

# Health & Wellbeing

*Learning in health and wellbeing ensures that children and young people develop the knowledge, understanding and skills which they need now and in the future to help them with their physical, emotional and social wellbeing.*

The components are:

- **Mental, emotional, social and physical wellbeing:**

*Mental and emotional wellbeing; Social wellbeing; Physical wellbeing*

- **Planning for choices and changes**

- **Physical education, physical activity and sport:**

*Movement skills, competencies and concepts; co-operation and competition; Evaluating and appreciating*

- **Food and Health:**

*Nutrition; safe and hygienic practices; Food and the consumer*

- **Substance misuse**

- **Relationships, sexual health and parenthood**

## **SANDWOOD – A HEALTH PROMOTING SCHOOL**

At Sandwood we put a huge emphasis on the Health & Wellbeing of our children. In order to learn well you have to be well

The World Health Organisation said in 1995 that *‘a health promoting school is one in which all members of the school community work together to provide pupils with integrated and positive experiences and structures which promote and protect their health. This includes both the formal and informal curriculum in health, the creation of a safe and healthy school environment of the family and wider community in efforts to promote health.’* The Scottish Executive goal is that every school in Scotland will become a health-promoting school. Sandwood attained Health Promoting Status in October 2008 and this was renewed in 2011. This is continually promoted through our Health and Wellbeing Programme, Focus weeks and events.

### **Physical Health**

Children have opportunities to develop skills in dance, gymnastics, games, fitness and athletics. At Sandwood we are committed to delivering the Scottish Governments recommendations of 2 hours of physical activity per week.

P5 attend a block of swimming lessons within the session and also participate in a bikeability programme, which develops safe cycling skills on our roads.

Our P7 pupils have the opportunity to participate in an outdoor residential experience.

Physical Education and Activity in schools is not just about PE lessons, although these are important. The Active Schools Programme is facilitated by Sport Scotland and is funded by the Scottish Executive. We work extremely closely with our Active Schools Coordinator to deliver a wide range of experiences.

We run a wide variety of sports clubs for all age groups throughout the year and attend festivals and competitions with P4-7 throughout the session.

We are currently working in conjunction with Sport Scotland and our Lead PE officer to deliver physical literacy programme at P1 & 2. We also promote the Positive Coaching Scotland Principles (PCS), throughout all aspects of school life.

All pupils take part in the daily mile to enhance physical fitness and engagement in learning.

We provide high quality Physical Education and Activity opportunities for our pupils which was recognised in June when we were awarded the GOLD standard from Sport Scotland.

### **Being Active**

- With the children, consider healthier routes to school such as cycling and walking.

Establish the importance of physical activity throughout the curriculum in creative ways. Teachers look at the positive effects of exercise on the human body.

### **Healthy Eating**

The school has a 'School's Nutrition and Action Group' (SNAG) to further support making healthy choices. This group has representation from staff, parents, Cordia (catering staff) and pupils. The aim of this group is to support the vision of Glasgow's 'Better Eating, Better Learning' document:

***'.....to improve the life chances of our children and young people through the food choices they make now and in the future'.***

Therefore at Sandwood:

- Children are encouraged to bring a healthy snack to school.
- Children have access to fresh water, which helps them feel refreshed and alert.

Children are not allowed to bring fizzy juice to school. At Sandwood Primary we encourage drinking water throughout the school day. Pupils are encouraged to bring their own water bottle that can be refilled during the day.

We ask parents to provide one **HEALTHY SNACK** for interval time. This is part of our school's commitment to care for all our children.

### **TOOTHBRUSHING**

We also place great importance on dental hygiene and enable our P1 and P2 pupils to participate in daily tooth brushing following their lunch.

## **SEXUAL HEALTH AND RELATIONSHIP EDUCATION (SHRE)**

Sexual health and relationships education has an important role in promoting physical, social and emotional health and wellbeing in children and young people and serves as an important contributor to the ethos of the *'health promoting school'*. It is the policy of Glasgow City Council Education Services that every educational establishment provide sexual health and relationships education to all children and young people in line with relevant national guidelines, appropriate to each child's or young person's age, understanding, maturity and stage of development. We deliver a Sexual Health and Relationship Education programme to all stages. This programme is a valuable element to our Health and Well Being programme, helping to increase pupil self-esteem, body awareness, values, morals and self-confidence.

Our parents and carers are informed in advance about the sexual health and relationships education programme their child will receive. This includes sending letters and information home and including information in this handbook. We offer workshops to our parents and carers giving them the opportunity in advance to view key teaching materials and to ask questions about any aspect of the sexual health and relationships education programme.

### **PERSONAL and SOCIAL DEVELOPMENT**

We have a well-resourced programme for health and personal and social development encompassing physical, emotional and social aspects of growth and development.

Our Health and Well Being programme is taught through monthly themes.

- **Values**
- **Emotions, Personal Safety**
- **Relationships, Choices**
- **Dealing with Conflict & Change**
- **Resilience**
- **Rights & Responsibilities**
- **Success and Ambition**
- **Record of Achievement**

This whole school approach is supported through assemblies, visitors and school events e.g. Anti-Bullying Week, Health Week etc

We support the monthly themes by using the following resources, 'Bounce Back', 'Glasgow's Health Pack' and 'Your Body Matters'.

All of these programmes encourage children to value everyone, starting with himself or herself. As they grow older we encourage them to take increasing responsibility for their own actions and decisions, staying safe, resisting peer pressure etc. Rights are balanced against responsibilities.

Throughout all of our learning we educate our pupils on their Rights. These are directly taught and linked to all aspects of learning where appropriate.

We received our Recognition of Commitment to Rights from Unicef in 2015 and are now working towards Glasgow City Council's Award, the 'Green Acorn', for work on Growing Good Citizens. The award recognises achievement under the following aspects of school life:

- **Vision, Values, Ethos and climate**
- **Pupil Voice, Participation and Empowerment**
- **Developing a Commitment to Social Justice**
- **Developing Commitment to Environmental Sustainability**
- **Building understanding of Globalisation and Interdependence**
- **Developing Rights Based learning**
- **Taking Learning Outdoors**

We also use Jenny Moseley's 'Circle Time' to further develop social skills through promoting positive behaviour. There are not just school links but are 'life skills' which, it is hoped, will stand the children in good stead throughout life.

We use Restorative Approaches consistently to respond to conflict. Such conversations allow the person affected to share what happened, the impact and what needs to happen to 'put things right'.