Wellbeing indicators of, which are also Carnegie school aims:

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

**Our School will:**

* Develop our relationships with pupils, parents/carers and the wider community.
* Actively promote self-esteem of the whole school community, including staff.
* Engage and work with parents/carers and children to provide positive experiences which promote and protect their health.
* Promote the health of all the school community
* Provide a range of stimulating learning experiences for all pupils.
* Work closely with outside agencies to encourage a range of health and sport related activities.
* Create stimulating learning experiences based on the Carnegie 4 part model.

**Mental Health Education**

In Carnegie Primary we are promoting the ‘Five Ways to Wellbeing’ to support children with knowledge and understanding of their own emotional and mental wellbeing**.** Research shows there are five simple things you can do as part of your daily life – at work and at home – to build resilience, boost your wellbeing and lower your risk of developing mental health problems. These simple actions are known internationally as the Five Ways to Wellbeing.

The Five Ways to Wellbeing are **– Connect, Be Active, Keep Learning, Give, and Take Notice.**

With a focus this session on Staff wellbeing, 5 ways help **everyone** to recognise and take care of their mental health and wellbeing. Regularly practising the Five Ways is beneficial for everyone and in Carnegie we believe these self-care skills will help to support our staff and the wellbeing of our children now and in the future.

**Why the Five Ways work:**

Connect: Strengthening relationships with others and feeling close to and valued by others, including at work, is critical to boosting wellbeing.

Keep Learning: Being curious and seeking out new experiences at work and in life more generally positively stimulates the brain.

Be Active: Being physically active, including at work, improves physical health and can improve mood and wellbeing and decrease stress, depression and anxiety.

Give: Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing.

Take Notice: Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing.

**Emotion Works**

The Emotion Works educational programme is being used at Carnegie alongside SHANARRI and the Five Ways to Wellbeing to develop children’s emotional literacy skills, improve their understanding of their emotions and to create a shared language for discussion. The Emotion Works programme is ‘home grown’ in Scotland so is very well aligned to the Scottish Curriculum and related policies, such as ‘Getting it Right for Every Child’ (GIRFEC). There is also a good overlap with current educational concerns such as the Covid Recovery agenda.

In Carnegie we have adopted these approaches because we believe it helps us optimise our teaching of the language and understanding of emotions and can help our children grow up happy and healthy.

**Roles and Responsibilities**

All staff will actively support, contribute to and be involved in the promotion of good health and participate in staff development when the opportunity arises.

The Senior Leadership Team is responsible for monitoring the Health Education Framework and overseeing the promotion of health within the school. The Health Co-ordinator alongside the Management Team and PEPAS Co-ordinator have responsibility for reviewing the health framework of work and playing a supportive role in all health promoting initiatives within the school.

**Working in Partnership with Parents**

Carnegie Primary understands the value and need to work closely with our parents and carers to ensure that the school’s health initiatives meet the needs of pupils. We value the important contribution made by parents and appreciate the need to engage parents and families in improving the health of all children. We seek to establish and maintain strong positive links with both the parents and the community. We will continue to keep parents are carers informed through, group text, emails, newsletters and leaflets on Health Promotion topics and information meetings, if required. Our Health and Wellbeing Policy will be available to parents/carers on our school website.

**Working in Partnership with other Agencies**

Carnegie Primary School works extensively with specialist services in supporting the learning, social, emotional and behavioural needs of children within the school. We work closely with Health Promoting Fife, Active Schools Co-ordinator, Community Police, Social Work Department, local High Schools, Social and Psychological Services, Speech and Language Specialists, music specialists, physiotherapists and Junior Road Safety Committee to ensure that health and wellbeing is being supported and promoted throughout our school environment.

**Assessment and Recording**

Assessment is routinely achieved through the use of the Carnegie 4 part model using AiFL strategies and the completion of the children’s individual progress booklet. It is recognised that certain topics within the health curriculum will require to be approached with sensitivity, confidentiality and flexibility. Formative assessments are measured against specific learning intentions and benchmarks set out with the Curriculum for Excellence.

At Carnegie Primary we also use the ‘Wellbeing Profile’ (Glasgow Motivation and Wellbeing Profile GMWP) to support the monitoring and tracking of the wellbeing of the children over time in our school. This tool is being applied to individual pupils, groups of children, classes and the whole school to uncover any themes or patterns within mental health that inform intervention or support.

**Healthy Eating**

Carnegie Primary School is Health Promoting School and therefore encourage a healthy approach to eating. Staff will observe and encourage healthy snacks. Staff in the dinner hall will encourage children to try new foods and to eat a healthy lunch. When cooking or baking in school a balance must be obtained between sweet and savoury dishes. More healthy eating promotion will be achieved through the Health and Wellbeing Committee.

* Staff must not hand out sweets or treats in class for rewards or motivation.
* Pupils wishing to share their treats with classmates should give them out at the end of the day when parents can decide if they are to be eaten.
* It is not school policy to allow birthday cakes, expect in nursery.
* Celebration food for religious or cultural events is permitted in moderations and with due diligence to children with allergies.

**Physical Education**

Physical Education is also included within Health & Wellbeing. At Carnegie Primary we deliver the Scottish Executive’s recommendation of 2 hours of physical education per week. This is delivered primarily by our class teachers but will include experienced coaches and other experts in the community.

We work closely with our Active Schools Coordinator to provide a wide range of after school clubs for all age ranges and regularly participate in Sporting competitive situations and learning festivals. We also encourage and promote physical activity at break times through provision of playground equipment and playground buddies and regular outdoor learning opportunities.

**Relationships, Sexual Health and Parenthood**

This programme runs within the main Health and Wellbeing framework and is continuous and progressive. Carnegie Primary School uses the Fife Council accepted resources of RSHP Scotland. The resource provides a comprehensive set of learning activities for use in early learning settings, primary and secondary schools, colleges and in community-based learning. The resource is structured in line with Curriculum for Excellence Levels. Children and young people do not just learn in formal settings, they also learn at home and so the RSHP resource makes that connection by recognising the role of parents and carers as the child’s first and lifelong educator. Many of the learning activities provided in the resource have information that can be shared with home, there are also book lists to be shared, and information leaflets that educators can use to communicate about RSHP learning at different Levels.

**Health and Wellbeing Committee and Peer Mediation Team**

Carnegie Primary School has a school Health and Wellbeing Committee consisting of staff and pupils. The current committee will run from September 2022 to September 2023. Each stage within the school has at least one representative within the committee.

Along with the HWB Committee, there is a group of Peer Mediators within the school who have received specific training from the Scottish Mediation team. Peer mediation is a process by which children help their peers resolve conflict in a constructive, non-violent way through a series of mediation steps. At Carnegie this is being piloted by a group of mediators who are currently supporting children with arguments and fallouts in the playground.

**Other Health Promoting Initiatives** for 2022/23 also include, but are not limited to:

* Junior Road Safety Committee
* Bike ability Training
* First Aid for P5-P7
* School Travel Plan – Walk to School
* Healthy Lunch Box Promotion
* Eco School Committee
* Active Schools
* Taster Sessions
* Staff Health and Wellbeing Training