



Yetholm/ Morebattle Primary Schools

Health and Wellbeing Approach

Rationale

At Morebattle and Yetholm we recognise the importance of Health and Wellbeing in living healthy, happy lives. Learning in health and wellbeing ensures 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. Learning through health and wellbeing enables children and young people to make informed decisions; experience challenge and enjoyment which contributes to all areas of their life and learning; experience positive aspects of healthy living and activity for themselves; develop and apply mental, emotional, social and physical skills in pursuit of a healthy lifestyle; to help with a successful transition to the next stage of education or work; and to establish a pattern of health and wellbeing which will be continued into adult life.

One of the key features of life in our schools is the use of our outdoor spaces which we feel benefits both learning in across all areas of the curriculum, but also the wider health and wellbeing of all our pupils and staff.

Scottish Borders Council has a strategic aim for all schools to develop a Nurturing Approach which supplements our Health and Wellbeing offer and feeds into the ethos and life of the school.

It is our aim that learners have an understanding of the Wellbeing Indicators and embody the 4 capacities of Curriculum for Excellence. Links are made to these in our Assembly program as well as the discrete taught areas of the health and wellbeing curriculum.



Approaches to each Organiser

Across our schools we use the approaches and resources that Scottish Borders Council has directed us to, which helps ensure a consistency in the offer provided to all our young people before they transition to Secondary school at the end of Primary 7.

- **Mental, Emotional, Social and Physical Wellbeing**

We cover this through engagement with the Building Resilience program and use of the Health Schools website (www.healthyschool.scot). Pupil of the Day and other school initiatives aim to develop confidence and self-esteem in our learners- these will be used at teacher's discretion.

- **Planning for Choices and Change**

In our schools we feel that children experience learning around planning for choices and change through the ethos and life of the school- the responsibilities and duties that they take on at each stage of their learning support this. Skills and awareness of Developing the Young Workforce are planned and explored across all areas of the curriculum.

- **Physical education, activity and sport**

Our Curriculum Support Teachers deliver an hour of PE in each of our schools and class teachers deliver a second hour each week. We ensure a breadth of experiences and opportunities in the range of sports and activities, both indoors and outside. This also feeds into the ethos and life of the school where we find opportunities for our pupils to participate in competitions across the learning community and the region (e.g. small schools netball competition and the Kelso schools cross country). We also work closely with our partners in Live Borders to provide extra curricular activities for our pupils at every stage. Every second year we also look to provide swimming lessons for our older pupils as staff feel it is a vital skills for pupils in our remote area to have a sense of water safety.

- **Food and Health**

Children learn about food and health as part of interdisciplinary learning through other contexts of learning such as "Food and Farming" and "Scotland". Skills are taught progressively from Nursery to Primary 7. We use the Healthy Schools website to help support this.

- **Substance Misuse**

Staff collaboratively created a rolling programme for the delivery of Substance Misuse in line with Scottish Borders Council resource and the development of the new programme of study (available on Glow).

- **Relationships, Sexual Health and Parenthood**

Staff use the RSHP website in line with the Scottish Government to support learning and teaching of these key areas. We feel it is important to inform parents/carers ahead of us delivering this and therefore we will write to them, providing a "snap-shot" of the learning from the RSHP resource.

Assessment

Learners' progress and achievement is tracked through observation and engagement and recorded on our revised tracking formats as part of an ongoing process throughout the year.

Wider achievements of our learners are recorded and celebrated in school. This is tracked by the leadership team and a consideration is given to how we use this information- identifying which pupils may be at risk of missing out and how we can provide further opportunities to help to prevent that from happening.