

Sandwood Primary School



Health & Wellbeing **Policy**





Sandwood Primary School HEALTH & WELLBEING POLICY

'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 in order to improve their mental, emotional, social and physical wellbeing
- experience challenge and enjoyment
- experience positive aspects of healthy living and activity for themselves
- apply their mental, emotional, social and physical skills to pursue a healthy lifestyle
- make a successful move to the next stage of education or work
- establish a pattern of health and wellbeing which will be sustained into adult life, and which will help to promote the health and wellbeing of the next generation of Scottish children.

It also enables some to perform at high levels in sport or prepare for careers within the health and leisure industries'.

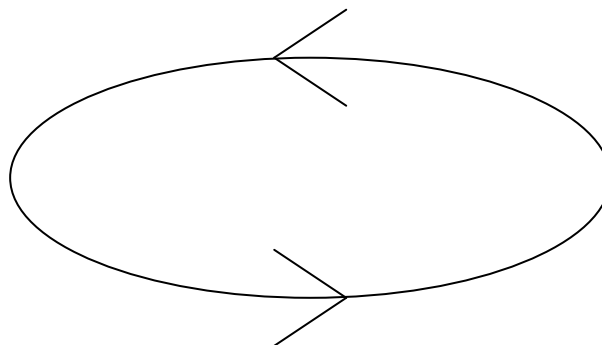
Health & Wellbeing Principles and Practices Paper

Aim

The aim of this policy is to ensure a whole school consistent approach to Health and Wellbeing encompassing the values and principles of a Curriculum for Excellence. We aim to deliver a broad, balanced and progressive programme to deliver all aspects of Health and Wellbeing as outlined in the Curriculum for Excellence which also takes into account the changing needs of our children and our community.

We want children to be educated to make sensible choices about their Health & Wellbeing which will allow them to grow and learn throughout their lives.

