

HEALTH AND WELLBEING POLICY

The aim of a health and well-being policy is to 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. The implementation of the policy is the responsibility of all staff.

Health and wellbeing is concerned with the development of life skills. These life skills should give pupils the tools to make choices about and to understand the areas of physical, mental and emotional health.

We are committed to the health and wellbeing of everyone at Castle School and we will work together with parents, partners and the wider community to enable pupils to make healthy informed choices.

Aims

- We aim to embed issues about health and wellbeing into the curriculum
- We aim to provide extra-curricular formal and informal opportunities for pupils to develop and practise appropriate life skills.
- We aim to deliver a PSE curriculum that underpins this policy.
- We aim to create an ethos that encourages everybody in the school community to be aware of and look after their own and others' health and wellbeing.
- We aim to help pupils to explore health and wellbeing in the context of the Learning Skills for Life programme.

Staff will:

- Help pupils to acquire the relevant knowledge and understanding of the human body and how it works and of the social and emotional factors that influence health.
- Encourage pupils to make informed choices and take appropriate decisions that help to ensure a healthy lifestyle.
- Foster links between school, home and community so that all are involved in collective responsibility for promoting good health.

Pupils will be able to:

- Explore physical factors in relation to health and looking after themselves.
- Explore emotions, feelings and relationships and how they affect mental wellbeing.
- Explore the interaction of the individual, community and the environment in relation to health and wellbeing.

How health and wellbeing is embedded in the curriculum and in extra-curricular activities:

Key Stage 3		
Range	Opportunities	Learning Skills for Life
Health and emotional well-being: <ul style="list-style-type: none"> display a responsible attitude towards keeping the mind and body safe and healthy develop positive attitudes towards themselves and others 	PSHE Lessons PE Lessons Form Time RE and Philosophy Scheme of Work Police Visits School Nurse	<ul style="list-style-type: none"> Listen 'Can Do' Attitude Take Responsibility Humility and Humour Know Yourself. Be Yourself
Key Stage 4		
Range	Opportunities	Learning Skills for Life
Health and emotional well-being: <ul style="list-style-type: none"> accept personal responsibility for keeping the mind and body safe and healthy develop a responsible attitude towards personal relationships 	Sex Education (School Nurse) PE Lessons Police Visits School Nurse	<ul style="list-style-type: none"> Listen 'Can Do' Attitude Take Responsibility Humility and Humour Know Yourself. Be Yourself

Specific areas of health and wellbeing are addressed in the following policies:

Administration of Medicines
 Anti-bullying
 First Aid Policy
 Health and Safety Policy
 Child Protection Policy

Improvement Targets under Development:

Sport Development
 Health Eating

Community Liaison

External Agencies

Involvement of external agencies will be planned for in consultation with the Principal and the Headteacher.

Parents (development)

Information will be shared with parents through a health and wellbeing leaflet. Parents will be advised of any lessons dealing with sex and relationships.

Information

Leaflets and information on a range of health and wellbeing issues are available from the office.