

Duns Primary School



Health and Wellbeing Policy

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Our aim is to ensure that pupils develop the knowledge, understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing. In so doing we will promote confidence, independent thinking, resilience and positive attitudes in our pupils.

The Health and Wellbeing policy strives to ensure that in making our pupils - Successful Learners, Confident Individuals, Responsible Citizens and Effective Contributors, As a staff, we are taking a concerted approach to making our pupils feel safe and valued.

Wellbeing Indicators

A central feature of our Health and Wellbeing curriculum are the Wellbeing Indicators. All staff are aware of their responsibility to ensure all children are:



Wellbeing Indicators

Safe Being protected from abuse, neglect or harm at school, home or in the community.

Healthy Having help to achieve the highest standards of physical, social, emotional and mental health, as well as knowing about and having access to suitable health care and support in learning to make safe and healthy choices.

Achieving Being supported and guided in their learning and in the development of their skills, confidence and self-esteem, at school, at home and in the community.

Nurtured Having a nurturing place to live and learn where pupils are treated in a positive manner, with care and respect.

Active Having opportunities to take part in activities such as play, recreation and sport, which will contribute to healthy growth and development and promote lifelong active lifestyles

Respected Having opportunities along with their parents/carers to be heard and involved in decisions that affect them

Responsible Having opportunities and encouragement to play an active and responsible role within the school and community.

Included Having help to overcome any physical, social, emotional or financial barriers to allow them to be accepted as part of the school and wider community.

The experiences and outcomes are structured into the following six organisers:

- Mental, emotional, social and physical wellbeing
- Planning for choices and change
- Physical education, physical activity and sport
- Food and health
- Substance misuse
- Relationships sexual health and parenthood

Many of the experiences and outcomes span two or more levels; some are written to span from early to fourth. Each level has an overview, providing a framework of learning contexts at each stage, covering all outcomes and experiences. This ensures continuity and progression.

Responsibilities of all staff

All staff are aware that Health and Wellbeing in the curriculum should not be seen as a stand alone subject but integrated into the curriculum through our ethos and inter-disciplinary approaches.

It is the responsibility of all staff to actively seek to foster the mental, emotional, social and physical wellbeing of everyone within our learning community.

Duns Primary School recognises the important part played by partnership working in developing, promoting and maintaining strategies for pupil's learning in Health and Wellbeing.

Pupils and their families will be supported and encouraged to:

- Develop self-awareness, self worth and respect for others
- Meet challenges, manage change and build relationships
- Understand and develop physical, mental and spiritual wellbeing and social skills
- Participate in a wide range of activities which promote a healthy lifestyle
- Develop an understanding of how decisions made about relationships, behaviour, levels of activity and food choices affect physical and mental wellbeing
- Access help and resources to inform choices
- Assess and manage risk and understand the impact of risk-taking behaviour
- Reflect on strengths and skills in order to make informed choices when planning next steps
- Experience personal achievement and build resilience and confidence
- Acknowledge diversity and understand how discrimination can be challenged

Duns Primary School is committed to:

- Maintaining and developing pupil participation such as the ECO committee, School Council, after school and lunch clubs
- Making use of the support and talents of our parents and the wider community
- Encouraging input from children's services such as OT, School Nurse, Mental Health Nurse, Psychologist, Psychiatrist and the Home/School Link Worker
- Drawing on specialist input such as that of the Active Schools Coordinator, CSTs

- Ensuring effective communication with all staff, CSTs, Specialists and ANAs in order to maximise the support offered to pupils
- Achieving coherence and progression in Health and Wellbeing by ensuring effective planning, teaching, assessment and evaluation of programmes, activities and experiences offered
- Supporting transitions within the school, across schools and sectors
- Offering personal support to pupils
- Recognising and celebrating wider achievement