Learn Well

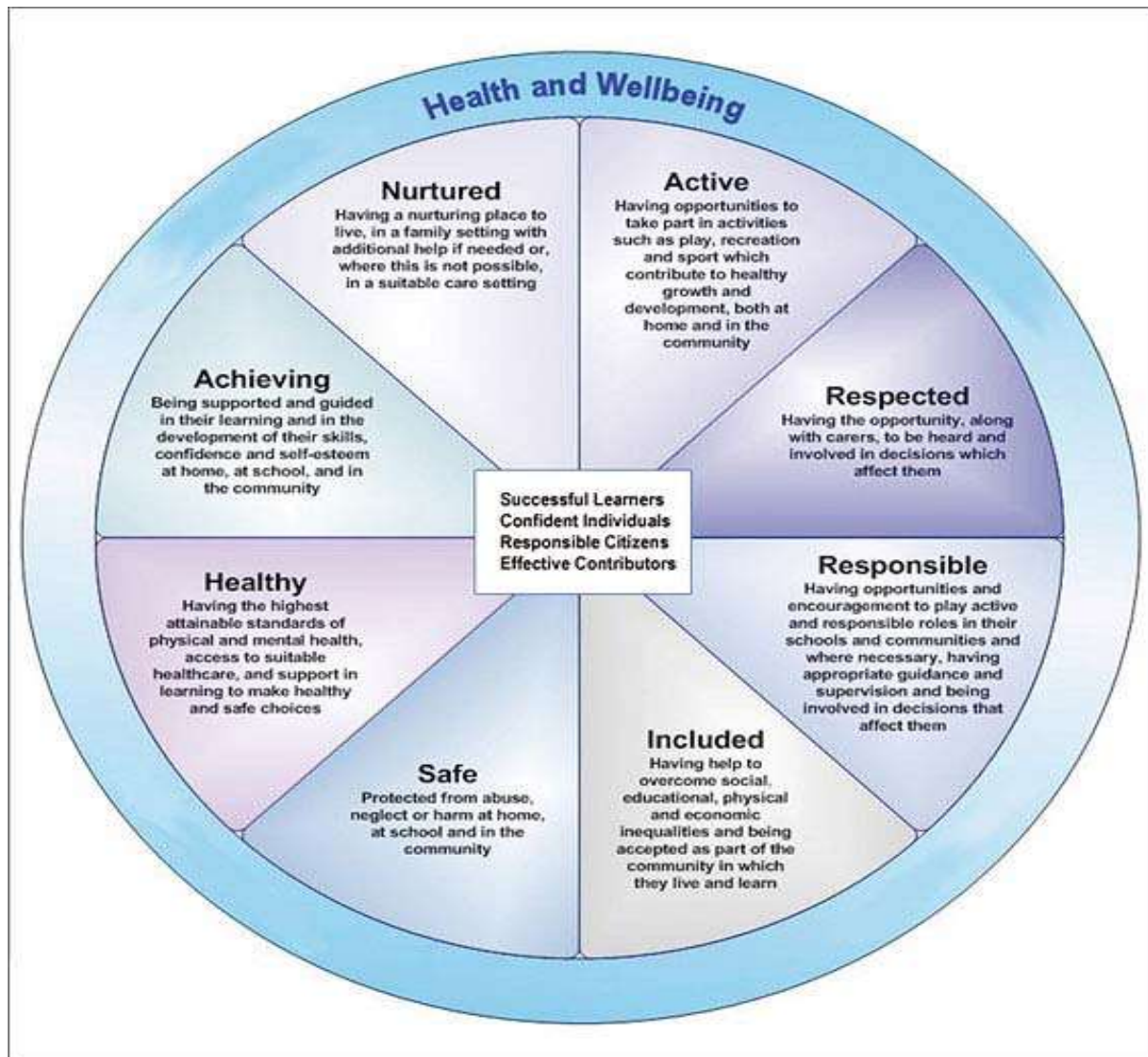


Be Well

If our children are healthy then they will learn well. For our children to be healthy we need to educate them. When one of these aspects fails then barriers to Health & Wellbeing and learning are encountered.

Health & Wellbeing Programme

Our Health & Wellbeing Programme has been compiled to develop a shared vision and common goal across all practitioners. This allows attainment and achievement within all 8 Wellbeing indicators - **Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included** essential to enabling our young people to develop the 4 capacities as outlined in A Curriculum For Excellence. See diagram below.



Our programme embraces the responsibilities within The Getting it right for every child - **GIRFEC** legislation that puts the young person at the centre of everything we do.

We are a Nurturing and Inclusive School and embed the nurturing and inclusion principles throughout all aspects of our school life.

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.

Building the Curriculum 1

Our Health & Wellbeing programme is structured into monthly themes. These themes encompass all elements outlined in A Curriculum for Excellence and elements which staff felt were necessary for our pupils.

The **themes** are as follows:-

August – **Values**

September – **Emotions**

October – **Personal Safety/ Substance Misuse**

November – **Relationships - Bullying**

December – **Relationships**

January – **Dealing with Conflict & Change**

February – **Resilience**

March – **Rights & Responsibilities**

April – **Choices**

May – **RSHP (Relationships, Sexual Health and Parenthood)**

June - **Success & Ambition**

(See Appendix A)

Leadership

The Head Teacher has overall responsibility for leading on Health & Wellbeing developments and is the Named Person responsible for all young people in Sandwood Primary.

The Depute Head Teacher/Principal Teacher (LCR) has responsibility for creating Wellbeing and Assessment Plans for those pupils that require these.

Distributed Leadership is also key to delivering effective Learning and Teaching in Health & Wellbeing – key staff lead the Health & Wellbeing Focus group / Rights Respecting Schools Focus Group / Peer mediation / Playground Buddies and Health Week.

Learning & Teaching

'The knowledge, skills and attitudes identified within the various aspects of the Health & Wellbeing experiences and outcomes are interrelated; teachers and other practitioners will plan and present learning in ways that enable learners to see them closely linked.'

