

Health & Wellbeing Policy Children and Young Person

Purpose

George Watson's College is committed to improving the health and wellbeing of the children and young people of our school community. We work in line with the Scottish Government's conviction that "*Good health and wellbeing is central to effective learning and preparation for successful independent living.*" (Curriculum for Excellence Health and Wellbeing Principles and Practice, 2009)

We recognise that health and wellbeing is a prerequisite for successful learning and that there are a number of children who may require support in working towards and maintaining good health and wellbeing.

This policy outlines the school's approach to ensuring that it is the responsibility of every teacher to contribute to learning and development in health and wellbeing, in the following contexts for learning:

- Ethos and life of the school as a community
- Curriculum areas and subjects
- Interdisciplinary learning
- Opportunities for personal achievement
- Extracurricular and enrichment opportunities

The purpose of this policy is to promote George Watson's as an inclusive school that values and appreciates each and every child and young person and is a welcoming place for all. The United Nations Convention on the Rights of the Child (UNCRC 1990), The Children and Young People (Scotland) Act 2014, Getting it Right for Every Child approach (GIRFEC) and the Health and Wellbeing of children, young people and all staff working within the school are at the heart of our practice. We aim to create an ethos of mutual respect in order to achieve the highest possible standards of behaviour and wellbeing throughout the school. As a Gold Rights Respecting School, pupils are supported to understand that each of us has a unique blend of abilities and needs and all contribute to our School community. The four values of George Watson's College help us to understand what this commitment should mean in practice:

- **Aim High:** Everyone should be encouraged and supported to achieve the very best of which they are capable. This means having a positive and proactive attitude to overcoming disadvantage and disability.
- **Join In:** We help and encourage everyone to play a full part in our community and we reach out and engage with others to help make communities beyond the school fairer and more inclusive.
- **Be Kind:** Support is unconditional and is available to all.
- **Respect All:** Everyone has the right to be respected as an individual whoever they are.

These four values are the way in which we live out the ancient motto of the School, *Ex Corde Caritas* (Love From the Heart) and its contemporary rendering: *Challenge Yourself; Care for Others.*

George Watson's College, working with partners, takes a holistic approach to promoting health and wellbeing to ensure pupils have every opportunity to develop the knowledge and understanding, skills, capabilities and attributes which they will need for their mental, emotional, social and physical wellbeing now and in the future. We recognise the importance of preparing children to become effective local, national and global citizens.

Aim and Scope

The policy ensures that Health and Wellbeing (HWB) is the responsibility of all. Everyone within the school community shares a responsibility for creating and maintaining a positive ethos where children are nurtured, active, respected, responsible, included, safe, healthy and achieving ([GIRFEC, The 8 Wellbeing Indicators](#))

Rationale

Health and Wellbeing seeks to promote positive, healthy attitudes and behaviours. At its heart is the capacity to form and sustain good personal, social and working relationships. When children and young people have good relationships they are likely to be emotionally secure, have greater self-esteem and confidence with regard to their learning, show resilience when faced with personal challenges and show respect for others. Health and Wellbeing experiences and outcomes provide opportunities for young people to develop their mental, emotional, social and physical wellbeing. These experiences should be embedded in all teaching and learning across the formal and informal curriculums.

Health and Wellbeing is organised into six areas:

- Mental, Emotional, Social and Physical Wellbeing
- Planning for Choices and Changes
- Physical Education, Physical Activity and Sport
- Food and Health
- Substance Use and Misuse
- Relationships, Sexual Health and Parenthood

Learning through Health and Wellbeing enables children and young people to:

- Make informed decisions in order to improve their mental, 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 healthy lifestyle and make a successful transition to the next stage of education
- Prepare for the world of work
- Establish a pattern of health and wellbeing that can be sustained into adult life and will help to promote the health and wellbeing of the next generation of children in Scotland

The diagram below illustrates how effective learning and teaching in Health and Wellbeing is promoted and supported throughout the School.

