

St. Joseph's Primary School

Health and Wellbeing Policy

'To achieve their potential, schoolchildren must participate fully in educational activities. To do this they must be healthy, attentive and emotionally secure.'

World Health Organisation (WHO), 2000

Rationale

At St Joseph's Primary School we are taking a whole school approach to Health and Wellbeing Education based on the following:

'Health is the extent to which an individual or group is able, on one hand, to realise aspirations and satisfy needs and, on the other hand, to change or cope with the environment. Health is, therefore seen as a resource for everyday life, not an object of living; it is a positive concept emphasising social and personal resources, as well as physical capabilities.'

World Health Organisation (WHO), 2000

Aims

Our schools aims to enable our children, staff and everyone working in partnership with the school to develop the knowledge and understanding, skills, capabilities and attributes necessary for mental, emotional, social and physical wellbeing now and in the future.

We aim to:

- Plan and deliver a coherent and curriculum based Health and Wellbeing Education programme in line with the new Learning Outcomes in a Curriculum For Excellence.
- Provide a supportive and encouraging atmosphere for children, staff and parents/carers.

- Develop our relationships with pupils, parents/carers and the wider community.
- Work closely with outside agencies to encourage a wide range of health related activities.
- Further develop school policies and procedures to promote health.
- Ensure all members of staff are aware of their professional roles in health related issues and are involved in developments to promote healthy living.

Learning and Teaching

'Learning through health and wellbeing promotes confidence, independent thinking and positive attitudes and dispositions.'

(Building the Curriculum 1)

St Joseph's Health and Wellbeing Education programme consists of:

- **Physical Health** which explores the knowledge, skills and attitudes that are needed to understand physical factors in relation to our health.
- **Emotional Health** which explores the knowledge, skills and attitudes that are needed to understand emotions, feelings and relationships and how they affect us.
- **Social Health** which explores the interaction of the individual, the community and the environment in relation to health and safety.

Our school will:

- Develop our relationships with pupils, parents/carers and the wider community.
- Actively promote self-esteem of the whole school community, including staff.
- Engage and work with parents and carers to provide all children with positive experiences which promote and protect their health.
- Promote the health of all the school community.
- Provide a range of stimulating experiences for all pupils.

- Work closely with outside agencies to encourage a range of health related activities.

Health Committee

We have a school Health Committee consisting of staff, pupils and other members of the community. In September 2007 we were awarded 'Commitment level' by the Grampian Health Promoting School team. We are compiling our portfolio of evidence to achieve 'Commended level' in December 2008.

Health Promoting Initiatives include:

- Hungry for Success- healthy eating.
- Free Choice Friday- healthy snacks.
- Free fruit snack for primaries 1 and 2
- Children encouraged to drink water regularly.
- Participation in Active Schools
- Eco Schools
- Coaching in netball , basketball , football and hockey
- Swimming lessons -primary 4
- Improved playground equipment
- Improvements to school grounds.
- Development of school garden.
- Buddy system and prefects.
- School travel plan -Walk to school
- Road Safety Committee
- Cycling Proficiency Training- Upper stages
- First Aid Training P5, P6 and P7
- Health and hygiene -school nurse
- Effective transition policies between classes and stages
- Information Evenings for parents: Drug awareness, Internet safety and Sex Education.
- Staff health and wellbeing - Social Activities , Sporting Activities
Health and Beauty Evenings
Team building and Development days

Roles and Responsibilities

All staff will actively support, contribute to and be involved in the promotion of good health and participate in staff development when the opportunities arise.

The Management Team is responsible for monitoring the Health Education Programme and overseeing the promotion of health in the school. The health Co-ordinator alongside the Management Team will have responsibility for reviewing the health programme of work and playing a supportive role in all health promoting initiatives within the school.

Working in partnership with parents

At St Joseph's we understand and value the need to work closely with parents and carers to ensure that the school's health initiatives meets the needs of our pupils.

We value the important contribution made by parents and appreciate the need to engage parents and families in improving the health of the children.

We seek to establish and maintain strong positive links with both the parents and the community.

We will continue to keep parents and carers informed through: letters, newsletters and leaflets on Health Promotion topics, Awareness Raising and Information meetings.

Our health and Wellbeing Policy is available to parents on our school website

Working in partnership with other agencies and specialist services

St Joseph's school makes extensive use of specialist services in supporting the learning, social, emotional and behavioural needs of individuals.

We actively seek the expertise of other specialist agencies. Eg Health Promoting Department, Active Schools Co-ordinator, School Police Liaison Officer, Road Safety officer, Social Work, Children First, Social Work and Psychological Services to support both health education and promotion at our school.

Assessment and Recording

Assessment is done on a regular basis using AiFL strategies. We assess knowledge, understanding and skills on a regular basis, continually meeting the needs of the individual child.

It is recognised that certain issues within the health curriculum will require to be approached with sensitivity, confidentiality and flexibility. Formative assessments are measured against specific learning objectives set out in the 5-14 Guidelines and Curriculum for Excellence. Consideration is also given to how health promotion may contribute to overall school performance using the framework developed in 'How good is our school' and applying it to the theme of Health Promotion.

Resources

We have an extensive list of resources for supporting the learning and teaching of health at our school. These resources are matched to the pupils' activities in our programme of work. We also have access to a wide range of human resources to support our health Education.

Time Allocation

Health/PSD/RME are linked and taught as part of a balanced Broad General Education using a cross-curricular approach, in line with current developments in Curriculum For Excellence.

Healthy Eating

The school will actively encourage a healthy approach to eating. Staff will observe and encourage healthy playtime snacks. Staff in the dining room will encourage pupils to try new foods and to eat a healthy lunch. When cooking or baking in school a balance must be struck between sweet and savoury dishes.

Staff must not hand out sweets or treats in class for rewards or motivation.

Pupils wishing to give a treat to their classmates must give them out at the end of the day when parents can decide if they are eaten.

It is not school policy to allow birthday cakes, except in nursery.

Celebration food for religious or cultural events is allowed in moderation and with due diligence to allergies etc.

Sex Education

This programme runs within the main health programme and is continuous and progressive' The school uses the accepted RC resource, "God's Loving Plan' and "This Is Our Faith". We acknowledge that consultation with parents/carers is necessary and that parents/carers have the right to withdraw their child if they so wish. The school will ensure that these children are not disadvantaged in this area of the curriculum.

Drugs Education

A programme of study for drug education has been developed for the school in liaison with outside agencies. This programme, which is continuous and progressive, runs within the main health programme and begins in primary 1, with aspects such as body awareness and the safe use of medicines being covered. By primary 7 the focus is on drug facts, coping with persuaders, positive body image and drug and substance misuse.

Other Linked Policies:

Positive Behaviour Policy.

Child Protection

Medication Policy

Date for Review January 2017