



## **ST. ANDREW'S CE PRIMARY SCHOOL HEALTH AND WELLBEING POLICY**

This Policy reflects St. Andrew's Church of England Primary School's Christian ethos and mission statement. It was written with our Christian values of Compassion and Trust in mind. '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

### **Aim of this Policy**

St. Andrew's CE Primary School 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.
- 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.

### **Our Health and Wellbeing Education Programme**

St Andrew's CE Primary School's Programme consists of these elements:

- 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.

### **Health Promoting Initiatives at St Andrew's CE Primary School include-**

- Free fruit snack for KS1
- Options to purchase milk drinks for individual pupils
- Children are encouraged to bring bottles of drinking water into class
- Improved playground equipment improvements to school grounds, including a Reflection Space and quiet outdoor areas
- Development of school gardens through a Gardening Club in KS2
- Class Buddy system and lunch time prefects
- School travel plan –Walk to school Road Safety Committee Cycling Proficiency Training (KS2)
- Effective transition arrangements into and within school
- Information sessions for parents (residential trips, sex education training etc)

- ELSA sessions for pupils needing emotional support
- Life Skills bus visits, offering workshops for social and emotional issues and dilemmas
- Whole-school Growth Mindset approach, to encourage challenge and promote resilience
- Awe-and-wonder opportunities, such as observing chick-hatching and handling chicks
- Staff health and wellbeing – Social Activities
- Team building and Development days
- Weekly Prayer Group, open to staff and pupils

### **Roles and Responsibilities-**

Senior Leadership in school will:

- Encourage staff to develop work/life balance habits
- Be mindful of additional training and expectations on staff workload
- Support opportunities for staff wellbeing through initiatives
- Source training for Wellbeing for CPD for all staff
- Develop and encourage outdoor learning through training and resource provision
- Signpost sources of mental health support
- Ensure procedures for lone working are communicated to all staff

Teachers and Support staff in school will:

- Promote healthy lifestyles
- plan engaging activities for learning both inside and outside the classroom
- Be proactive in identifying additional support for pupils and adults within their school environment
- Implement school-agreed schemes of work to deliver appropriate and quality teaching
- Inform Senior Management of any changes in personal circumstances that may affect their ability to teach to their best standard
- Communicate clearly and calmly with team members, regarding expectations and duties
- Liaise closely with parents and carers and inform Senior Management Leaders about family concerns or changes in circumstances
- Ensure that bullying, harassment and discrimination are not tolerated
- Undertake additional training as required
- Liaise with other agencies to assess and review the wellbeing of pupils in their care

Parents and Carers will:

- Inform the school of any changes in circumstances that might affect the wellbeing of their child in school
- Attend meetings to review the progress and needs of their child
- Attend information sessions provided by school e.g. sex and relationship information sessions

### **Links to other policies-**

- Positive Behaviour Policy
- Safeguarding Policy
- PSHCE Policy
- Medication and First Aid Policy
- Health and Safety Policy

**Approved by FGB: May 2019**

**Review date: May 2020**

**Signed: Seb Hearmon ..... (Chair of Governors)**