

This Framework describes our whole school approaches to Health and Wellbeing. Learning in health and wellbeing ensures that our children develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.

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.

Mental, emotional, social and physical wellbeing

The mental, emotional, social and physical wellbeing of our children is developed by our safe, caring, supportive and purposeful environment. This enables the development of relationships based on mutual respect.

Our approaches include:

- Building Resilience programme
- Equality and Diversity
- Respectful Relationships
- Fire Safety
- Road Safety
- Pupil Voice
- Pupil Leadership roles

Relationships, sexual health and parenthood

Our children develop their understanding of how to maintain positive relationships with a variety of people and are aware of how thoughts, feelings, attitudes, values and beliefs can influence their decisions about relationships, and sexual health.

Our approach is based on:

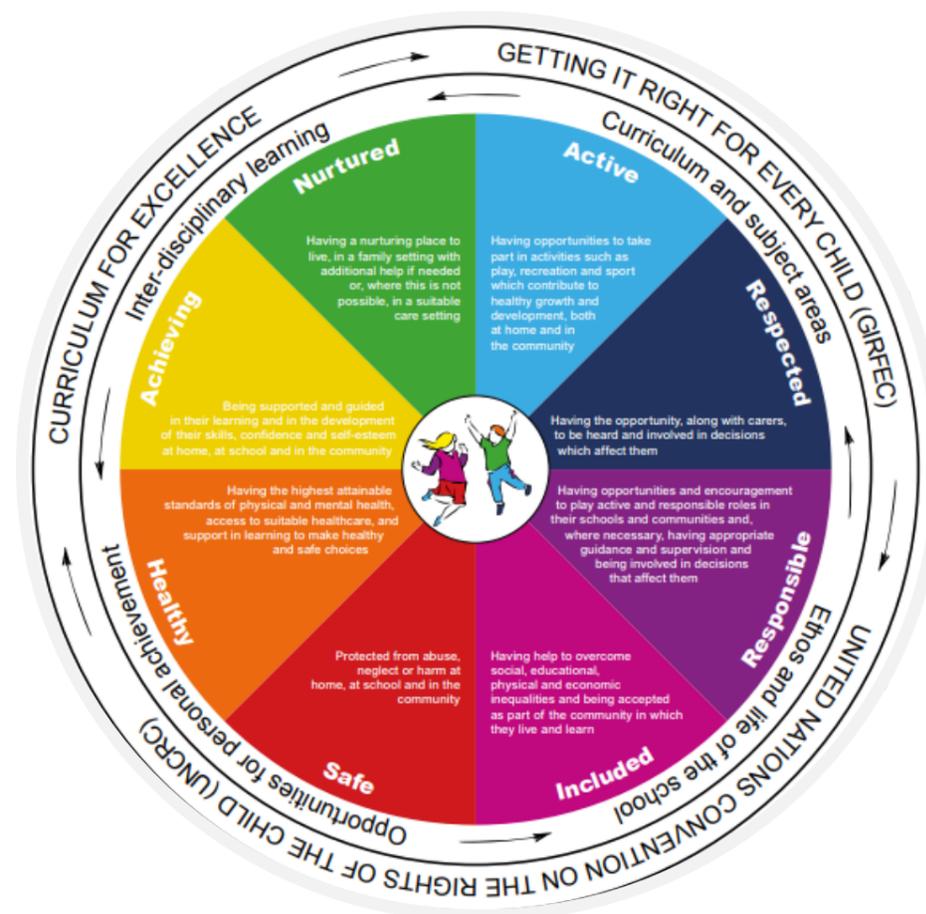
- SBC 3-18 Pathway for Sexual Health, Relationships and Child Protection

Substance misuse

Our children develop their understanding of the use and misuse of a variety of substances. They explore and develop their understanding of the impact of risk-taking behaviour on their life choices. The experiences and outcomes help our children to make informed personal choices with the aim of promoting healthy lifestyles.

Our approach includes working in partnership with:

- Tweeddale Schools Locality Officer
- School Nurse



Planning for choices and changes

Our children experience opportunities to raise their awareness of future choices and raise their expectations and aspirations. Our children develop the skills for personal planning and make decisions in the context of curriculum, learning and achievement which prepares them for next stages in life.

Our approach includes:

- Developing the Young Workforce, World of Work Week
- Enterprise Education
- Personal planning through Learning Journals

Physical education, physical activity and sport

Physical education provides our children with a platform from which they can build physical competences, improve aspects of fitness, and develop personal and interpersonal skills and attributes. Our children have regular opportunities to take part in physical activity and sports in addition to planned physical education sessions, at break times and lunchtimes in and beyond the school.

This whole school approach is achieved through:

- 2 hours of physical Education each week for every class
- Outdoor Learning
- Opportunities to be part of a range of sporting clubs both in and out of school
- Working in partnership with Live Borders

Food and health

Our children experience opportunities to develop the knowledge and skills to make healthy food choices and to help establish lifelong healthy eating habits.

Our whole school approach includes:

- Our ELCC children choosing, preparing and eating snacks
- Partnership working with Innerleithen Can Grow School & Community Garden
- Partnership working with You can Cook
- Daily Breakfast Club
- School menu choices
- Childsmile