



ST NINIAN'S HIGH SCHOOL

School Policy No. 17

Health and Wellbeing

St Ninian's High School takes a holistic approach to promoting the health and wellbeing of all children and young people. This is consistent with the United Nations Convention of the Rights of the Child, which sets out the right for all children and young people to have access to appropriate health services and to have their health and wellbeing promoted.

Health is defined by the World Health Organisation as being *"a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity"*.

*"The Scottish Government's Economic Strategy makes clear its overarching purpose is to create a more successful country where all of Scotland can flourish through increasing sustainable economic growth. The delivery of the Government's purpose is supported by five strategic objectives; to make Scotland wealthier and fairer; smarter; **healthier**; safer and stronger and greener."*

Building the Curriculum 4

"Learning through health and wellbeing promotes confidence, independent thinking and positive attitudes and dispositions. Because of this, it is the responsibility of every teacher to contribute to learning and development in this area."

Building the Curriculum 1

The staff of St Ninian's High School has a duty of care to ensure 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.

The policy takes into account national guidance contained in the following documents:

- Healthy Bodies, Healthy Minds (2009);
- Schools (Health Promotion and Nutrition) (Scotland) Act 2007 and Health Promotion Guidance for Local Authorities and Schools;
- Building the Curriculum 1;
- Building the Curriculum 3;
- Building the Curriculum 4;
- Getting It Right for Every Child (2008);and
- How Good is Our School? The Journey to Excellence (2006).

RATIONALE

St Ninian's High school promotes an environment conducive to learning which supports and nurtures the health and wellbeing of our young people by encouraging a positive, safe, caring community creating relationships and opportunities which promote a healthy lifestyle. We will take into account the stage of growth, development and maturity of each individual, and the social and community context to ensure that our young people can develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.



OBJECTIVES

1. The school provides a safe, supportive and well-resourced environment for all pupils, staff and the wider community, including appropriate provision for all that have additional support needs.
2. To encourage our young people to establish a pattern of health and wellbeing which will be sustained into adult life.
3. To allow our young people to understand and develop physical, mental and spiritual wellbeing and social skills in order for them to meet challenges, manage change and build relationships.
4. To help our young people to develop self-awareness, self-worth and respect for others acknowledging diversity and understanding that it is everyone's responsibility to challenge discrimination.
5. To provide opportunities for our young people to experience challenge, enjoyment, personal achievement and build resilience and confidence.
6. To understand the importance of a healthy diet thus establishing lifelong healthy eating habits.
7. To understand the use and misuse of a variety of substances by seeing the impact of risk taking behaviour on lifestyles.
8. To raise the aspirations and expectations of our young people through personal planning by reflecting on strengths and skills which will help them make informed choices when planning next steps for the next stages in life.
9. To provide a programme of physical education which develops in our young people personal and interpersonal skills and attributes to enhance physical wellbeing, thus promoting active and healthy lifestyles.
10. To provide opportunities for staff and young people to participate in a wide range of activities which promote a healthy lifestyle.
11. To promote staff understanding of their responsibility within the health and wellbeing framework.
12. To develop health and wellbeing across the four contexts of learning.
13. To develop effective partnership working with parents, carers, schools within the local cluster, the wider school community and community partners to ensure the health and wellbeing of our young people.

METHODS OF ACHIEVING OBJECTIVES

- establish a health and wellbeing committee;
- undertake a health and wellbeing school audit;
- co-ordinate the development of approaches to health and well being across the school;
- effective cluster planning to ensure smooth transitions from primary to secondary;
- use of inter disciplinary learning to help deliver experiences and outcomes;
- learning and teaching supports opportunities for developing health and wellbeing across the curriculum through a use of approaches including active, cooperative and peer learning;
- provide a broad, challenging and enjoyable PSD programme;
- provide each young person with their entitlement to a programme of physical education;
- use of outdoor learning;
- provide each young person with a Pastoral Care Teacher;
- provide each young person a weekly period of personal support on top of their pastoral care provision;
- tracking pupil progress;
- pupil support group meetings;
- parental engagement with parents and carers fully aware of the nature of any partnership activities;
- promote positive behaviour in the classroom, grounds and wider community;
- involve pupils in a variety of activities that may involve peer support, buddying, school clubs and mentors;
- annual staff update in Child Protection;
- Health Week;
- S1 Food Challenge;
- Heart Start;
- staff retreat;
- young people retreats; and
- award programmes.



STAFF DEVELOPMENT

Staff should be familiar with their responsibility in delivering the Health and Wellbeing Experiences and Outcomes.

Staff have an annual update on Child Protection.

USEFUL LINKS

[Health wellbeing experiences outcomes tcm4-540029.doc](#)

MONITORING AND EVALUATION

The Health and Wellbeing Committee will monitor the implementation of the policy.

July 2025