

St Joseph's Catholic Primary School

*'Following Jesus in all we do'*

Health and Well-Being Curriculum

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***'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 Well-Being 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***

## **Beliefs and values**

St Joseph's Catholic Primary School is an inclusive community that aims to support and welcome each individual as a valued part of our community. We are committed to working for quality and equality of opportunity for all pupils and enable our pupils, staff and community 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.

- ❑ Ensure all members of staff are aware of their professional roles in health related issues and are involved in developments to promote healthy living.

## **Learning and Teaching**

***‘Learning through health and wellbeing promotes confidence, independent thinking and positive attitudes and dispositions.’***

*(Building the Curriculum)*

## **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. (Refer to St Joseph’s Physical Education Policy)
- ❑ **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:**

- ❑ Continue to develop our relationships with pupils, parents/carers and the wider community.
- ❑ Continue to actively promote self-esteem of the whole school community, including staff and provide a range of stimulating experiences for all pupils.
- ❑ Continue to 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.
- ❑ Continue to work closely with outside agencies to encourage a range of health related activities.

## **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 school's Special Educational Needs and Disabilities Coordinator (SENCo) is responsible for monitoring and reviewing the Health and Well-Being education programme.

## **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 and well-being of our 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, leaflets and our termly connections meetings on Promoting health and Well-Being. Our health and well-being Policy is available to parents on our school website.

## **Working in partnership with other agencies and specialist services.**

St Joseph's 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. (School's Police Liaison Officer, NHS School Nurse and the school's Psychological Services (CPA) ) to support health and well-being education at our school.

## **Assessment and Recording**

We assess knowledge, understanding and skills on a regular basis, continually meeting the needs of the individual child. It is recognised that certain issues within the health curriculum will require to be approached with sensitivity, confidentiality and flexibility.

Formative assessments are measured against specific learning objectives set out in Hammersmith & Fulham, Kensington & Chelsea and Westminster Healthy Schools Partnership PHSE and Well-Being Curriculum (2015) and consideration is also given to how health and well-being promotion may contribute to overall school performance using the framework developed in 'How good is our school' (Education Scotland edition 4 2015)

## **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.

## **Sex and Drug Education**

This programme runs within the main health programme and is continuous and progressive. The school uses the recommended education programme recommended by the Catholic Archdiocese of Birmingham. For further information please refer to the school's Religious Education. We acknowledge that consultation with parents/carers is necessary and that parents/carers have the right to withdraw their child if they so wish.

### **Other Linked Policies:**

Religious Education Policy

Physical Education Policy

Medication Policy

SEND Policy

Date for Review January 2017