Takes account of children and young people's views and experiences	Ensures that pupils feel safe and that nobody feels excluded or afraid in school	Uses a variety of approaches including active, cooperative and peer learning
Encourages new challenges in the outdoor environment	Health & Wellbeing Effective Learning and Teaching	Encourages children and young people to act as positive role models
Encourages the development of lifelong healthy lifestyles	Helps young people to understand the responsibilities of citizenship	Encourages inclusion and equality throughout the school

Creating Positive, Nurturing Learning Environments

George Watson's College is committed to creating positive, nurturing and respectful learning environments where all children, young people and staff are valued and are given opportunities to:

- Develop their self-awareness, self-worth and respect for others
- Meet challenges, manage change and build relationships
- Experience personal achievement and build relationships
- Manage personal disappointments
- Understand and develop their physical, mental and spiritual wellbeing and social skills
- Understand that what they eat, how active they are and how participation in a wide range of activities promotes a healthy lifestyle
- Understand that the decisions they make about relationships may affect their mental and emotional wellbeing
- Understand that adults in their school community have a responsibility to look after pupils, listen to their concerns and, where necessary, involve others
- Learn about where to find help and resources to inform choices
- Assess and manage risk and understand the impact of risk-taking behaviour
- Reflect on their strengths and skills to help pupils make informed choices when planning their next steps
- Acknowledge diversity and understand that it is everyone's responsibility to challenge discrimination

Universal Support

George Watson's College supports pupils' health and wellbeing by providing universal support in a variety of ways. In the Junior School health and wellbeing is one of the three pillars in the curriculum alongside Literacy and Numeracy. The plans for each Year Group take into consideration the ethos and culture of the school alongside the seven principles of curriculum design; challenge & enjoyment, breath, progression, depth, personalisation & choice, coherence, relevance. Topics are taught through discrete lessons, assemblies, classroom discussions and group activities using a range of resources. The Pupil Voice and wider achievement are also celebrated. The Senior School supports pupils' health and wellbeing by providing universal supports in a variety of ways; as part of our PSD programme, accredited courses including the SQA Mental Health and Wellbeing Award, pupil leadership opportunities, wider achievement and enrichment opportunities

Targeted Support

When it is identified that a child/young person requires a more targeted support tailored to their individual needs pathway supports are put in place. In the Junior School the Lower or Upper Pastoral Deputy Head Teacher and the Additional Support Team will work closely with staff, pupils, parents and carers and external agencies to support the child. In the Senior School when a more targeted approach is required the Pupil Support team will work in partnership with the child/young person, their parents/carers and staff and any other relevant partners. Targeted support is provided in a variety of ways; including as part of our Nurture based learning, counselling, Art Therapy, adapted timetable and inclusive classroom practice.

Roles and Responsibilities

Good Health and Wellbeing is central to effective learning and preparation for successful lifelong health and wellbeing. This aspiration for all pupils can only be met if the George Watson's College school community works closely together taking account of local circumstances and individual needs. All members of the school community have a responsibility to:

- Ensure everyone feels happy, safe, respected and included in the school environment
- Promote positive, respectful behaviour in the classroom, playground and wider school community
- Ensure the safety and wellbeing of everyone by following robust policies and practice
- Contribute to the maintenance and development of a positive, respectful school ethos
- Provide positive modelling in relations to a healthy lifestyle

In association with Additional Support for Learning the school has a commitment to partnership working and seeks opportunities to:

- Uphold the Rights of the Child
- Follow the GIRFEC framework
- Engage the active support of parents and carers
- Prepare young people for transitions
- Draw upon specialist expertise from within and without GWC
- Maximise the contributions of the wider community

Approval and Review Details

The policy will be reviewed in June 2027 by the Health & Wellbeing Steering Group.

It will be scrutinised and approved by the Governing Council and the implementation will be overseen by JSLT and SSLT.

The policy will be made available on the School's website and on the Staff and Parent Portals.