



St Peter's R.C. Primary School



POLICY FOR HEALTH EDUCATION AND HEALTH PROMOTION

Updated March 2025



This document is a statement of aims, principles and strategies for promoting good health and health education at St Peter's R.C. Primary School. It was reviewed in March 2025.

RATIONALE

Learning in Health and Wellbeing ensures that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.

Learning through health and wellbeing enables children and young people to:

- make informed decisions in order to improve their mental, emotional, social and physical wellbeing
- experience challenge and enjoyment
- experience positive aspects of healthy living and activity for themselves
- apply their mental, emotional, social and physical skills to pursue a healthy lifestyle
- make a successful move to the next stage of education or work
- establish a pattern of health and wellbeing which will be sustained into adult life, and which will help to promote the health and wellbeing of the next generation of Scottish children. It also enables some to perform at high levels in sport or prepare for careers within the health and leisure industries.

Education Scotland

We want all children and young people to be able to learn about health and wellbeing to ensure they acquire skills to live healthy, happy lives.

Health and wellbeing is not a single subject or class, but is organised into six areas:

- mental, emotional, social and physical wellbeing
- planning for choices and changes
- physical education
- food and health
- substance misuse
- relationships, sexual health and parenthood

Health and wellbeing is also about ensuring that pupils are able to make the most of their educational opportunities, regardless of their background or financial circumstances, and through promotion of attendance at school.

Scottish Government

OUR VISION

At St. Peter's R.C. Primary, we place Health Education at the forefront of everything we do. It provides our children with the knowledge to achieve a positive, healthy lifestyle, which will lead to greater self-awareness, improved self-confidence, and to be the best that we can be!

We recognise and value the positive impact that good health and wellbeing can have on learning and attainment, and are dedicated to meeting the physical, mental, emotional and social needs of all our pupils.

As a Health Promoting School, we seek ways to constantly strengthen our capacity as a healthy setting for living, learning and working.

HEALTH AND WELLBEING ACROSS LEARNING

Health promotion is not just about encouraging children and young people to eat well and to exercise; it encompasses a much broader holistic approach.

At the heart of health and wellbeing is the capacity to form and sustain good personal, social and working relationships. Such relationships underpin successful learning, as they are the key to motivation and engagement with the values and ideas of Curriculum for Excellence.

Building The Curriculum 4

At St. Peter's R.C. Primary, we plan and deliver a meaningful, curriculum based Health and Wellbeing programme in line with Curriculum for Excellence. Using the GIRFEC principles, the approach to considering children's wellbeing should be rights-based, strengths-based, holistic and adaptable enough to take into account the stage of development and complexity of each child's individual life circumstances.

The eight wellbeing indicators of the SHANARRI Wheel are considered when planning, teaching and assessing.



AIMS

We aim to provide a Health Education Curriculum that:

- acknowledges the links between a pupil's physical, mental, emotional, social and environmental needs
- enables our pupils to become successful learners, effective contributors, responsible citizens and confident individuals
- is broad and progressive, challenging and enjoyable
- actively promotes self-esteem of the whole school community
- develops resilience and perseverance
- activates the expertise of specialist services in the community to support health promotion
- enables pupils to acquire the necessary knowledge to make informed choices, relevant to their personal health, using a range of appropriate activities and resources in different subject areas
- promotes strong liaison and good relations with parents and the wider community.
- celebrates diversity
- uses every opportunity to improve the physical environment of the school and develops as an Eco School.
- acknowledges that school nutrition reflects and supports the healthy school ethos

- encourages all staff and pupils to drink water at school.

FOCUSED PROGRAMMES

Pupils will experience certain aspects of health and wellbeing through focused programmes. Our core resources for Health and Wellbeing within our school are [The Healthy Schools website](#) and God's Loving Plan, which is used for relationships and sex education, approved by the Bishops' Conference.

The Healthy Schools framework provides a guide for teaching, planning, tracking & monitoring and the evaluation of Health and Wellbeing in schools and educational establishments. This supports coordination and progression throughout the learner journey from Nursery to Senior Phase. This framework supports practitioners to meet learner needs through co-creation, suggested activities, external resources, web links to additional information and links to relevant physical resources & materials from NHS Lanarkshire Resource Library. The aim of Healthy Schools is to provide a flexible, adaptable framework of materials which complement existing resources. It builds on prior learning, knowledge and understanding to support practitioners plan and deliver Health & Wellbeing in conjunction with their learners.

