

**Health & Wellbeing Policy**

**Wellshot Primary**

**Rationale:**

To ensure that the children, staff, parents and wider community at Wellshot Primary School acquire and develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.

**Objectives**

To meet our aim we will ensure the following objectives are achieved:

**Achieving**

Being supported and guided in their learning and in the development of their skills, confidence and self-esteem at home, at school and in the community.

**Active**

Having opportunities to take part in activities such as play, recreation and sport, which will contribute to healthy growth and development, both at home and in the community.

**Healthy**

Having help to attain the highest standards of physical and mental health, as well as access to suitable healthcare and support in learning to make healthy and safe choices.

**Included**

Having help to overcome social, educational, physical and economic inequalities and being accepted as part of the school and community.

**Nurtured**

Having a nurturing place to live and learn and where pupils are treated with an unconditional positive regard.

**Respected**

Having the opportunities, along with carers, to be heard and involved in decisions which affect them.

**Responsible**

Having opportunities and encouragement to play active and responsible roles in the school and community.

**Safe**

Being protected from abuse, neglect or harm at home, at school or in the community.

**Our Health and Wellbeing Education programme consists of:**

Physical Health which explores the knowledge, skills and attitudes that are needed to understand physical factors in relation to our health.

Emotional Health which explores the knowledge, skills and attitudes that are needed to understand emotions, feelings and relationships and how they affect us.

Social Health which explores the interaction of the individual, the community and the environment in relation to health and safety.

**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 and carers to provide all children with positive experiences which promote and protect their health.

Promote the health of all the school community.

Provide a range of stimulating experiences for all pupils.

Work closely with outside agencies to encourage a range of health related activities.

**Health Promoting Initiatives include:**

Hungry for Success- healthy eating

Free lunches for primaries 1-3

Liaison with GEAP, Community Police

PEEK Active Play

Emotional Regulation Room

Nurture

Roots for Empathy

SHRE

Bounce Back

Links with CAHMS, Play Therapy, SALT, OT , EAL Ed. Psych, SW

Jump to it!

Children encouraged to drink water regularly.

Participation in Active Schools – close liaison with Active Schools Coordinator and PEPASS

Eco Schools

Coaching in netball, basketball, football and dance

Swimming lessons –primary 7

Improved playground equipment

Improvements to school grounds leading to John Muir Award

Development of school raised beds

Playground Buddy system

Peer Mediators

Junior Road Safety Committee

Cycling Proficiency Training- Upper stages

Health and hygiene –school nurse

Effective transition policies between classes and stages , nursery and secondary

CPD Sports Activities.

Assemblies on Internet Safety , Anti Bullying

SNAG Committee

Farm to Fork Committee

Play Champions

PEEK Street Play

Healthy cooking on a budget with Parents and children

Forest School

Rise and Shine

Soft Start

Preloved

Nurturing School Ethos

 **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 opportunities arise.

The Senior Leadership Team is responsible for monitoring the Health Education Programme and overseeing the promotion of health in the school. The health Co-ordinator as part of the SLT will have responsibility for reviewing the health programme of work and playing a supportive role in all health promoting initiatives within the school.

**Parents as Partners**

Working in partnership with parents at Wellshot, we understand and value the need to work closely with parents and carers to ensure that the school’s health initiatives meets the needs of our pupils. We value the important contribution made by parents and appreciate the need to engage parents and families in improving the health of the children. We seek to establish and maintain strong positive links with both the parents and the community. We will continue to keep parents and carers informed through: letters, newsletters and leaflets on Health Promotion topics, Awareness Raising and Information meetings.

**Working with Outside Agencies**

Working in partnership with other agencies and specialist services, Wellshot Primary school makes extensive use of specialist services in supporting the learning, social, emotional and behavioural needs of individuals. We actively seek the expertise of other specialist agencies. E.g. Active Schools Co-ordinator, PEEK, With Kids, School Police Liaison Officer, Road Safety officer, Social Work , Play Therapist , CAHMS, SALT, Women’s Aid, Barnardos, and Psychological Services to support both health education and promotion at our school.

**Assessment and Recording**

Assessment is done on a regular basis using AiFL strategies. We assess knowledge, understanding and skills on a regular basis, continually meeting the needs of the individual child.

It is recognised that certain issues within the health curriculum will require to be approached with sensitivity, confidentiality and flexibility.

Formative assessments are measured against specific learning objectives set out in Curriculum for Excellence.

Social , Physical, emotional and strategies for positive mental health permeates our curriculum.

**Resources**

We have quality resources for supporting the learning and teaching of health at our school. These resources are matched to the pupils’ activities in our programme of work. We also have access to a wide range of human resources to support our health Education.

**Time Allocation**

Health/PSD/RME are linked and taught as part of a balanced Broad General Education using a cross-curricular approach, in line with current developments in Curriculum For Excellence.

**Healthy Eating**

The school will actively encourage a healthy approach to eating. Staff will observe and encourage healthy playtime snacks. Staff in the dining room will encourage pupils to try new foods and to eat a healthy lunch. When cooking or baking in school a balance must be struck between sweet and savoury dishes.

**Sex Education**

This programme runs within the main health programme and is continuous and progressive.The school uses SHRE. We acknowledge that consultation with parents/carers is necessary and that parents/carers have the right to withdraw their child if they so wish. The school will ensure that these children are not disadvantaged in this area of the curriculum.

**Physical Environment**

The school building, facilities and grounds will be maintained in a manner that supports the health message to be reinforced throughout the working life of the school. Our commitment to Eco schools will complement efforts in this area.

A high value is placed on creating and maintaining a litter and graffiti free environment. Sufficient litterbins are located inside and outside the school and children will be encouraged to look after the environment. Recycling facilities and litter patrols will reinforce the citizenship message both within school and among the local community.

Caring for the environment will be embedded in the life of the school, facilitated by the Eco School Committee.