St Mun's Primary

Health and Wellbeing Policy

St Mun's Commitment - Together We Thrive

As a family in **Faith, Ambition, Motivation, Inclusion, Love and Yearning to Learn**, we are committed to ensuring that every child is known, valued, respected and loved.

Guided by our values of **Faith, Respect, Honesty and Kindness**, and inspired by the Gospel values of **Integrity, Justice, Wisdom and Compassion**, we nurture Successful Learners, Confident Individuals, Responsible Citizens, Effective Contributors and compassionate young people who are equipped to flourish in school, in faith and in life.

To be reviewed Jan- April 2028

Our Vision

At St Mun's Primary School, we are:

A Family in Faith, Ambition, Motivation, Inclusion, Love and Yearning to Learn

Our vision reflects our commitment to nurturing every child spiritually, emotionally, socially, physically and academically within a caring Catholic community where all are welcomed, respected and encouraged to achieve their God-given potential.

As a Catholic school, our work is guided by our school values:

Faith • Respect • Honesty • Kindness

and inspired by the Gospel values of:

Integrity • Justice • Wisdom • Compassion

These values underpin all aspects of learning, teaching, relationships and wellbeing and are central to our Health and Wellbeing curriculum.

Rationale

Health and Wellbeing is the responsibility of all.

In line with **Curriculum for Excellence**, Health and Wellbeing develops the knowledge, understanding, skills, attributes and capabilities necessary for children and young people to flourish throughout life.

Our Health and Wellbeing curriculum enables children to:

- Develop emotional literacy and resilience.
- Build positive relationships.
- Make informed decisions.
- Understand and protect their physical health.
- Grow in faith and spirituality.
- Develop confidence and self-worth.
- Respect diversity and promote inclusion.
- Become responsible citizens who contribute positively to society.
- Live out Gospel values in their daily lives.

Children's Rights

At St Mun's Primary School, the rights and wellbeing of every child are paramount.

Our policy is firmly rooted in the principles of the **United Nations Convention on the Rights of the Child (UNCRC)** and recognises children as rights holders whose views, wellbeing and dignity must be respected at all times.

Particular reference is made to:

Article 2

Children should not be discriminated against.

Article 3

The best interests of the child must be a primary consideration.

Article 12

Children have the right to express their views and have those views taken seriously.

Article 19

Children have the right to protection from harm.

Article 24

Children have the right to the highest attainable standard of health.

Article 28

Children have the right to education.

Article 29

Education should support the full development of a child's talents, abilities, personality and respect for others.

Children's rights are explicitly taught and embedded throughout our Health and Wellbeing curriculum and wider school ethos.

Health and Wellbeing Through GIRFEC

Our Health and Wellbeing provision is underpinned by Scotland's national approach:

Getting It Right for Every Child (GIRFEC)

We work collaboratively with children, families and partners to ensure every child is:

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- **Safe**
- **Healthy**
- **Achieving**
- **Nurtured**
- **Active**
- **Respected**
- **Responsible**

- **Included**

These wellbeing indicators guide our approach to planning, assessment, support and intervention.

We recognise that wellbeing is everyone's responsibility and that early intervention and partnership working are essential in achieving positive outcomes for children and families.

Catholic Education and Health & Wellbeing

As a Catholic school, Health and Wellbeing includes spiritual development and faith formation.

Through Religious Education and opportunities for prayer, worship and service, learners are encouraged to:

- Develop a positive sense of self-worth.
- Understand their value as unique children of God.
- Show compassion towards others.
- Promote justice and fairness.
- Demonstrate integrity in their actions.
- Build respectful relationships.
- Contribute to the common good.

Our Gospel values of **Integrity, Justice, Wisdom and Compassion** are woven through all areas of Health and Wellbeing.

Curriculum for Excellence: Health and Wellbeing

Learning experiences are planned through the six organisers:

Mental, Emotional, Social and Physical Wellbeing

Children develop:

- Emotional literacy
- Resilience
- Self-awareness
- Positive relationships
- Self-regulation strategies

Planning for Choices and Changes

Children learn to:

- Make informed decisions
- Set goals
- Manage transitions
- Develop career awareness

Physical Education, Physical Activity and Sport

Children are provided with:

- High-quality physical education
- Opportunities for active play
- Outdoor learning experiences
- Sports leadership opportunities

Food and Health

Children learn about:

- Healthy eating
- Nutrition
- Food preparation
- Sustainable food choices

Substance Misuse

Age-appropriate learning supports children to make safe and informed choices.

Relationships, Sexual Health and Parenthood

Learning is delivered in accordance with:

- Curriculum for Excellence
- Catholic doctrine and values
- National RSHP guidance
- Local authority guidance

Partnership with parents and carers remains central to this area of learning.

Learning and Teaching

At St Mun's Primary School we promote learning environments where children:

- Feel safe to express their views.
- Are active participants in learning.
- Experience success and achievement.
- Learn through play, inquiry and collaboration.
- Develop confidence and independence.
- Feel respected and included.

Staff create nurturing environments characterised by:

Faith - Building hope, belonging and community.

Respect - Valuing every individual.

Honesty- Encouraging trust and openness.

Kindness - Promoting empathy, care and inclusion.

Relationships and Behaviour

Positive relationships are at the heart of our approach.

We promote:

- Restorative practice
- Nurture principles
- Rights-respecting approaches
- Positive relationship-based behaviour support
- Trauma-informed practice

Children are supported to understand:

- Rights and responsibilities
- Empathy and compassion
- Respectful communication
- Conflict resolution
- Diversity and inclusion

Parental Engagement and Family Learning

Parents and carers are recognised as children's first and most important educators.

In line with current Education Scotland guidance, we promote:

Learning at Home

Supporting families to engage with children's learning.

Family Learning

Creating opportunities for children and family members to learn together.

Parental Engagement

Building meaningful partnerships that improve outcomes for children.

Families are supported through:

- Learning conversations
- Workshops and curriculum events
- Digital communication platforms
- Family learning opportunities
- Parent Council engagement
- School improvement consultations

- Transition programmes

We strive to ensure all families feel welcomed, valued and involved.

Partnerships

We work closely with:

- Parents and carers
- Parish community
- Health services
- Educational Psychology
- Social Work
- Community organisations
- Third-sector partners

Partnership working helps us provide effective support and improve outcomes for all children.

Inclusion, Equity and Diversity

We are committed to creating a community where everyone belongs.

In line with our vision of **Inclusion and Love**, we:

- Celebrate diversity.
- Challenge discrimination.
- Promote equality and equity.
- Remove barriers to participation.
- Support wellbeing for all learners.
- Ensure every child is included, respected and valued.

Health and Wellbeing learning reflects Scotland's diverse communities while remaining consistent with the distinctive values and teachings of Catholic education.

Monitoring and Evaluation

We evaluate the effectiveness of Health and Wellbeing through:

- Learner voice
- Parent voice
- Staff feedback
- Wellbeing indicators
- Attendance data
- Participation data
- Wider achievement evidence
- School improvement processes

- HGIOS 4 quality indicators

Success will be evident when children:

- Feel safe and included.
- Demonstrate positive relationships.
- Show resilience and confidence.
- Understand their rights and responsibilities.
- Engage actively in learning.
- Live out the values of Faith, Respect, Honesty and Kindness.
- Demonstrate Integrity, Justice, Wisdom and Compassion in everyday life.

St Mun's Health and Wellbeing Commitment

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