



St Philip's Catholic Primary School, Arundel

# Health and Well-being Policy

Reviewed February 2021

## RECORD OF UPDATES

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## Safeguarding

St Philip's fully recognises the contribution it can make to protect children and support them in school and beyond. We are fully committed to safeguarding our pupils through prevention, protection and support. We are also committed to actively promoting the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs; the pupils are encouraged to develop and demonstrate skills and attitudes that will allow them to participate fully in and contribute positively to life in modern Britain. It is our duty to protect children and young people against the messages of all violent extremism and to prevent terrorism. Any concerns should be referred to the Designated Child Protection Person who have local contact details for PREVENT and Channel referrals.

## **Health and Wellbeing Policy**

### **Rationale**

Health and Wellbeing should encourage pupils to explore and clarify their beliefs, attitudes and values; develop personal and interpersonal skills and increase their knowledge and understanding of a range of health issues.

Health and Wellbeing is not the responsibility of any one teacher or subject, but is best addressed through contributions from a range of teachers in a number of curricular areas.

Health and Wellbeing is concerned with the development of life skills and life-long learning in the name of Christ. Through these life skills pupils should learn to make formal choices taking account of the outcomes and experiences covered in the following areas:

- **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**

This school is committed to the health and wellbeing of everyone here and we will work together with parents and the local community to enable pupils to make healthy informed choices.

### **Aims**

Our schools aims to enable our children, staff, parents, parish 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.
- Provide a supportive and encouraging atmosphere for children, staff and parents/carers.

- Develop our relationships with pupils, parents/carers and the wider Community, particularly the parish.
- 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.

## **Curriculum organisation**

Emotional health and well-being cover the spectrum of activities in school and the range of educational and health/ welfare agencies who support our children. Our school is proactive in its approach and welcomes opportunities to promote emotional health and well-being through the formal and informal curriculum.

Staff use a variety of methods for ensuring sound emotional health and well-being for

children. These complement and reflect the overall aims and philosophy of the school. Our approach includes:

- Class teaching and reinforcement of our school values
- Clearly identified rewards and sanctions, understood by all
- Rewarding positive behaviour and achievement
- Setting appropriately challenging tasks
- Providing a forum for listening and talking, e.g. using circle time as a tool for personal, social and health education and citizenship
- Encouraging co-operation and collaboration
- Developing social competence
- Encouraging and developing coping strategies and resilience
- Including zones of regulation scheme

The school places emphasis on problem-solving, positive self-assessment, time for reflection, quality feedback and encouragement to participate in school and community events.

The delivery of personal, social and health education and citizenship is fundamental to our promotion of emotional health. Through the planned programmes and informal

curriculum, opportunities exist to explore issues appropriate to children's ages and stages of development. Staff deal sensitively with these issues and differentiate according to the varying needs of the children in their care.

We see parental involvement as a vital part of emotional well-being.

Regular opportunities exist to promote partnership with parents, including:

- Parents' Evenings twice a year
- Staff availability on the school playground each morning for parent queries
- Weekly homework opportunities
- Regular parent workshops and coffee mornings
- Annual parental questionnaires, to help us build on what we do best and identify areas for improvement
- Headteacher drop in sessions run monthly
- Fortnightly newsletters
- Open door policy for parents

## **Pastoral organisation for pupils**

We pride ourselves on the great care that is given to all pupils in our school. Our methods include:

- Recognising and responding positively to a child's emotional and/ or behavioural needs
- Communicating with parents positively and realistically to create a partnership approach to children's emotional health and well-being
- Liaising with appropriate agencies to enlist advice and/or support
- Highly effective Teaching Assistant Support

Alongside the high quality in class pastoral support, we have skilled and committed specialist Teaching Assistants who work together to support individuals and groups throughout the school. These teaching assistants are led by our SENDCo who oversees the social and emotional support within the school. Our SENDCo and trained teaching assistants lead interventions and nurture groups in close consultation with class teachers and SENDCo.

Whole school approaches to pastoral care are contained in our Behaviour Policy. Clear policies for Child Protection, Anti-Bullying and Attendance are promoted in school. Together, they provide the foundations for emotional health and well-being.

Alongside our policies are a range of practices to promote well health:

- Clear transition arrangements
- School Council with elected membership from all year groups
- Reward systems
- A highly effective behaviour policy
- Our SENDCo supports children through a whole school referral system. This provides a structure for the range of pastoral interventions available in school, including:
  - Weekly 1-1 time for identified children
  - Pastoral groups on specific issues
  - Regular circle time

We actively promote the support that can be provided by a range of agencies. Where appropriate, our staff may become involved to support a child experiencing emotional and behavioural difficulties; we recognise the effectiveness of our early intervention approach and our commitment to pastoral care for *all*.

## **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.

Pupils wishing to give a treat to their classmates must give them out at the end of the day when parents can decide if they are eaten. Pupils are encouraged when on packed lunch to bring a combination of healthy foods. Chocolate, sweets, crisps, fizzy drinks are not allowed. Celebration food for religious or cultural events is allowed in moderation and with due diligence to allergies etc.