

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

Mottram CE (Aided) Primary School 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 aims 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.’

Mottram Primary School’s Health and Wellbeing Education programme consists of:

Physical Health which explores the knowledge, skills and attitudes that are needed to understand physical factors in relation to our health.

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.
- Work closely with outside agencies to encourage a range of health related activities.

Healthy School Gold Award

We achieved the Health School Gold Award in June 2017

Health Promoting Initiatives include:

Free fruit snack for KS1

Milk Provision

Children encouraged to drink water regularly.

Participation in Active Schools

Eco Committee

School Council

Coaching in basketball, football, cricket, rugby and hockey

Swimming lessons – Year 4-6

Improved playground equipment

Improvements to school grounds / equipment

Development of school garden / poly tunnel

Buddy system

Road Safety Committee

Bikeability Training- Year 6

First Aid Training Year 5/6

Health and hygiene – school nurse

Effective transition procedures between classes and stages

Information Evenings for parents: Drug awareness, Internet safety and Sex Education

Staff health and wellbeing – Social Activities, Sporting Activities

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 monitoring the Health Education Programme and overseeing the promotion of health in the school. The health Co-ordinator alongside 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 Mottram Primary School we understand and value the need to work closely with Parents and carers to ensure that the school's health initiatives meet 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

Mottram Primary school 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. e.g. Health Promoting Department, Active Schools Co-ordinator, School Police Liaison Officer, Road Safety officer, Social Work, Children First, Social Work and Psychological Services to support both health education and promotion at our school.

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.

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.

Staff must not hand out sweets or treats in class for rewards or motivation.

Pupils wishing to give a treat to their classmates must give them out at the end of the day when parents can decide if they are eaten.

It is not school policy to allow birthday cakes.

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

Sex Education

This programme runs within the main health programme and is continuous and progressive' The school currently uses the 'Living

We acknowledge that consultation with parents/carers is necessary and that parents/carers have the right to withdraw their child if they so wish. The school will ensure that these children are not disadvantaged in this area of the curriculum.

Drugs Education

A programme of study for drug education has been developed for the school in liaison with outside agencies. This programme, which is continuous and progressive, runs within the main health programme and begins in primary 1, with aspects such as body awareness and the safe use of medicines being covered. By Year 7 the focus is on drug facts, coping with persuaders, positive body image and drug and substance misuse.

Other Linked Policies:

Behaviour Policy.

Child Protection / Safeguarding

Medication Policy

Whole School Food Policy