Health & Wellbeing Principles and Practices Paper

The Experiences and Outcomes are grouped according to these themes and are the focus for planning. Staff use Bounce Back as the core resource and supplement this with the other materials available:-

Appendix B

Resources

- Bounce Back
- Your Body Matters
- Glasgow's Health
- Primary Safety Pack
- Citizenship and the Law
- Racial Equality and Diversity
- Positive Futures
- I am, I know, I can
- Street Safe
- RSHP National Resource (<https://rshp.scot/>)

RSHP (Relationships, Sexual Health and Parenthood)

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.

Effective learning through Health and Wellbeing which promotes confidence, independent thinking and positive attitudes and actions requires Leadership, Partnership working and Learning and Teaching.

Planning also takes account of Experiences and Outcomes covered through Interdisciplinary Learning and whole school approaches e.g. buddying, Fair Trade, Rights etc.

Appendix C

Partnership Working

The successful implementation of whole school policy is dependent on effective multi-agency partnerships:

- community police
- ROSPA
- Fire Brigade
- School Nurse
- Environmental Health
- Health Development Officers
- Speech and Language
- Educational Psychologist
- Social Work
- Sainsburys
- Quarriers
- Prince & Princess of Wales Hospice
- Childline
- Barnardos
- Includem



Curriculum for Excellence

Children will be provided with many opportunities across the school which will enhance the learning of the experiences and outcomes being addressed:

- **Sports coaches**
- **Tooth brushing at P1 & P2**
- **access to fresh drinking water**
- **healthy lunches at Fuel Zone**
- **buddy system**
- **Peer Mediators**
- **Golden time**
- **Road Safety Awareness**
- **Litter Pickers**
- **Rights Respecting Schools**
- **Learning for Sustainability – ECO**



PHYSICAL EDUCATION, PHYSICAL ACTIVITY & SPORT

Physical Education (P.E.) is also included within Health & Wellbeing. At Sandwood Primary we deliver the Scottish Executive's recommendation of 2 hours of physical education per week.

This is delivered primarily by our PE teacher in partnership with class teachers and coaches.

We work closely with our Active Schools Coordinator to provide a wide range of after school clubs for all age ranges and regularly participate in Sporting competitive situations and learning festivals.

We also encourage and promote physical activity at break times through provision of playground equipment and playground buddies and regular outdoor learning opportunities.

We are a POSITIVE COACHING SCOTLAND (PCS) school, where we put the PCS approaches at the heart of all our lessons. PCS is designed to transform attitudes and behaviours and support those involved in sport to create and maintain a positive sporting environment for all.

Assessment

Attainment and Achievement in Health & Wellbeing is assessed using Experiences and Outcomes with cognisance taken of the Health and Well-being Benchmarks.

Teachers and learners in Sandwood will gather evidence of progress as part of day-today learning inside and outside the classroom and as, appropriate, through specific assessment tasks.

From the early years through to the senior stages, children and young people's progress will be seen how well they are developing an applying their knowledge, understanding and skills in, for example, key features of healthy living and relationships, and in approaches to personal planning, assessing risk and decision making.

Assessment also links with other areas of the curriculum within and beyond the classroom.

Partnership with Parents

As with all areas of learning, working in partnership with parents/carers is essential for the continuing development of our children, particularly in relation to Health & Wellbeing.

At Sandwood we work closely with our parents/carers and regularly inform them through curriculum news, letters, leaflets, posters what Health & Wellbeing is occurring throughout the school and welcome their involvement where appropriate.

Our ASN learning Café provides an opportunity for parents to get together for support and to share experiences. This gives a voice to individuals and families living with children who have Additional Support Needs.

Homework

Activities will be outlined in homework logs and will be a combination of whole school initiatives and activities specific to the content and level appropriate to each class.

Active learning tasks and Outdoor Learning tasks to be encouraged as often as possible.