Healthy Schools Scotland

HEALTH PROMOTING INITIATIVES

Our school provides stimulating challenges for all pupils. These include:

- Two hours of quality PE lessons every week
- Regular Active Adventure (health-promoting) days
- Russell Anderson Foundation multi-sport PE sessions for all classes
- Participation in a variety of school sporting activities
- After school clubs e.g. hockey and netball through Active Schools
- Signposting to other extra-curricular sporting opportunities, including through monthly online school newsletters
- Regular visits to Aberdeen Sports Village for a range of coaching and sporting opportunities and events
- Involvement in Active Schools extra-curricular sports events
- Playground games and equipment
- Outdoor play for Primaries 1 – 7
- Dance, music, drama and environmental activities
- Annual Primary 7 visit to St Michael's Centre, Tomintoul
- Swimming lessons at Aberdeen Sports Village and the P4 swimming programme
- Pupil Leadership Groups - Pupil Council, Learning Council and Junior Road Safety Officers
- Pupil Voice Groups - Eco, Charities, Rights Respecting Schools and Digital Leaders
- Gardening activities
- Pastoral care including regular visits from our School chaplain, Fr Gabor

Czako

- Staff encourage all pupils to eat fruit, vegetables and to choose healthy options. There is a “healthy snack only” rule for break times
- SHINE and ACC Health and Wellbeing surveys to monitor pupil mental and physical health & wellbeing
- School Health and Wellbeing lead receives regular updates from Aberdeen City Council’s Education Support Officer on all Health and Wellbeing and Physical Education developments within the city
- Participation in Childsmile – toothbrushing in P1-P4 and fluoride coating for P1 – P4
- Roots of Empathy programme with a targeted class each year

WHOLE SCHOOL APPROACHES TO FOOD AND HEALTH

St. Peter’s R.C. Primary contributes to improving our pupils’ diets through the promotion of consistent healthy eating messages, enabling them to make healthy food choices and to develop lifelong healthy eating habits. Healthy snacks are encouraged along with the encouragement of drinking water throughout the day. Due to allergies, we also have a **NO NUTS** policy, meaning that nuts and products containing nuts should not be brought into school.

MENTAL HEALTH AND WELLBEING

Through our school values and Catholic ethos, we aim to provide a nurturing environment where our pupils are supported, valued and respected for who they are. We recognise our role as educators to support our learners in developing their self-confidence and building their resilience.

Additional approaches which are also used to ensure the emotional health and wellbeing of our pupils are:

- Regular dialogues between pupils and teachers
- SEEMiS reporting and pastoral notes
- Use of Education Scotland’s CIRCLE Framework to help support inclusive classrooms
- Class Charter
- Pupil Voice
- Achievement Tree
- Learner of the Month (each month focusing on a new skill)
- Other targeted interventions, including support from other agencies (such as Educational Psychology Service and School Counsellor)

ASSESSMENT STRATEGIES AND RECORDING

Assessment for Learning strategies are firmly embedded in our teaching practice. We regularly assess knowledge, understanding and skills, whilst recognising the importance of providing regular feedback to our pupils. This ensures progression, consolidation and development of skills.

Assessment may take the form of specific assessment tasks, linked to the experiences and outcomes from our Health and Wellbeing curriculum, or as a

more holistic approach.

Twice a year, pupils reflect on their own Health and Wellbeing by using the 'Wellbeing Web' focusing on the SHANARRI indicators. This can identify areas that children lack confidence in and identify areas that we as staff can help with.

RESPONSIBILITY OF ALL

All class teachers are responsible for planning, delivering and assessing learning in the six areas of Health and Wellbeing covered within the Curriculum for Excellence:

- Mental, emotional, social and physical wellbeing
- Planning for choices and changes
- Physical education, activity and sport
- Food and health
- Substance misuse and relationships
- Sexual health and relationships

All families are given information about the curriculum in the school handbook and when they join the school. Separate meetings are held to describe the relationships and sex education programme, 'God's Loving Plan', approved by the Bishops' Conference.

It is the responsibility of all of our practitioners within St. Peter's R.C. School to share the responsibility for creating a positive ethos and climate of respect and trust.