

St Joseph's Primary School (Madden)



Health & Wellbeing Policy



Policy Review:

Date Agreed: May 2024

Next Review Date: May 2027

Signed by Chair of Governors:

Mr P McAleavey

Health and Wellbeing Policy

‘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

Rationale

At St Joseph’s Primary School we are taking a whole school approach to Health and Wellbeing Education based on the following:

‘Health is the extent to which an individual or group is able, on one hand, to realise aspirations and satisfy needs and, on the other hand, to change or cope with the environment. Health is, therefore seen as a resource for everyday life, not an object of living; it is a positive concept emphasising social and personal resources, as well as physical capabilities.’ World Health Organisation (WHO), 2000

Following the Covid 19 pandemic of early 2020 many of our children have experienced residual uncertainty and anxiousness which has been evident in mental health discussions within classes. We have utilized and will continue to utilise outside agencies to promote both mental and physical wellbeing. These services include Relax kids and Healthy Kidz as well as fundamental movement coaches which have proved invaluable to date in returning a sense of balance and wellbeing to our children.

Aims

Our schools 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 in line with the new Learning Outcomes in a Curriculum For Excellence.
- 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.

St Joseph's Health and Wellbeing Education programme consists of:

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 include:

- Health promotion week October
- Breaktime healthy eating.
- Children are encouraged to drink water regularly.
- Involvement with Sporting agencies including Cumman Na mBunscol
- RELAX Kidz programme
- Participation in Active Schools
- Eco Schools
- Schools Council
- Class laid assemblies
- Coaching in a variety of Sports
- Swimming lessons –primary 5-7
- Excellent playground facilities / 3G Pitch facility
- Development of school garden.
- Cycling Proficiency Training- Upper stages
- Heart start programme P5-7
- MOKI Fitness tracking Programme
- Stretch and Tone mindfulness
- Information Evenings for parents: Drug awareness and Internet safety
- DATA Programme – Drugs Alcohol Tobacco Awareness
- RSE Programme
- PDMU programme

- Kidscape/Circle Time
- Monthly Awards Programme
- Staff health and wellbeing – Social Activities / Fitness classes including Yoga and Circuit training

Roles and Responsibilities

All staff will actively support, contribute to and be involved in the promotion of good health and participate in staff development when the opportunities arise. The Management Team is responsible for monitoring the Health Education Programme and overseeing the promotion of health in the school. The health Co-ordinator alongside the Management Team will have responsibility for reviewing the health programme of work and playing a supportive role in all health promoting initiatives within the school.

Working in partnership with parents

At St Joseph's we understand and value the need to work closely with parents and carers to ensure that the school's health initiatives meets the needs of our pupils. We value the important contribution made by parents and appreciate the need to engage parents and families in improving the health of the children. We seek to establish and maintain strong positive links with both the parents and the community. We will continue to keep parents and carers informed through: letters, newsletters, social media posts and leaflets on Health promotion topics, Awareness Raising and Information meetings.

Working in partnership with other agencies and specialist services

St Joseph's school makes extensive use of specialist services in supporting the learning, social, emotional and behavioural needs of individuals. We actively seek the expertise of other specialist agencies. Eg EA, RISE team, PSNI Liaison Officer, Road Safety officers, Social Services and EA Psychological Services to support both health education and promotion at our school.

Pastoral organisation for Staff

Pastoral support for all members of the school community is fundamental to the aims and philosophy of ST.Joseph's PS. We believe that a well -supported, valued staff with clear and shared purposes are best place to provide emotional well-being to children in their care.

Our line management structures promote in-house support, alongside the range of agencies that can be accessed via the staff emotional health notices on the staff notice board.

Resources

We have an extensive list of resources for supporting the learning and teaching of health at our school. These resources are matched to the pupils' activities in our programme of work. We also have access to a wide range of human resources to support our health Education.

Time Allocation

PDMU/RSE are linked and taught as part of a balanced and broad Education using a cross-curricular approach, in line with current developments in Curriculum For Excellence.

Healthy Eating

The school will actively encourage a healthy approach to eating. Staff will observe and encourage healthy playtime snacks. Staff in the dining room will encourage pupils to try new foods and to eat a healthy lunch. When cooking or baking in school a balance must be struck between sweet and savoury dishes.

RSE

This programme runs within the main health programme and is continuous and progressive' The school uses the accepted Catholic resource Grow in Love. We acknowledge that consultation with parents/carers is necessary and that parents/carers have the right to withdraw their child if they so wish. The school will ensure that these children are not disadvantaged in this area of the curriculum.

Drugs Education

A programme of study for drug education has been developed for the school in liaison with outside agencies. This programme, which is continuous and progressive, runs within the main health programme and begins in primary 1, with aspects such as body awareness and the safe use of medicines being covered. By primary 7 the focus is on drug facts, coping with persuaders, positive body image and drug and substance misuse.

Other Linked Policies:

Positive Behaviour Policy.

Child Protection

Medication Policy