

HEALTH AND WELLBEING ACROSS THE CURRICULUM

What are the main purposes of learning in Health and Wellbeing?

Learning in health and wellbeing ensures that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.

Improving the health and wellbeing of everyone in our school community is a key **priority for** Forrester High School and its partners. We work to actively promote health and wellbeing in children and young people **and recognise that this is the responsibility of all.**

Effective learning and teaching in health and wellbeing:

- ✓ *engages children and young people and takes account of their views and experiences, particularly where decisions are to be made that may impact on life choices*
- ✓ *takes account of research and successful practice in supporting the learning and development of children and young people, particularly in sensitive areas such as substance misuse, sexual health, LGBTI inclusion, gender based violence and risk taking behaviours*
- ✓ *uses a variety of approaches including active, cooperative and peer learning and effective use of technology*
- ✓ *encourages and capitalises on the potential to experience learning and new challenges in the outdoor environment*
- ✓ *encourages children and young people to act as positive role models for others within the educational community*
- ✓ *leads to a lasting commitment in children and young people to follow a healthy lifestyle by participation in experiences which are varied, relevant, realistic and enjoyable*
- ✓ *helps to foster health in families and communities through work with a range of professions, parents and carers, and children and young people, and enables them to understand the responsibilities of citizenship*
- ✓ *harnesses the experience and expertise of different professions to make specialist contributions, including developing enterprise and employability skills*

FORRESTER HIGH SCHOOL AIMS

Our aims are to:

- ✓ **Promote positive health and wellbeing for all at Forrester High School**
- ✓ **Ensure that all students are safe, healthy, achieving, nurtured, active, respected, responsible and included**
- ✓ **Encourage all students to develop an aspirational and positive growth mind set**
- ✓ **Ensure that all staff are supported to enable this learning to take place across the school community**

All of this is underpinned by our school values of Respect, Achievement, Inclusion, Success and Equity (**RAISE**).

- ✓ **R**espect
- ✓ **A**chievement
- ✓ **I**nclusion
- ✓ **S**uccess
- ✓ **E**quality

Raising attainment and closing the attainment gap through teaching, promoting and celebrating;



To do this, we will:

- Support the implementation and development of Health and Wellbeing across learning at Forrester High School, in line with 'A Curriculum for Excellence'.
- Provide practical guidance for staff, parents and pupils to use in the delivery of Health and Wellbeing.
- Deliver relevant and up-to-date CPD when required in order to ensure that staff have the knowledge and skills required in order to implement this across the whole school community.
- Work towards achieving our RRS level 2 Award by further embedding Rights Respecting School across the whole learning community

The policy should be used as a working document to inform and support. It can be used by individuals, departments, in whole school contexts and by partner agencies to support self-reflection, department planning and in the monitoring and evaluation of Health and Wellbeing.

The policy will be reviewed regularly to ensure that it continues to reflect changes in context such as, education developments, national and City of Edinburgh legislation and best practice.

WHAT IS HEALTH AND WELLBEING?

“At the heart of health and wellbeing is the capacity to form and sustain good personal, social and working relationships. This promotes resilience, self-esteem and confidence with regards to learning.”

Health and wellbeing: responsibility of all (2014)

Such relationships underpin successful learning. To achieve their potential, young people must participate fully in educational activities and be in a position to be able to access the curriculum. To do this they must be healthy, feel safe and have the ability to form secure attachments.

When children and young people have good relationships, they are likely to have greater self-esteem and confidence with regard to their learning, to show resilience when faced with personal challenges and to show respect for others. Health and Wellbeing experiences and outcomes provide opportunities for young people to develop their mental, emotional, social and physical wellbeing. These experiences should be embedded in all teaching and learning across both the formal and informal curriculum.

HWB at Forrester High School is split into 7 main areas. Those underlined are the responsibility of all:

- **Mental, Emotional, Social and Physical Wellbeing.**
- Promoting positive relationships
- **Planning for Choices and Changes.**
- Physical Education, **Physical Activity and Sport.**
- Food and Health.
- Making informed choices regarding risk taking behaviours (including substance misuse)
- **Relationships,** Sexual Health and Parenthood.

(See appendices for practical examples of how this is implemented across the school)

Forrester High School makes a commitment to ensure that the learning environment within each subject area covers the HWB experiences and outcomes that are most relevant and appropriate to them. Each member of staff has a clear understanding that HWB is the responsibility of all within the school community.

WHAT IS HEALTH AND WELLBEING?

