



Strathdon Primary School

Health and Wellbeing

Policy and Guidance



Introduction Strathdon School Health and Wellbeing Strategy

At Strathdon School, the Health and Wellbeing of our pupils, staff and partners are of paramount importance and Getting It Right For Every Child is at the heart. As part of our aims to “prepare, challenge and inspire” we are a nurturing school, developing learners with confidence, perseverance, resilience, and a positive attitude to learning. We have an ethos of inclusion, and respect for each other and always look to celebrate our successes as well as the successes of others. Our work in health and Wellbeing is extended to parents, partners, and the wider community, reinforcing positive health and wellbeing attitudes for life.

Promoting Health and Wellbeing

We work closely with pupils to encourage them to take ownership over and reflect upon their own health and wellbeing. We use the SHANARRI indicators to do this, having an indicator of the month and centring learning experiences around this as well in addition to daily health and wellbeing issues arising. Alongside through health and wellbeing and P.E. lessons our health and wellbeing culture permeates through:

- Discussing emotions and feelings.
- Developing growth mindset.
- Celebrating success.
- Target setting and reflection.
- A Rights Respecting Schools Approach.
- A daily healthy eating chart to encourage healthy snack choice.

Teaching Health and Wellbeing

We use the SCARF resource for small schools ([SCARF: Safety, Caring, Achievement, Resilience, Friendship \(coramlifeeducation.org.uk\)](http://coramlifeeducation.org.uk)). This allows us to teach in two groups at the appropriate level (P1 – 4 and P5 – 7) on a three-year programme to ensure everything is covered. We also use RSHP Scotland ([Home - RSHP](#)) in the summer term to teach Relationships, Sexual Health and Parenting. This is taught in small groups for each appropriate age group.

Protecting the Wellbeing of All

We have robust systems in place to safeguard our pupils and follow national and local guidance when doing so. All staff are trained in child protection and follow set procedures when matters of this nature arise. As a small school, we take pastoral care very seriously and all staff have a strong bond with pupils and we utilise partner agencies, when required, to enhance support. We work in partnership with pupils, parents, and staff to provide, track and monitor Individual Education Plans for pupils who require these. We provide an enhanced transition at nursery to P1 and P7 to secondary, if it is required, and work closely with other schools to ensure the needs of the child are met. Pupils’ wellbeing is surveyed and acted upon regularly through questionnaires and daily check ins.



Appendix 1 -

Reviewed by	Details	Date
L. Field	Reviewed	May 2023

Revision	Details	Date
Rebranded	Updated document	May 2023