



Dunoon Primary School

Health and Wellbeing Policy 2023-24



The UN Convention on the Rights of the Child
Article 24 (right to health): Every child has the right to the best possible health.

Rationale

The main purpose of Health and Wellbeing within *Curriculum for Excellence* is to develop knowledge and understanding, skills, capabilities and attributes necessary for mental, emotional, social and physical wellbeing now and in the future, enabling young children to:

- ❖ Make informed decisions in order to improve their mental, emotional, social and physical wellbeing
- ❖ Experience challenge and enjoyment
- ❖ Experience the positive aspects of healthy living and activity for themselves
- ❖ Apply their mental, emotional and social skills to pursue a healthy lifestyle
- ❖ Make a successful move to the next stage in 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 and young people
- ❖ Perform, for some, at high levels of sport or prepare for careers within the health and leisure industries

Our Health and Wellbeing policy is underpinned by our school Vision, Values and Aims:

Our Vision:

Our Vision is to be the best we can be, by providing members of our school community with a wide range of learning experiences and the skills necessary for life-long learning and the world of work, within an inclusive, safe and happy environment.

Our Values:

- ❖ Responsibility
- ❖ Respect
- ❖ Co-operation
- ❖ Honesty
- ❖ Perseverance

Our Aims

We aim to:

- Ensure pupils, parents, staff and our community work together to develop skills, knowledge, understanding and self-confidence for all.
- Work in partnership to provide an inclusive, safe, supportive, motivating and happy learning environment.
- Encourage independence, choice and challenging opportunities for all.
- Build and develop citizenship in ways that promote participation, confidence, responsibility, pride and ambition.
- To celebrate the success of all.

We acknowledge the very important role that the “Getting it Right for Every Child” national programme has in underpinning our Health and Wellbeing policy. We acknowledge the collective responsibility we have to ensure the best circumstances to allow each child to be:

Safe* Healthy* Active *Achieving *Nurtured * Respected *Responsible *Included



Health and Wellbeing covers physical, spiritual, mental and emotional wellbeing in relation to oneself, society and the environment.

Experiences and Outcomes

The experiences and outcomes 3-15 for Health and Wellbeing will provide the framework for the pupils' curricular experiences. The experiences focus on:

- ❖ 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 in Health and Wellbeing

Progression in Health and Wellbeing involves the development of specialist skills in, for example, physical education and the preparation of food. It is also about providing planned opportunities for young people to develop their personal, social and life skills such as taking responsibility for their own health and fitness, skills for independent living, decision making, working with other people and the ability to articulate their feelings.

Creating the right climate of trust is important. Where teachers and contributing adults establish positive, open and honest relationships, children and young people feel more comfortable and secure in their ability to discuss and share views on sensitive aspects of their lives.

Approaches to learning and teaching need to emphasise participation in experiences as well as achievement of outcomes. The learning is enriched when the views of the children and young people are taken into account, particularly where sensitive issues are involved.

We aim to help children and young people develop a commitment to promoting their own Health and Wellbeing throughout their lives.

Children and young people need to experience what it feels like to develop, enjoy and live a healthy lifestyle. They also need to learn ways of dealing with the many new and challenging situations they will experience throughout their lives. A healthy lifestyle supports physical, social and emotional wellbeing and underpins successful learning. Concerns about the health, diet and activity levels in Scotland's children and young people, social inclusion and inequalities in health emphasise the importance of a focus on Health and Wellbeing throughout education, starting in the early years.

Connecting Health and Wellbeing across the curriculum

Physical education encourages the development of concepts and skills necessary for the participation in physical activity. It should inspire and challenge children and young people in preparation for a healthy and fulfilling lifestyle. In Dunoon Primary school we provide two hours of good quality PE for every child every week. Physical activity and sports take place in addition to planned PE lessons.

Working with community partners

We strive to work in partnership with the wider community. This enables us to draw on specialist expertise and maximise the contributions of the wider community. We promote a positive engagement with parents and carers, and within the cluster we work effectively across transitions, planning together across sectors.