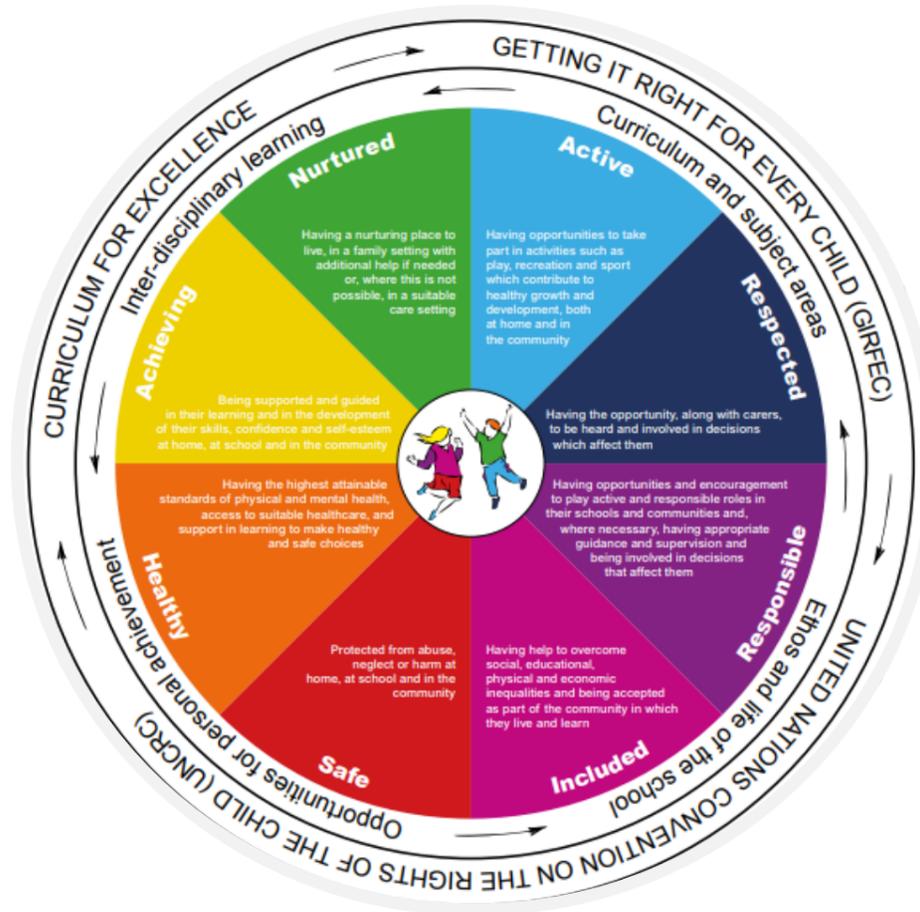


This Overview describes our whole school approach to Health and Wellbeing.

Our approach is underpinned by the United Nations Convention on the Rights of the Child, Getting It Right For Every Child and A Curriculum for Excellence.

Positive Health and Wellbeing is central to developing effective skills for learning, life and work and these are addressed through the four contexts for learning: Ethos and Life of the School, Curriculum and Subject areas, Inter-disciplinary Learning and Opportunities for personal achievement.



## Respectful Relationships

Our whole school approach to Respectful Relationships ensures that we collectively support our children's health and wellbeing. We achieve this through

This is supported by:

- A culture across the whole school that encourages respect, values opinions, celebrates difference and promotes positive relationships.
- Restorative Approaches training sessions for all staff
- Pivotal Education 5 Pillars of Practice

## Growing Confidence

Our whole school approach to Growing Confidence promotes positive mental health and emotional wellbeing. Our key messages reflect the importance of relationships, positive interactions and role modelling in nurturing a sense of meaning and belonging, and developing emotionally strong individuals and communities.

This is supported by structured programmes for:

- Staff: Confident Staff, Confident Children
- Parents: Raising Children with Confidence
- Children: Building Resilience

## Growth Mindset

Our aspiration is that our whole school approach to learning will be underpinned by a Growth Mindset. This is planned for session 2019/2020, with a whole school focus in the Summer Term of 2019, introducing a Growth Mindset approach through our Building Resilience programme.

