

**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 Educate U 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 aim 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. 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. We will work closely with outside agencies to encourage a range of health-related activities including sensory walks, swimming, and horse-riding.

Staff health and wellbeing – Social Activities, Health and Beauty sessions, 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 overseeing the promotion of health in the school. 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 Educate U 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. Educate u 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 School Police Liaison Officer, Road Safety officer, 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. 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.

**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.

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

**Susan Evans Director of Education Date: 01/04/2021**

**Review date: 01/09/2021**