



**Emersons Green Primary School**  
Health, Wellbeing and Physical Development Policy

### Rationale

The aims of our curriculum are for all children to become;

- Successful learners who enjoy learning, make progress and achieve
- Confident individuals who are able to live safe, healthy and fulfilling lives
- Responsible citizens who make a positive contribution to society

At Emersons Green Primary School this means that all our pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, learning to respond positively to challenges, handling risk and developing self-confidence and physical capabilities. This is essential to them contributing fully to the life of our school and to the wider communities they belong to. We believe this will better support the children to transfer successfully to secondary education and develop as confident individuals.

In so doing we aim for every pupil to recognise their own worth, work well with others and become increasingly responsible for their own learning. They reflect on their experiences and learn to understand how they are developing personally, physically and socially.

They also find out about main issues that affect theirs and others lives and about their responsibilities, rights and duties as individuals and members of communities. They learn to understand and respect our common humanity; diversity and differences so that they can go on to form effective, fulfilling relationships that are an essential part of life and learning.

This policy incorporates many elements of teaching and learning within the broad title of Health, Wellbeing and Physical Development. Some elements have separate policy documents as detailed below:

### **Relationship and Sex Education**

In line with the DfES 0116/ 2000, Emersons Green Primary School believes that a carefully formulated programme for RSE is crucial if we are to prepare children to learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood. The school will aim to promote an atmosphere that allows questioning where any questions raised will be answered accurately with sensitivity and related to family life, loving relationships and respect for others. RSE will be taught through SEAL and Lifelines plus elements of the Statutory Science curriculum. It can be tailored to meet the needs and maturity of the children and we will endeavour to work in partnership with parents to create effective and meaningful RSE provision. Parents will have the right to withdraw their child from RSE that is taught through SEAL/Lifelines. But not where it is taught through Statutory Science.

## **Drug Education**

In line with South Gloucestershire School Drug Policy 2008 ([www.learningwithsouthglos.org/citizenshipPSHE/acrobat/Publications/school\\_drug\\_policy\\_2008inc\\_app.pdf](http://www.learningwithsouthglos.org/citizenshipPSHE/acrobat/Publications/school_drug_policy_2008inc_app.pdf)) Drug Education at Emersons Green Primary school will include learning the effects and risks of medicines, alcohol, tobacco, solvents and illegal substances. It aims to enable all our children to make healthier, informed choices by increasing their knowledge, exploring a range of attitudes about drug use and developing and practicing their decision making skills. Drug Education will be taught through SEAL and Lifelines plus elements of the Statutory Science curriculum. It can be tailored to meet the needs and maturity of the children and we will endeavour to work in partnership with parents to create effective and meaningful Drug Education provision.

## **SEAL /Lifelines**

- SEAL and PSHE is mapped across the curriculum. SEAL resources are used to help the school develop children's social, emotional and behavioural skills. There are 7 themes throughout the year:
  - New beginnings
  - Getting on and falling out
  - Say no to bullying
  - Going for goals!
  - Good to be me
  - Relationships
  - Changes
- The Lifelines Resource Pack provides a Scheme of Work for other aspects of PSHE. This resource is adapted to meet the needs of our pupils and community. It includes lessons on Drugs Education, Developing Financial Capability and Relationships & Sex Education.

## **Whole School Food**

Emersons Green Primary School will use the South Gloucestershire sample Whole School Food Policy (*add reference*) At we acknowledge the link between pupil's diets and their physical and emotional health and the key role that we as a school can play in supporting pupils and their families to provide and maintain a healthier diet. We will do this through the teaching and learning within Science, Lifelines, Cookery Club and DT. The ethos of the school is one that promotes awareness of and the importance of healthier snacks. It recognises the valuable role that all school staff have in modelling good practice and helping to create an environment that supports a positive attitude to healthier eating.

## **Physical Activity**

Physical Activity is an important part of developing health, well-being and physical development and at Emersons Green Primary we are committed to providing a wide range of high quality opportunities both through the curriculum and additional activities. The PE policy gives more detail of this.

## **Travel Plan**

Emersons Green Primary school has a current Travel Plan which aims to reduce car usage for school journeys and to promote walking, cycling and travel safety.

