



Fallin Primary School Health Policy

“Mental, physical and emotional well being of young people are essential pre-conditions for successful learning.” HMIE

Mental, Emotional and Physical Wellbeing

Fallin Primary strives to ensure that the mental, emotional, social and physical wellbeing of everyone within the learning community is positively developed by fostering a safe, caring, supportive and purposeful environment that enables our children to develop relationships based on mutual respect.

Planning for Choices and Changes

Fallin Primary aims to provide children with experiences and opportunities which are designed to raise their awareness of future choices and to raise their expectations and aspirations.

Our school aims to support children to develop the skills for personal planning and making decisions in the context of their own learning and achievement which will prepare them for the next stages in their life.

Coping with change and transitions will be key in ensuring that our children develop the skills and attributes they need if they are to achieve and sustain positive destinations beyond school.

Physical Education, Physical Activity and Sport

Fallin Primary aims to ensure that children develop an understanding of their physical health and the contribution made by participation in physical education, physical activity and sport to keeping them healthy and preparing them for life beyond school.

We aim to provide experiences and opportunities for our children to build physical competences, improve aspects of fitness, and develop personal and interpersonal skills and abilities. We will support and enable our children to develop the concepts and skills necessary for participation in a wide range of physical activity, sport, dance and outdoor learning.

Through experience, children will encounter a variety of practical learning experiences, including working on their own, with a partner and in small and large groups, and using small and large equipment and apparatus, both outdoors and indoors.

Ultimately, we are aiming to enhance the physical wellbeing of all our children, in preparation for leading a fulfilling, active and healthy life. Experiences are intended to establish a pattern of daily activity which is most likely to lead to sustained physical activity in adult life.

We also aim to provide a range of physical and sporting activities that take place in addition to planned physical education sessions, at break times, after school and lunchtimes in and beyond the place of learning.

We will also aim to investigate the relationship between diet and physical activity and their role in the prevention of obesity.

Food and Health

Fallin Primary aims to develop our children's understanding of a healthy diet, comprising of a variety and balance of foods and drinks. That children acquire the knowledge and skills to make healthy food choices that in turn help them to establish lifelong healthy eating habits.

We aim to develop an appreciation in children that eating can be an enjoyable activity and understand the role of food within social and cultural contexts. They explore how the dietary needs of individuals and groups vary through life stages. For example during pregnancy and the role of breastfeeding in infancy.

We aim to develop our children's knowledge and understanding of safe hygienic practices and their importance to health and wellbeing and apply these in practical activities and everyday routines including good oral health.

That children develop an awareness that food practices depend on many factors including availability, sustainability, season, cost, religious beliefs, culture, peer pressure, advertising and the media.

Substance Misuse

Fallin Primary aims to develop children's understanding of the use and misuse of a variety of substances including over the counter and prescribed medicines, alcohol, drugs, tobacco and solvents.

Importantly we will provide opportunities for children to explore and develop their understanding of the impact of risk taking behaviour on their life choices.

Relationships, Sexual Health and Parenthood

Fallin Primary aims to develop an understanding of how to maintain positive relationships with a variety of people and are aware of how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships, and sexual health. In addition we aim to develop children's understanding of the complex roles and responsibilities of being an adult, parent or carer.