**St John’s Primary Hamilton**

**Health and Wellbeing Policy**

**Introduction**

*Curriculum for Excellence* has an important role to play in promoting the health and wellbeing of children and young people and of all of those in the educational communities to which they belong.

*Health and wellbeing Principles and practice paper.*

**Our Vision**

In our school community we will work together as a team to develop our children as successful learners, confident individuals, effective contributors and responsible citizens by providing a safe, friendly and inclusive environment for motivating and challenging learning experiences.

In order to achieve this vision, we aim to provide high quality learning and teaching in Health and Wellbeing focusing on teaching Children’s Rights to develop our children as competent and confident lifelong learners. We aim to embed the UNCRC within all aspects of Health and Wellbeing.

**Rationale**

Children and staff should feel happy, safe, respected and included in our school environment and all staff are proactive in promoting positive behaviour in the classroom, playground and the wider school community. This sense of security and wellbeing is based upon the shared values included in our Classroom, Playground, Lunch and Gym Hall Charters which are clearly displayed in appropriate areas of the school.

**Aims**

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 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.

**Planning**

Teachers plan for 3 teaching terms each session and use the experiences and outcomes from Curriculum for Excellence, focusing on subject knowledge and skills development and embracing the seven principles of curriculum design: challenge and enjoyment, breadth, progression, depth, personalisation and choice, coherence, relevance. Teachers meet termly with SMT to discuss plans and evaluate pupil progress and set targets.

**How is the health and wellbeing framework structured?**

The framework begins by describing features of the environment for learning which will support and nurture the health and wellbeing of children, including a positive ethos and relationships, and participation in activities which promote a healthy lifestyle.

The statements of experiences and outcomes are structured into the following organisers:

* 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.

**Learning and Teaching Strategies**

Some of the strategies used may include;

* engaging children and take account of their views and experiences, particularly where decisions are to be made that may impact on life choices
* taking account of research and successful practice in supporting the learning and development of children and young people, particularly in sensitive areas such as substance misuse
* using a variety of approaches including active, cooperative and peer learning and effective use of technology
* encouraging and capitalising on the potential to experience learning and new challenges in the outdoor environment
* encouraging children and young people to act as positive role models for others within the educational community
* encouraging children to follow a healthy lifestyle by participation in experiences which are varied, relevant, realistic and enjoyable
* understanding the responsibilities of citizenship
* harnessing the experience and expertise of different professions, including developing enterprise and employability skills.
* Applying learned skills to real life situations by accessing resources in the local community.

**Monitoring and Evaluation**

SMT will monitor the progress in Health and Wellbeing and the delivery of the curriculum by:

* having professional dialogue every term to discuss planned learning, coverage of the curriculum and observe and monitor progress of pupils by discussing evaluations of pupil progress and application of skills.
* carrying out regular audits to review school’s progress.
* assessment folders contain evidence from Health and Wellbeing activities.

**Equal Opportunities**

St John’s Primary School aims to provide equal opportunities for all pupils irrespective of ability, gender and cultural background. We strive to enable each child to maximise his/her potential.

Health and Wellbeing policy December 2018

Review date June 2020.