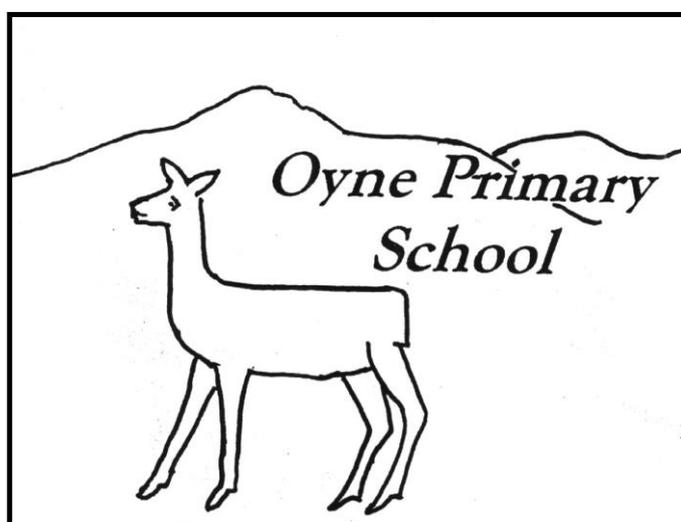


Health and Wellbeing Policy



March 2015

Review 2018

Oyne School Health and Wellbeing Policy

“Learning through health and wellbeing promotes confidence, independent thinking and positive attitudes and dispositions. Because of this it is the responsibility of every teacher to contribute to the learning and development of this area”

Building the curriculum 1

Vision

Our vision for Oyne School is for happy achieving children to be supported to do their very best learning in Health and Wellbeing within a caring school and community.

Values

In Oyne School we value our right to experience...

- fairness
- kindness
- respect
- tolerance
- achievement
- happiness
- being included
- being listened to

Aims

At Oyne School we will focus on developing knowledge and understanding, skills, attributes and capabilities detailed in the Experiences and Outcomes for Health and Wellbeing.

- 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

Pupils will experience well planned, **challenging and enjoyable** learning, teaching and assessment activities and will take an active part in planning, managing, and assessing relevant and challenging learning experiences. Opportunities for **deeper** learning are planned into the curriculum. Pupils are given opportunities for **personalisation and choice** when appropriate and links across the curriculum deliver a **coherent** learning experience.

Learning through health and wellbeing enables pupils to:

- Make informed decisions 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
- Establish a pattern of health and wellbeing of the next generation of Scottish children.

At Oyne School learners will experience a holistic approach to promoting the health and wellbeing of all children consistent with the United Nations Convention on the Rights of the Child. Our ethos is characterised by care, respect, participation, responsibility and fairness for all. Children feel happy, safe, included and respected in the school environment. All staff promote positive behaviour in the classroom, playground and wider school community.

Breadth

Learners will:

- Learn about health and wellbeing across all lines of development
- Learning in different settings – both formal and informal
- Learn across different contexts

Challenge

Learners will:

- Demonstrate greater confidence and creativity within health and wellbeing.
- Enjoy greater opportunities for independence, initiative and responsibility.
- Provide food and health solutions to real life problems
- Recognise and make links across the lines of development within health and wellbeing

Application

Learners will

- Apply learning in new and unfamiliar health contexts
- Link learning in health and wellbeing with technologies
- Apply learning in life outwith school.

Features of Oyne School that promote Health and Wellbeing

Leadership which:

- Establishes a shared vision of health and wellbeing for all
- Is open, collaborative and responsive
- Engages and works with parents and carers and all stakeholders to provide children with **coherent** and positive experiences which promote and protect their health
- Promotes the health of all within the school community and develops arrangements to support their mental, social emotional and physical wellbeing
- Responds sensitively and appropriately if a critical incident takes place within the school community and has contingency plans in place to enable this to happen.

Partnership working which:

- Engages the active support of parents and carers
- Reinforces work across transitions and cluster planning across sectors
- Maximise the contributions of the wider community
- Draws upon specialist expertise
- Ensures, through careful planning and briefing, that all contributions come together in ways which ensure **coherence** and **progression**.

Learning and Teaching which:

- Engages children and takes account of their views and experiences.
- Takes account of research and successful practice supporting the learning and development of children.
- Uses a variety of approaches including active, cooperative and peer learning and effective use of technology
- Encourages the use of the outdoor environment to provide **challenge** and new experiences.
- Encourages children to act as positive role models
- Leads to lasting commitment to follow a healthy lifestyle by varied, **relevant**, realistic and enjoyable experiences
- Helps foster health in families and communities through work with a range of professions, parents and carers and young people and enables them to understand the responsibilities of citizenship
- Harnesses the experience and expertise of different professions, including developing enterprise and employability skills.

Responsibilities of all Practitioners

Everyone in the Oyne learning community shares the responsibility for creating a positive ethos and climate of respect and trust. Everyone can make a positive contribution to the wellbeing of each person in school. Each practitioner has a role in establishing open, positive, supportive relationships across the school community where children feel that they are listened to and where they feel able to discuss sensitive aspects of their lives. Practitioners will promote a climate where children feel safe and secure. Behaviour is modelled which promotes health and wellbeing and encouraging it in others through learning and teaching methodologies which promote effective learning. Adults will be sensitive and responsive to the wellbeing of each child and young person.

Each practitioner is required to understand anti-discriminatory, anti-bullying and child protection policies and understand the steps to be taken in any given situation including appropriate referral.

Health and Wellbeing at Oyne School

Health and Wellbeing Curriculum	Programmes and Learning experiences
Mental, emotional, social and physical wellbeing	Ethos of the school Assembly programme Bounce Back resilience programme ALEC caravan
Planning for choices and changes	Ethos of the school Curriculum Plan P1 and P7 transition programmes ALEC caravan
Physical education, physical activity and sport	2 hours of Physical Education provided every week from specialist teachers, visiting sports groups and class teachers. After school clubs in jogging, football and badminton. Bikeability (bi annual programme)
Food and health	Food from school grounds Curriculum Plan ALEC Caravan
Substance misuse	Curriculum Plan ALEC caravan
Relationships, sexual health and parenthood	Curriculum Plan ALEC Caravan Living and Growing (bi annual programme)

Core Documents

Health and Wellbeing principles and practice paper

Health and Wellbeing professional learning paper