



We want all children and young people to be able to learn about health and wellbeing to ensure they acquire skills to live healthy, happy lives.

Health and wellbeing isn't a single subject or class, but is organised into six areas: mental, emotional, social and physical wellbeing; planning for choices and changes; physical education, physical activity and sport; food and health; substance misuse; and relationships, sexual health and parenthood.

Health and wellbeing is also about ensuring that pupils are able to make the most of their educational opportunities regardless of their background or financial circumstances and through promotion of attendance at school.

'Healthy Schools'

In Condorrat Primary the wellbeing of our learners is central to all that we do, and we recognise the importance of Learning in health and wellbeing to ensure that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.

We take a holistic approach to promoting health and wellbeing, one that takes account of the stage of growth, development and maturity of each individual, and the social and community context.

To achieve this we will create a learning environment to support pupils to:

- meet challenges, manage change and build relationships
- experience personal achievement and build my resilience and confidence
- understand and develop my physical, mental and spiritual wellbeing and social skills
- understand how what I eat, how active I am and how decisions I make about my behaviour and relationships affect my physical and mental wellbeing
- participate in a wide range of activities which promote a healthy lifestyle
- understand that adults in my school community have a responsibility to look after me, listen to my concerns and involve others where necessary
- learn about where to find help and resources to inform choices
- assess and manage risk and understand the impact of risk-taking behaviour
- reflect on my strengths and skills to help me make informed choices when planning my next steps
- acknowledge diversity and understand that it is everyone's responsibility to challenge discrimination.

Based on Health & Wellbeing Experiences & Outcomes, Education Scotland

### **Our Health & Wellbeing Curriculum**

At Condorrat Primary our Health & Wellbeing Programme of learning runs over a three year cycle at First & Second Level, and a One year programme at Early Level. This provides a clear learning pathway through all aspects of Health & Wellbeing.

The Health & Wellbeing Programme utilizes three main resources:

- Healthy Schools
- Relationships, Sexual Health & Parenthood National Resource
- We Eat Elephants



### **Health & Wellbeing Across the curriculum.**

Whilst we have a core programme for health and wellbeing, we recognise the many opportunities that arise to apply and develop learning in this area of the curriculum. Many opportunities are provided across the four contexts of learning, and through IDL opportunities.

STEM activities provide significant opportunities within Mental & Emotional & Social Wellbeing as well as Food & Health.

### **Mental, Emotional & Social Wellbeing.**

Many opportunities are provided for this across the curriculum and the four contexts of learning, but we utilize 'We Eat Elephants' to teach core skills in this area. This resource uses stories/scenarios to help children to manage their feelings and emotions, and is based on cognitive behavioural therapy. The approach can be used to resolve any class based situations as it provides a consistent framework to 'talk things through'. The school SLT also use this approach to resolve pupil disputes as appropriate.

Relaxation skills will be developed at least once a week using either this resource or any other relevant activities such as Relax Kids, yoga or mindfulness.

### **Ensuring Progression, Depth & Challenge.**

In our programme each stage within a level covers the same aspects of Health & Wellbeing each term, with the exception of early level. Although each theme and planner is the same for Healthy Schools and We Eat Elephants across a level, it is expected that staff will discuss the activities on offer with level colleagues at planning meetings and select tasks and activities that are appropriate to the age and stage of their pupils.

Through cross curricular work, and real life contexts for learning pupils will be able to demonstrate and apply skills they have developed.

### **SHANNARI Well Being Indicators.**

It is essential that our pupils know, understand and are able to discuss the wellbeing indicators. Each learning experience in our programme has been matched to wellbeing indicators, and it is vital that our pupils discuss the relevance and links to these in their learning.

Each class should have a Health & Wellbeing display with the wellbeing indicators clearly visible. This will be annotated by children with clear links between the indicators and learning activities

In term one pupils complete an evaluation of their own wellbeing against the indicators, and this will be updated throughout the academic year.

### **School Core Skills Framework.**

There will be many opportunities for our pupils to develop their skills from our core programme through Health and Wellbeing activities. Reference should be made to the core skills during learning experiences, and opportunities should be provided to discuss their application as part of the learning & reflection process.

### **Assessment.**

Assessment in Health and Wellbeing is considered during the planning process, using the school's assessment format, and in line with our assessment procedures. The schools skills framework will be commented upon as well as learning evaluations based on relevant benchmarks.

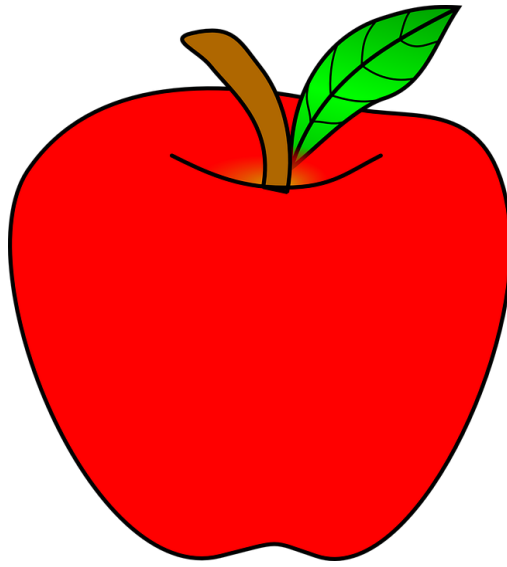
The Leuven Scale will be utilized by staff to measure engagement and wellbeing. Action plans will be discussed with the SLT for those pupils who have low scores in these assessments.

*Dream, Believe, Achieve  
Bruadair, Creid, Coilean*



# Bun-Sgoil Chondobhrait

## Condorrat Primary



Poileasaidh Slànachd agus Maith  
Dhaoine

Health & Wellbeing Policy

Respect	Growth Mindset	Feeling Safe	Àrach	Ag Obair Còmhla	Coimhearsnachd Toilichte
					
Ùram	Eanchainn Fosgailte	A' Faireachadh Sàbhalte	Nurture	Teamwork	A Happy Community

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