



Windyknowe Primary School



Ready

Health & Wellbeing

Responsible



Respectful

Safe





Health & Wellbeing



Ready

‘Learning through health and wellbeing promotes confidence, independent thinking and positive attitudes and dispositions. Because of this, it is the responsibility of every teacher to contribute to learning and development in this area.’

Responsible

Building the Curriculum 1



Respectful

Safe





Health & Wellbeing



Health and wellbeing is structured into six organisers:

- Mental, emotional, social and physical wellbeing
 - Planning for choices and changes
- Physical education, physical activity and sport
 - Food and health
 - Substance misuse
- Relationships, sexual health and parenthood

Those in blue are the responsibility of all.

Respectful

Safe

Ready

Responsible





Health & Wellbeing



Everyone in a learning community whatever their contact with children and young people shares the responsibility for creating a positive ethos and a climate of respect and trust

Ready

Responsible



Respectful

Safe





Health & Wellbeing



The responsibilities of all include each practitioner's role in:

- establishing open, positive, supportive relationships across the school community, where children and young people will feel that they are listened to
- creating an environment where children and young people feel secure in their ability to discuss sensitive aspects of their lives

Ready

Responsible



Respectful

Safe





Health & Wellbeing



- promoting a climate in which children and young people feel safe and secure

- modelling behaviour which promotes health and wellbeing and encouraging it in others
- using learning and teaching methodologies which promote effective learning
- being sensitive and responsive to the wellbeing of each child and young person

Ready

Responsible



Respectful

Safe





Health & Wellbeing



Skills for Learning, life and work

Ready

At the heart of health and wellbeing is the capacity to form and sustain good personal, social and working relationships. This promotes resilience; self-esteem and confidence with regard to learning.



Responsible



Respectful

Safe





Health & Wellbeing Indicators



Ready



Responsible



Respectful

Safe






Health & Wellbeing Indicators




Ready



Nurtured

- Having adults I can talk to
- Feeling I belong



Active

- Being active
- Learning outside



Achieving

- Valuing my achievements
- Agreeing learning targets with adults



Respected

- Feeling valued
- Getting praise and encouragement



Healthy

- Looking after my body and mind
- Feeling loved and trusted



Responsible

- Showing care and respect
- Learning to make good choices



Safe

- Feeling safe
- Having adults I trust



Included

- Feeling part of my nursery/school
- Feeling listened to

Responsible



Respectful

Safe



Health & Wellbeing

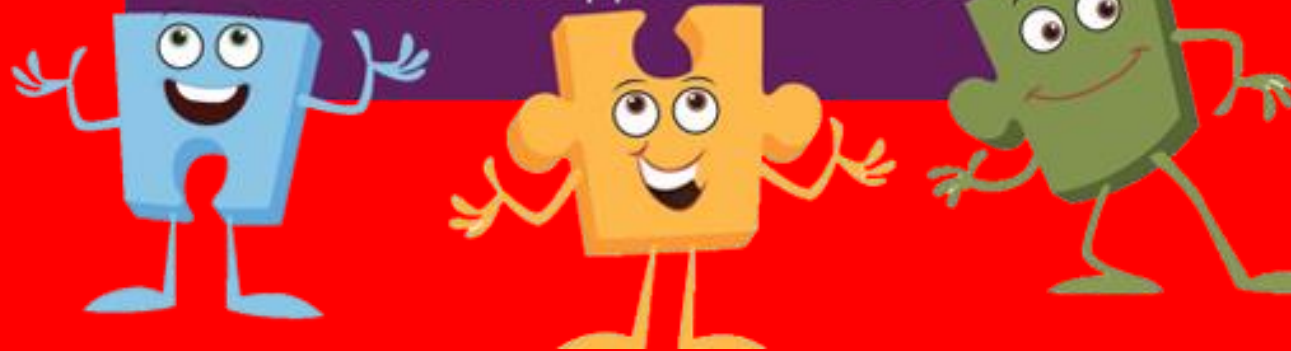


Ready

Responsible

Jigsaw!

