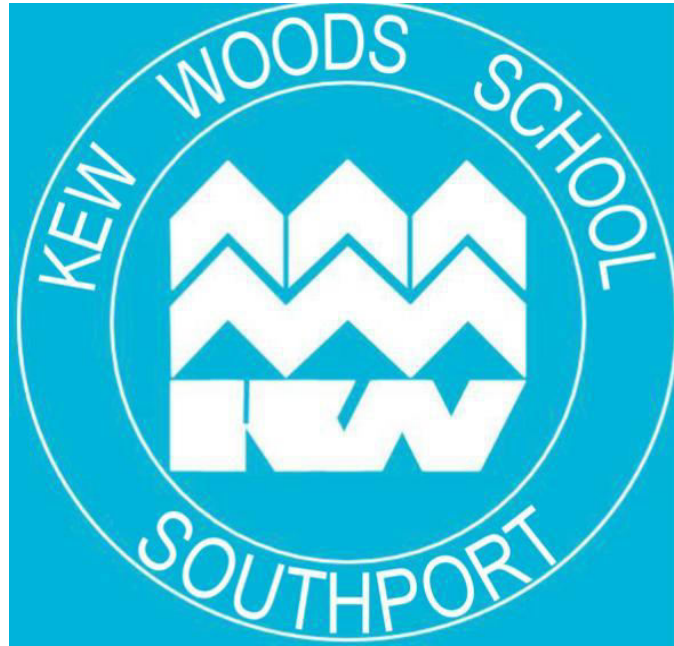


# KEW WOODS PRIMARY SCHOOL



Well Being Policy

## **Rationale**

At Kew Woods Primary School we are taking a whole school approach to Health and Wellbeing Education based on the following:

'Health is the extent to which an individual or group is able, on one hand, to realise aspirations and satisfy needs and, on the other hand, to change or cope with the environment. Health is, therefore seen as a resource for everyday life, not an object of living; it is a positive concept emphasising social and personal resources, as well as physical capabilities.'

World Health Organisation (WHO), 2000. SMSC and British Values are included in this Wellbeing policy as they are fundamental to the building blocks and ethos that make up our curriculum. British Values are promoted through SMSC and embedded into the Wellbeing of our pupils.

## **Aims**

We aim to enable our children, staff and everyone working in partnership with the school to develop the knowledge and understanding, skills, capabilities and attributes necessary for mental, emotional, social and physical wellbeing now and in the future.

### We aim to:

Plan and deliver a coherent and curriculum based Health and Wellbeing Education programme

Provide a supportive and encouraging atmosphere for children, staff and parents and carers

Develop our relationships with pupils, parents and carers and the wider community

Work closely with outside agencies to encourage a wide range of well being and health related activities

Further develop school policies and procedures to promote well being

Ensure all members of staff are aware of their professional roles in well being related issues

## **Learning and Teaching**

Through our curriculum we promote confidence, independent thinking and positive attitudes and dispositions. We focus upon: **Physical Health** which explores the knowledge, skills and attitudes that are needed to understand physical factors in relation to our health.

**Emotional Health** which explores the knowledge, skills and attitudes that are needed to understand emotions, feelings and relationships and how they affect us.

**Social Health** which explores the interaction of the individual, the community and the environment in relation to health and safety.

### **Our school will:**

Develop our relationships with pupils, parents and carers and the wider community.

Actively promote self-esteem of the whole school community, including staff.

Engage and work with parents and carers to provide all children with positive experiences which promote and protect their health.

Promote the well being of all the school community.

Provide a range of stimulating experiences for all pupils.  
Work closely with outside agencies to encourage a range of well being related activities.

### **Well being Team Committee**

Our Well being Committee consists of teaching staff, teaching assistants and members of the senior leadership team who form our Well Being Change team and pupils who have a range of roles.

#### Well Being promoting Initiatives include:

Worry Monsters in each classroom (Years 1-6)  
Healthy Tuck Shop (2 x per week run by TAs)  
KS1 healthy daily snack provided by school  
Water only policy in classes  
Bike it Breakfast  
Year 6 transition cycling project  
Year 5 Bikability levels 1 and 2 awards  
Year 2 Learn to Ride Project  
Walk to School WOW Project  
Participation in Sefton Active Schools programmes  
Mindfulness lessons (KS2)  
Relax Kids programme for targeted pupils (KS2)  
Targeted Energy Club for EYFS  
Range of after school sports / fitness clubs (see timetables each term)  
Swimming lessons (Years 3-5)  
Lunchtime playleaders trained / deliver active sessions  
Equipment available for active lunchtimes  
Anti Bullying Ambassadors appointed and trained through the Diana Award  
School Council representatives appointed and meet to plan events  
Love My Community events  
Smile Project  
Year Reception / Year 6 Buddy system  
Transition programmes for different phases of the school  
Progressive PSHE programme  
Lunchtime club for targeted pupils Internet safety day  
Pay a Complement Day  
Hickory's Reward Trip each term for selected class  
Kindness Week  
Health weeks / DT healthy food focus  
Year group specific workshops (equality and diversity, gangs, bullying, mental health project, being healthy)  
Year 6 transition work on drug and relationship –Eyes Wide Open  
Wide range of sports clubs and events (including specific focused clubs for those not accessing clubs usually)  
Academic Resilience pyramid of need  
Teachers / TAs on playground at lunch / break  
Y6 SATs breakfast  
TESCO community fundraising events  
Queenscourt fundraising events  
Love my community events  
Southport Learning Partnership Sports Weeks  
Stanley High School Sports Partnership

## Christ the King High School Sports Partnership

### Parent Well Being:

School nurse drop in sessions each month  
Information Evenings for parents: Drug awareness, Internet safety and Sex Education  
Well Being promoted regularly on newsletter  
Early Help set up for targeted families  
SLT open door policy

### Links with agencies / other schools:

School nurse  
Mersey Care NHS  
Young Minds – not established though  
Capita – Flourishing Individuals, Organisations and Communities  
Sefton Early Help Team

### Staff Well Being:

Social Activities (Christmas night out)  
Well being after school activities -fitness club, badminton  
Team building days  
Development days  
Opportunities to watch own children's events  
Time off for medical appointments, funerals, weddings etc (if have good attendance)  
Report writing days  
No staff meetings during parents weeks  
Lunch provided on inset days  
Mindfulness sessions offered pre school  
Tea provided when supporting school productions  
Health Champions  
Attend appointments in ppa  
CPD focusing upon well being – staff meetings academic resilience approach, trained in mindfulness (paid for by school)  
Referrals to occupational health for staff

### **Roles and Responsibilities**

All staff will actively support, contribute to and be involved in the promotion of well being and participate in staff development when the opportunities arise.

The SLT Team and Governors are responsible for monitoring the Well Being Programme. The Change Team lead will produce and monitor the implementation of the action plan.

### **Working in partnership with Parents**

We understand and value the need to work closely with parents and carers to ensure that the school's well being initiatives meets the needs of our pupils. We value the important contribution made by parents and appreciate the need to engage parents and families in improving the well being of their children. We seek to establish and maintain strong positive links with both the parents and the community. We will continue to keep parents and carers informed through: letters, newsletters and leaflets and information meetings (workshops, meet the teaching team etc).

**Working in partnership with other agencies and specialist services**

We make extensive use of specialist services in supporting the learning, social, emotional and behavioural needs of individuals. We actively seek the expertise of other specialist agencies. Eg Health, Active Schools, Achieve 360, Police services (gangs workshops), Road Safety officer, Social Care and Educational Psychologist services etc to support both health education and well being promotion at our school.