## Health & Wellbeing Curriculum Framework

Our whole school Curriculum Framework is defined as all the experiences that are planned for our learners through the 4 contexts for learning:

- The ethos and life of the school, Curriculum and subject areas, interdisciplinary learning and opportunities for personal achievement

These are supported by structured programmes in:

- 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

## Partnership Working

Our whole school approach to Partnership Working demonstrates our commitment to further develop and maintain our strong partnerships which improve outcomes for learners and continued self-improvement for the school and community.

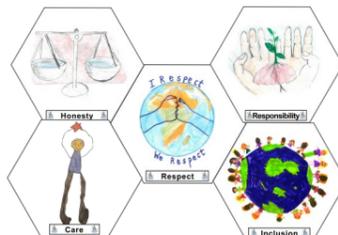
Our partners include:

- Health, Educational Psychologist, Social Work, Community Learning & Development, Community Council, Community Trust, Police and Fire Services, Peeblesshire Youth Trust, Live Borders, Library Service, Bowling Club, Community Garden and local businesses.

## St. Ronan's Vision

St. Ronan's is a school at the heart of the community where everyone is nurtured and inspired to achieve their full potential.

## St. Ronan's Values



## St. Ronan's Strategic Aims 2018—2021

### HEALTH AND WELLBEING

The health and wellbeing of our whole school community is at the heart of the life and work of the school.

This Framework describes our whole school approaches to...

**Mental, emotional, social and physical wellbeing**

- Building Resilience programme

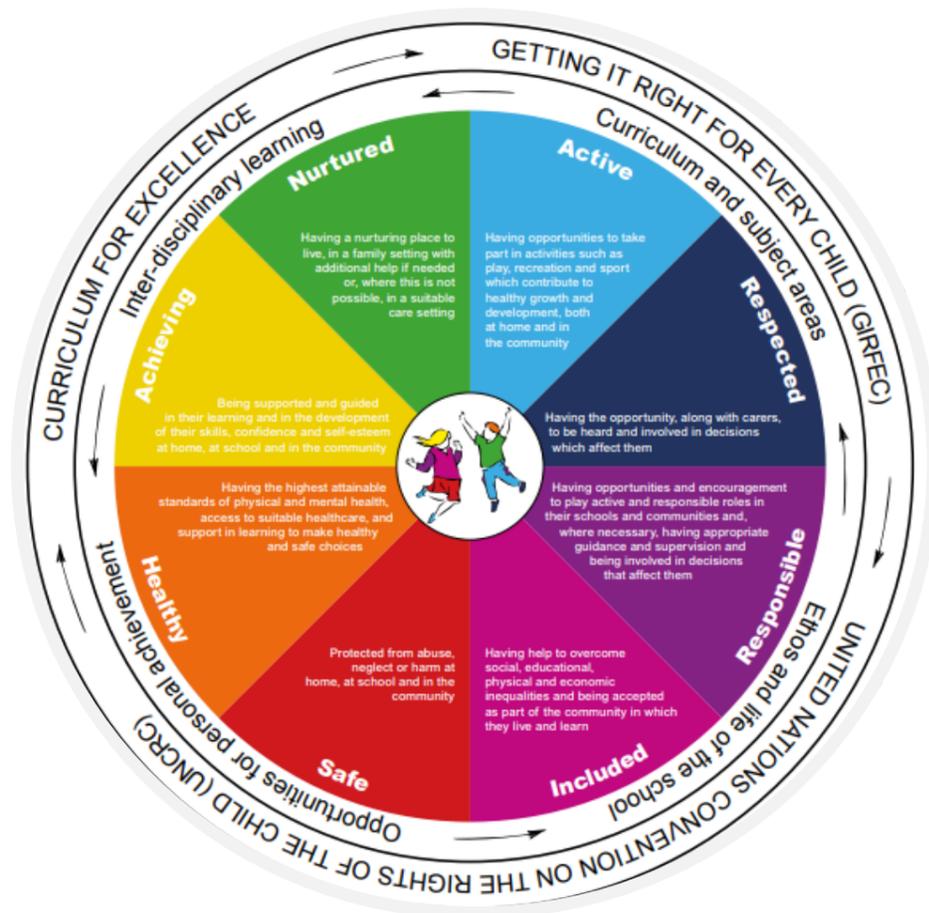
**Planning for choices and changes**

**Relationships, sexual health and parenthood**

- SBC 3-18 Pathway for Sexual Health, Relationships and Child Protection

**Physical education, physical activity and sport**

- 



**Substance misuse**

**Food and health**