

EAST CRAIGS PRIMARY SCHOOL

HEALTH AND WELL BEING POLICY



MARCH 2014

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Health and Wellbeing - Policy Statement MARCH 2014

This policy document was produced after consultation with the school community, including pupils, parents, school staff, authority QIO and external health specialists attached to the school. It also draws advice from a number of documents, namely:

- Curriculum for Excellence 2009 (Scottish Government)
- Healthy Schools plus - Edinburgh and Lothian
- Getting it Right for Every Child
- How Good is Our School
- Health Promotion, Issues for Councils and Schools (HMIE)

Aim

To ensure that the children, staff, parents and wider community of East Craigs Primary School acquire and develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.

Objectives

To meet our aim we will ensure the following objectives are achieved:

Achieving

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

Active

Having opportunities to take part in activities such as play, recreation and sport, which will contribute to healthy growth and development, both at home and in the community.

Healthy

Having help to attain high standards of physical and mental health, as well as access to suitable healthcare and support in learning to make healthy and safe choices.

Included

Having help to overcome social, educational, physical and economic inequalities and being accepted as part of the school and community.

Nurtured

Having a nurturing place to live and learn and where pupils are treated with an unconditional positive regard.

Respected

Having the opportunities, along with carers, to be heard and involved in decisions which affect them.

Responsible

Having opportunities and encouragement to play active and responsible roles in the school and community.

Safe

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

How will we achieve our objectives?

Curriculum and Resources

Programmes of work are in place covering the aspects of health and wellbeing described in the Curriculum for Excellence at the appropriate level. These aspects are as follows:

- 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

Planning for these experiences and outcomes will be done through using the intended learning set out in our curricular guidelines and On Track with Learning. Programmes of work are supported by pre-prepared plans and other resources.

Whole school resources used in each stage are

- Creating Confident Kids
- Bounce Back
- Folens Health Education
- Health for Life P1-3
- Health for Life P4-7

- Prim Ed Health Education books 1-6
- Keeping Myself Safe
- Rights Respecting Schools

Progression and development through these programmes will depend upon the stage of growth, development and maturity of the individual and any pertinent social issues. However to ensure continuity there is an overview for each primary stage stating what themes and contexts will be explored in each specific stage. See appendix A.

Programmes of work will be reviewed regularly as part of the ongoing commitment to monitoring and evaluating the effectiveness of learning and teaching.

Teaching and Learning

Approaches will be taken to ensure that:

- Pupils are engaged and their views and experiences are taken into account - particularly where decisions are to be made that may impact on life choices;
- Teaching takes account of ongoing research - particularly in sensitive areas such as substance misuse;
- a variety of approaches is used including active, cooperative and peer learning, as well as the effective use of technology;
- Opportunities to experience challenges in the outdoor environment are taken;
- Pupils are encouraged to act as role models within the school environment; and a commitment to follow a healthy lifestyle is developed through participation in varied, relevant, realistic and enjoyable activities.

Physical Environment

The school building, facilities and grounds will be maintained and developed in a manner that supports the health curriculum to be reinforced throughout the working life of the school. Our commitment to Eco schools will complement efforts in this area.

Health and Welfare of Staff

The school is committed to encouraging all staff to lead healthy working lives. Confident Staff Confident Children is in place our school and promotes and addresses good staff mental health.

A staff room is available where staff can relax.

Staff are involved in planning, implementing and evaluating all school developments through a planned programme of collegiate activity times.

Staff meetings are held weekly where individuals can share their views and feel supported. There is a social committee who organise a number of social events throughout the year where staff can relax in a social setting.

Links with Family and the Community

Parents and carers are valued and welcomed into the school. We communicate regularly, consult and engage with parents/carers through newsletters, Parent Council, PTA, assemblies, parents' evenings and teacher communications.

Parents and the wider community are encouraged to be actively involved in the development and review of our priorities and policies through surveys, the work of the Parent Council and the involvement in school life.

Parents have the opportunity to volunteer in the school. Supporting library and reading times, involvement in School Health and ECO groups and in our school grounds improvement projects.

East Craigs also works closely with

- Craigsbank Church
- Community Police
- Fire Brigade
- NHS Lothian

Role of Specialist Services

Specialist Services work in all stages in our school and support the delivery of CFE experiences and outcomes and Getting It Right for Every Child, Services include

- Active Schools
- PEEP
- Family Learning
- Chefs at School
- Earth Calling
- Education Psychology
- CAMHS
- VTSS
- HOTS
- School Nurse
- Health Visitors
- Outdoor learning Unit - Dalguise PGL

There is effective liaison between class teachers and learning support staff, visiting specialist teachers, other specialists and health & care professionals to meet pupils' needs.

Organisation and Ethos

At East Craigs Primary School we strive to provide a health-promoting environment for working and learning and promote individual, family and community responsibility for health.

Our ethos is underpinned by our school values which the pupils in the school designed. Our school values are:

- T - Together working as a team
- E - Everyone's rights are respected
- A - Applying our Learning
- M - Making good choices
- EC - Everybody Caring

All staff, pupils and parents are aware of our values and they are promoted throughout the school through our Positive Behaviour Policy. See appendix B.

Everyone in TEAM EC has a responsibility to contribute to our school community - see our Shared Leadership Doc.

Achievement is recognised through our TEAM EC Award presented each week at assembly, and also through the house points system. See our Positive Behaviour Policy. Wider Achievements are shared at assemblies and in our newsletters.

Monitoring and Evaluation

Assessment of pupil progress

School staff will gather evidence of pupil progress as part of day-to-day learning inside and outside the classroom and, as appropriate, through specific assessment tasks designed around the Significant Aspects which take place 3 times a year. Pupil Progress is planned for and shared with SMT at our termly Milestones meetings.

The methods used to monitor and evaluate our Health and Well Being provision in the school are wide ranging. As part of our whole school self-evaluation programme we will gather data from questionnaires, observations, interviews, examples of pupils' work, teachers notes, feedback from parents/carers, Child

Planning Meeting minutes etc, data (number of incidents, sickness absence etc), and focus group results. These will then impact our school development planning.

Additional Support Needs

Staff who are working with a pupil with additional support needs will be involved in any assessment of needs, seeking of pupil views and in resulting child planning meetings. Liaison between SMT and SfL occurs weekly at the ASN Meeting and actions/information are shared with relevant staff members. Pupils with Health and Well Being needs have a file in the ASN folder for their class stage which is held securely in the HT office. Staff can access the information through speaking with SMT or SFL staff.

Pupils who require medication have appropriate health care and medical forms which are kept securely in the Admin office. Weekly updates and reviews of this information is carried out by the assigned medical staff coordinator. For session 2014-15 this is Karen Jackson.