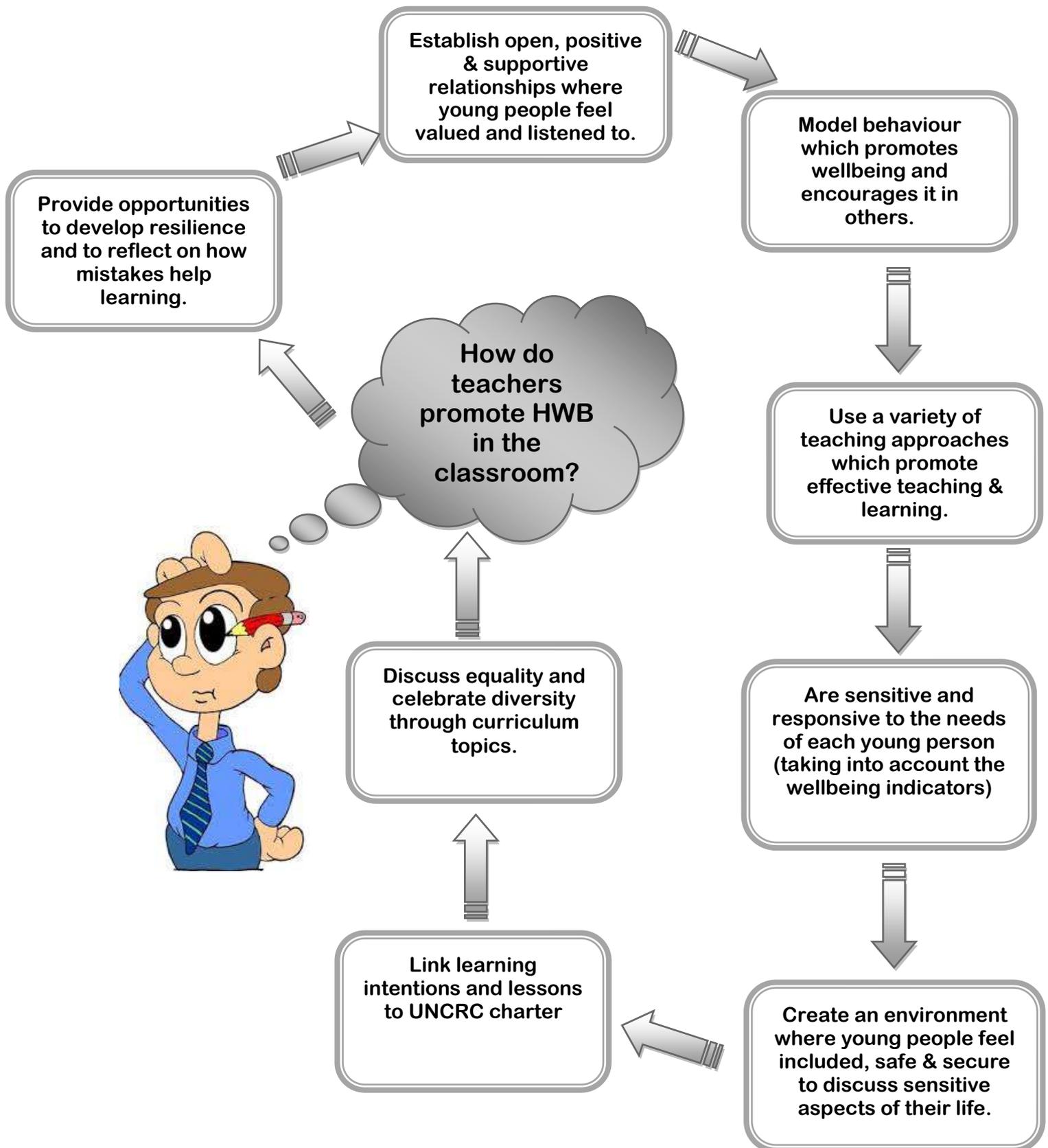
Good health and wellbeing is central to effective learning developing skills for learning, life and work. This aspiration for all pupils can only be met, if the Forrester school community works closely together with pupils, parents and external agencies following GIRFEC procedures closely. GIRFEC requires every practitioner to apply a UNCRC (United Nation Convention on the Rights of the Child) approach in day-to-day practice by putting young people at the centre.



To achieve this shared vision there are a number of specialist roles and responsibilities:

- ✓ Physical Education experiences and outcomes are delivered by the specialists in the Physical Education department and the **Active Schools Coordinator**.
- ✓ Risk taking behaviours, substance misuse, promoting positive relationships, sexual health and parenthood experiences and outcomes are delivered by Pupil Support Leaders **alongside visiting partnership agencies**
- ✓ Nutrition, safe and hygienic practices and food and the consumer experiences and outcomes are delivered by specialists in the Home Economics department.

HEALTH & WELLBEING IN PRACTICE



HEALTH & WELLBEING IN PRACTICE



This learning environment will enable pupils to:

- ✓ Develop their self-awareness and self-worth.
- ✓ Develop respect for one another and value diversity.
- ✓ Meet challenges, manage change and build relationships.
- ✓ Experience personal achievement and build resilience and confidence
- ✓ Understand and develop physical, mental and spiritual wellbeing and social skills.
- ✓ Acknowledge diversity and understand that it is everyone's responsibility to challenge discrimination.
- ✓ Participate in a wide range of activities which promote a healthy lifestyle and learn about where to find help and resources to inform choices.
- ✓ Understand how what they eat, how active they are and how the decisions they make about their behaviour and relationships affect physical and mental wellbeing.



LINKS AND INFORMATION SOURCES

For information and resources about health and well being:

- **Equality and Diversity**

<http://www.stonewallscotland.org.uk/>

<http://www.theredcardscotland.org/>

<https://www.lgbtyouth.org.uk/>

<https://www.scottishtrans.org/>

- **Mental health**

<https://www.seemescotland.org/>

<https://www.headstogether.org.uk/>

- **Anti-bullying**

<https://respectme.org.uk/>

- **Careers**

www.skillsdevelopmentscotland.co.uk/

<https://www.myworldofwork.co.uk/>

- **Sexual Health and substance misuse**

<http://www.talktofrank.com/>

<http://www.crew2000.org.uk/>

<http://www.lothiansexualhealth.scot.nhs.uk/>

For information on health and well being and the curriculum for excellence:

<http://www.gov.scot/Topics/Education/Schools/HLivi>

<https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/Health%20and%20wellbeing>

<https://education.gov.scot/improvement/Documents/hwb30-booklet.pdf>

School Policies can be found at:

<https://forresterhighschool.org.uk/general/school-policy-documents>