

Park Brow Primary School
Health and Wellbeing Policy 2018



Rationale

Health and Wellbeing should encourage pupils to explore and clarify their beliefs, attitudes and values, develop personal and inter-personal skills and increase their knowledge and understanding of a range of health issues.

Health and Wellbeing is not the responsibility of any one teacher or subject but is best addressed through contributions from a range of teachers in a number of curricular areas in line with A Curriculum for Excellence.

Health and Wellbeing is concerned with the development of life skills. Through these life skills pupils should learn to make formal choices taking account of the outcomes and experiences covered in the following areas:

- 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

This school is committed to the health and wellbeing of everyone here and we will work together with parents and the local community to enable pupils to make healthy informed choices.

Aims

We aim to provide a Health and Wellbeing Curriculum that can identify the health needs of pupils, taking account of their age and stage. This can be achieved

by exploring with them their perceptions and beliefs about being healthy.

Staff will:

- Help pupils to acquire the relevant knowledge and understanding of the human body and how it works and of the social and emotional factors that influence health.
- Encourage pupils to make informed choices and take appropriate decisions that help to ensure a healthy lifestyle.
- Foster links between school, home and community so that all are involved in a collective responsibility for promoting good health.

Outcomes

By taking responsibility for Health and Wellbeing pupils will:

- Explore physical factors in relation to health and looking after ourselves
- Explore emotions, feelings and relationships and how they affect mental wellbeing
- Explore the interaction of the individual, community and the environment in relation to health and personal safety.

This will be covered using the six areas of Health and Wellbeing in the Curriculum for Excellence

These are:

- Mental, Emotional, Social and Physical wellbeing
- Planning for Choices and Changes
- Physical Education, Physical Activity and Sport
- Food and Health
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Under a Curriculum for Excellence, the Health and Wellbeing experiences and outcomes allow a fair degree of flexibility in their use and can be amended to suit the needs of our school.

Specific Issues

Within the wider context of taking responsibility for health lies the need to ensure that appropriate

structure and coherent learning experiences are provided by the school.

The issues below form an integral part of our school's Health and Wellbeing experiences and outcomes. Due to the importance and sensitivity of these issues, advice and guidance for them is found in separate policies.

- Anti-Bullying
- Sex and Relationships Education
- Drugs Education
- Infection Control Guidance

Community Liaison

The school encourages Sharon Lee to develop home school links with children and adults running Family Cookery courses for Year 4 pupils.

External Agencies

These external agencies undertake work with the children in Year 5 and Year 6 regarding issues of Sex and Relationships Education and Drugs Education.

Parents

As a listening school parents will be encouraged to share any concerns they may have. We will consider the social, cultural and religious influences of our community.

Resources

Early Years Foundation Stage, Key Stage 1 and Key Stage 2 folders containing examples of materials that are available to support Healthy School Week, specifically based around food and healthy eating. Objectives for Diet and hygiene, Healthy bodies, Healthy mind, Personal and social, Acquiring and developing skills, Applying skills and using tactics and Evaluating and improving performance are taken from the P.E. Curriculum for Years 3 to Year 6 inclusive. Breakfast Club - daily, throughout the school academic year to help support parents and pupils at Park Brow Community School.

