**Health and Wellbeing in John Logie Baird Primary School**

**Updated October 2024**

*“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 in this area”*

*(Building the Curriculum 1)*

John Logie Baird Primary (JLB) recognises the importance of promoting and enhancing children’s health and wellbeing. Here at John Logie Baird Primary we know that schools, by working effectively with parents and partner agencies, can make a significant contribution to improving the health and wellbeing and quality of life of their pupils, staff and the wider community. We are proud of our ‘family’ ethos where everyone cares for, respects and is fair to each other. We believe our school is characterised by care, respect, participation, responsibility and fairness to all.

Curriculum for Excellence set out four aspirations for our children and young people. They are supported to become successful learners, confident individuals, responsible citizens and effective contributors to their schools and communities. Health Promotion is very much part of our vision of what makes an excellent school. For children and young people to achieve these ambitions they need to enjoy physical, social, mental and emotional health and well being.

We are a Rights Respecting School and have achieved the Bronze Rights Respecting Award. The UNICEF UK Rights Respecting Schools Award (RRSA) is based on principles of equality, dignity, respect, non-discrimination and participation. The RRSA seeks to put the UN Convention on the Rights of the Child at the heart of a school’s ethos and culture to improve well-being and develop every child’s talents and abilities to their full potential

We have achieved our Bronze Nurturing Education Award and are working towards Silver. This aims to ensure that our children have the emotional support they need to thrive. Teachers better understand pupils’ behaviour, and put into practice nurturing approaches to support them. It also enables pupils to learn to understand their emotions and self regulate.

.At John Logie Baird Primary, we understand that engaging with Health and Wellbeing is every individual’s responsibility and that effective leadership and local vision are essential to succeed in delivering a Curriculum for Excellent to the highest standards possible.

**We achieve all of this through:**

* Having a strong emphasis on promoting positive behaviour (Please refer to Promoting Postivie Behaviours and Relationships Policy).
* Working closely with parents to encourage shared approaches and values for all children.
* Fortnightly Values and Above and Beyond Assemblies embedding our school values and ethos
* Class teachers encouraging pupils to develop social and emotional skills within circle time and other class based activities.
* The positive and calm atmosphere in classrooms around the school enabling children to feel safe and secure.
* Our Learning Centre in JLB which ensures we meet the needs of all children within our care. Identified children have programmes of work tailored appropriately ensuring they achieve their full potential.
* Fortnightly assemblies and assemblies throughout the year with partner agencies which allow children to develop a wider understanding of global issues and build relationships with notable community figures.
* Contributing to various charitable events throughout the year.
* Buddy Systems which operate in P7-P1 and Pre 5-P1 ensuring all children experience a smooth and coherent transition.
* Two weekly Physical Education lessons which are taught in each class.
* Taking part in various curricular and extra curricular sporting activities. Staff take extra curricular clubs including; football netball, arts and crafts, sewing, coding, and construction.
* Working closely with Active Schools throughout the year and most prominently during our annual Health Week in school.
* P7 attending an annual residential outdoor experience.
* Encouraging all children to enter local competitions eg: Internet Safety, Winter Festival, RNLI Water Safety
* Primary pupils participate in Bikeability programme
* Staff being encouraged to take learning outdoors and to utilise the equipment available in the school grounds. eg: traverse climbing wall, adventure trail
* Availability of school meals which follow Argyll and Bute Healthy Eating initiative.
* All P1-3 children participating in childsmile initiative toothbrushing daily
* Substance abuse being tackled in the upper stages through social studies and through attending annual cluster events such as ‘Smoke Free Me!’.
* Relationships, sexual health and parenthood being taught at appropriate stages throughout the school. Teachers follow authority guidelines when teaching content.
* Participation in Anti Bullying Week which encourages care, respect and understanding amongst all children in the school.
* Teachers planning challenging interdisciplinary studies and group experiences
* 3 Year Curricular Planner Incorporating Health and Wellbeing Experiences and Outcomes within Interdisciplinary Planners at least one term per year.
* 3 Year Curricular Planner incorporating annual events e.g Anti Bullying Week, Safer Internet Day.
* 2 yearly Resilience and Relationships planners being implemented throughout the school. Positive Alternative Thinking Strategies (PATHs) and Bounceback Resources are used to deliver this programme.
* Effective and creative teaching which is evident throughout the school. Enterprise education and real life learning is also encouraged.
* Having an active Pupil Council and Eco Committee which drives forward initiatives in our school.

We understand this is simply our foundation, and our vision is to continue enhancing and developing our existing good practice. Most importantly, the JLB community understand it is simply not enough to acquire skills, knowledge and understanding about Health and Wellbeing. The aim is that children and young people develop a commitment to their own Health and Wellbeing throughout their lives.

**This policy upholds the following articles of the UNCRC:**

* The right to ‘protection against discrimination’ (Article 2)
* The right to protection against all forms of violence – including physical or mental violence (Article 19)
* The right to be kept safe from harm and (Article 19)
* The right ‘to be given proper care by those looking after them’ (Article 19)
* The right ‘to contribute meaningfully to the decisions and circumstances that affect their lives’(Article 19)
* Thee right ‘to an opinion and for it to be listened to and taken seriously’ (Article 12)

**Useful Websites:**

* [**Anti-Bullying Week 2024: Choose Respect (anti-bullyingalliance.org.uk)**](https://anti-bullyingalliance.org.uk/anti-bullying-week-2024-choose-respect/anti-bullying-week-2024-choose-respect)
* [**https://www.respectme.org.uk/**](https://www.respectme.org.uk/)
* [**Home - RSHP**](https://rshp.scot/)
* [**Argyll and Bute Educational Psychology Service - Our Children Their Nurturing Education (OCTNE) (google.com)**](https://sites.google.com/ab.glow.scot/argyllandbuteeducationalpsych/service-developments/our-children-their-nurturing-education-octne?pli=1)
* [**The Rights Respecting Schools Award | UNICEF UK**](https://www.unicef.org.uk/rights-respecting-schools/)
* [**Health and wellbeing: Experiences and outcomes (education.gov.scot)**](https://education.gov.scot/media/5p4dvqvm/health-and-wellbeing-eo.pdf)