## **Safety Education (including Sun Safety)**

Safety education will be taught through the Lifelines pack and will cover; hygiene, road safety, home and outdoor safety, firework safety, and dialling 999. With regard to sun safety children are encouraged to bring in and apply sun screen, to wear suitable hats and clothing to learn to seek shade when possible when taking part in outdoors activities.

## **LEAP**

LEAP stands for Leadership, Enrichment/Enjoyment, Achievement and Participation. There are 9 LEAP aspects covering a broad range of skills and 3 levels of achievement – Bronze, Silver and Gold. All pupils have a LEAP Passport and work on their challenges both at home and in school. Awards are celebrated in whole school assembly.

## **Healthy Schools**

Emersons Green Primary School has NHSS and is committed to the ethos of the National Healthy Schools Programme, which intends to deliver benefits in respect of:

- Improvement in health and reduced health inequalities
- Raise pupil achievement
- More social and inclusion; and
- Closer working between health promotion providers and education establishments

## **Aims of Health, Wellbeing and Physical Development teaching and learning**

We aim to give all our pupils opportunities to:

- take and share responsibility
- cooperate and compete fairly
- feel positive about themselves
- take part in discussions
- make real choices and decisions
- meet and talk to people
- develop relationships through work and play
- consider social and moral dilemmas they come across in everyday life
- ask for help
- find information and advice
- prepare for change
- Respond positively to challenges
- Be enterprising and handle risk
- Develop self-confidence and physical capabilities
- Learn about the importance of nutrition and rest for a healthy, balanced lifestyle
- Through sport and other physical activities, they learn to increase body control, coordination and dexterity
- Make informed decisions
- Set goals and work to achieve them

We do this because we believe in the fundamental value of these experiences.

## **Guidelines**

We do this in the following ways:

### **Timetabled SEAL and Lifelines lessons**

Every class has 60 minutes a week of dedicated teaching time with their class teacher and support staff. Teaching and learning will be based upon the SEAL/Lifelines framework for each year group as personalised for our school.

(Appendix 1)

### **Dedicated Themed Days/Weeks**

- My Money Week
- DT Fair
- Teambuilding Day
- Sun awareness Week
- Anti-bullying Week
- Walk to School Week
- Sports Week

### **School/Pupil Council:**

All children have an opportunity to contribute to council discussions within a class council. Each class also elects school council representatives annually. The school council meet regularly and feed back to their own class and prepare for the next meeting during class council.

### **School ethos:**

We believe that many of the skills and attitudes that we wish to develop through SEAL and Lifelines lessons are taught and demonstrated throughout the day. Pupils will have opportunities to develop their understanding of these issues through:

- school ethos
- assemblies
- school visits and residential opportunities
- extra curricular activities
- classroom and playground rules
- School council, etc.
- Staff being positive role models
- Peer mentoring
- Sponsored Events and Fundraising
- Community and Local Authority Wide Events

### **Staff CPD:**

Staff will be kept up to date with local and national practice and procedures through the following ways:

- PSHE PE Team meetings
- School teaching and learning working groups
- Attendance at the Health and Well Being Best Practice fora
- Attendance at LA related conferences
- Attendance at LA / national training courses
- Staff Inset
- Through circulars and newsletters.

### **Cross curricular:**

Some aspects of this framework may also be taught and revisited in other subject areas, such as, Science, Geography, Religious Education, English, Numeracy, Safeguarding e.g. within ICT practices, procedures and lessons.

**Additional Policy links:**

This policy clearly links to our school policies on, Behaviour, Safe Guarding/Child Protection, Staff Development, Teaching and Learning, Internet Use, Religious Education, Inclusion. Medicine Use/Storage. PE.

**Confidentiality**

Pupils and parents will be made aware that teachers cannot offer unconditional confidentiality. Pupils will be reassured that if confidentiality has to be broken they will be informed first and supported as appropriate.

**Conclusion:**

The following groups were consulted with the development of this policy: teachers, support staff, parents, governors, pupils etc.

This policy is reviewed annually.

This policy is signed by: Miss J Chambers, PSHE Co-ordinator.