The mindful approach to PSHE



Respectful

Safe





Health & Wellbeing Jigsaw



6 puzzles... 6 pieces in each puzzle

Ready

Term 1: Being me in my world
Term 2: Celebrating Difference
*Term 3: Dreams and Goals,
Relationships*
*Term 4: Changing me,
Healthy me*

Responsible



Respectful

Safe





Health & Wellbeing Physical Education



At least 2 hours of Physical Education

Ready

P1 – Thu & Fri

P2 – Wed & Thu

P3 – Wed & Thu

P4 – Tue & Fri

P5 – Mon & Wed

P6 – Mon & Wed

P7 – Tue & Thu

Responsible



Respectful

Safe

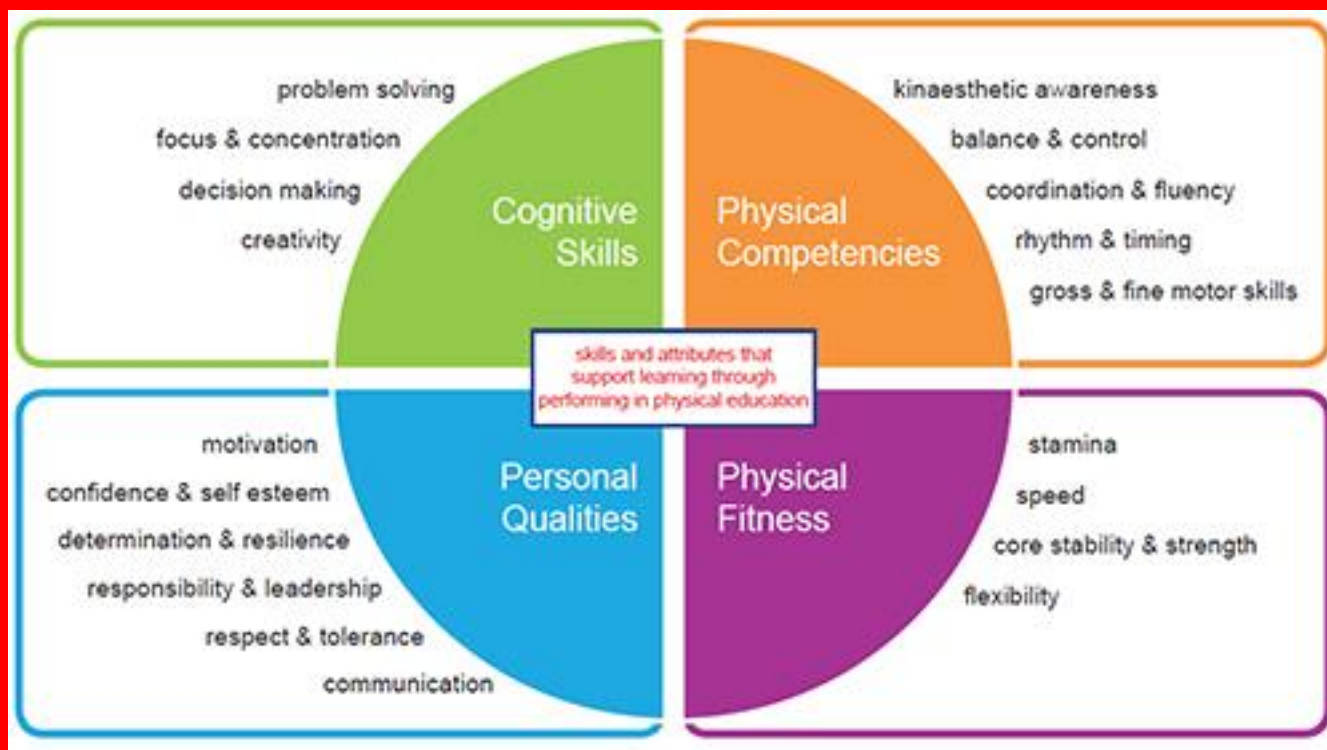




Health & Wellbeing Physical Education



Ready



Responsible



Respectful

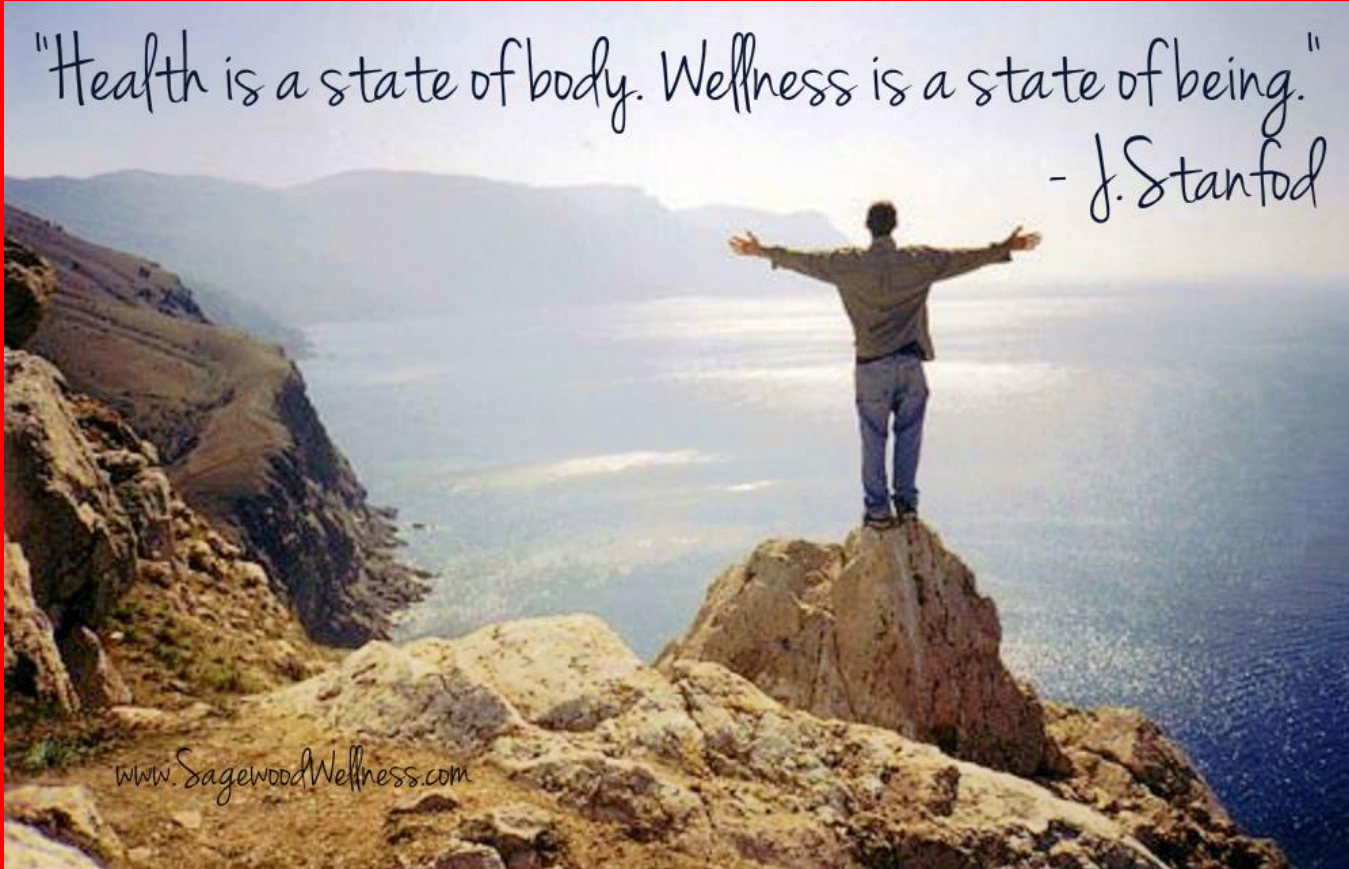
Safe



Health & Wellbeing

"Health is a state of body. Wellness is a state of being."

- J. Stanford



www.SagewoodWellness.com

Ready

Responsible

Respectful

Safe

