



Vision, Values and Aims within the Context of a Health Promoting School

Rationale

What is a health promoting school?

Two Scottish Executive publications, '*A Route to Health Promotion*' and '*Health Promotion-Issues for Councils and Schools*', highlight the development of health promoting schools as a priority for action. A health promoting school values democracy and participation. It is successful in encouraging pupils and staff to give of their best and build on their achievements, and is continually adapting and developing to meet the needs of its community. A health promoting school understands the important effect that improving the health and well-being of its pupils and staff will have on raising attainment, fulfilling potential and improving quality of life.

Why are health promoting schools important?

A number of Scottish Executive documents have highlighted the Health Promoting School as an essential component in improving the health and well-being of the nation's population. *Towards a Healthier Scotland (Health White Paper 1997)* makes the following key statements about health promotion:

'The government recognises the concept of the health promoting school as important in ensuring not only that health education is integral to the curriculum but also that school ethos, policies and extra-curricular activities foster mental, physical and social well-being and healthy development.'

Vision, Aims and Values

Vision

Kinellar school will continually strive to improve provision and will work as a Health Promoting School using the framework provided. We aim to be accredited by December 2007.

Aims

Our aspiration at Kinellar School is for all our pupils to be successful learners, responsible citizens, confident individuals and effective contributors. As Health Promoting School we aim:

- to promote the physical, social, spiritual, mental and emotional health and well-being of all pupils, staff, parents and the wider community.
- to create a supportive environment which enables individuals to make healthier, informed choices.

Values

We are a health promoting school because we:

- have a clear statement of health promoting aims
- actively promote self-esteem of the whole school community
- develop good relations within the school
- develop good relations with home and community
- provide a wide range of stimulating challenges for all pupils
- provide activities within the Health, PSD and Environmental Studies curriculum which foster understanding of good health.
- use every opportunity to improve the physical environment of the school
- actively promote the health and well-being of all school staff
- develop staff awareness of their professional roles in health-related issues and have a whole-school approach to professional development in this area
- acknowledge school nutrition reflects and supports the healthy school ethos
- activate expertise of specialist services in the community to support health promotion.

Methodology

Our Health Education provision permeates the curriculum. It gives pupils opportunities to learn about and explore the interaction of physical, social and emotional aspects of their lives and good citizenship. These aspects include the nature and effects of personal relationships; personal growth

and development; the influence of behaviour and lifestyles on health and well-being; and local and global environmental factors. Health topics can be taught as 'stand alone' subjects as well as being taught as part of cross-curricular topics.

Key Development Areas

Kinellar School will achieve Health Promoting School status by utilising the key characteristics of health promoting schools as detailed in '*Being Well, Doing Well*' (Scottish Health Promoting Schools Unit, 2004)

Leadership and Management

The Head Teacher, the Senior Management Team and all staff are committed to developing the concept of a Health Promoting School. Policy and programmes of work are developed collegiately through staff discussion and are reviewed in light of any national developments/initiatives or in-school concerns. Pupils and parents are consulted through the Pupil Council, the Eco Committee and the Parent Council.

We monitor our performance as a health promoting school and plan improvements using quality indicators from the following key areas of HGIOS3:

- Key Performance Outcomes
- Impact on Learners
- Impact on Staff
- Impact on the Community
- Delivery of Education
- Policy Development and Planning
- Management and Support of Staff

Ethos

We strive to maintain a school ethos which is committed and purposeful, where all are valued, respected and encouraged to give of their best. We aim to instil a sense of identity and pride by creating a caring, supportive environment which values the views and opinions of all involved in the education process. We believe that respectful and constructive relationships are the starting point for successful learning.

We have positive relationships between staff and pupils, pupils and pupils, staff and staff and staff and parents. We actively promote positive social relationships and showing concern for and understanding of others. Particular sensitivity will be shown in discussing health issues with pupils with physical disabilities or particular medical problems. Care will be taken to respect the religious beliefs and home culture of every pupil.

Partnership Working

Promoting the self-esteem of the whole school community, developing good relations within the school and setting up structures for partnership with parents/carers and the community are fundamental in establishing a positive school ethos. The school actively encourages the Parent Council to be knowledgeable about and involved in promoting Health education in the school and in the local community.

The school also encourages participation from any partner who can help enhance the Health provision for the pupils. The Active Schools Coordinator works regularly with the school.

Curriculum, Learning and Teaching

The school has a curriculum which provides:

- all pupils with appropriate continuity, coherence and breadth in their learning.
- different approaches which meet the different needs, learning styles and aptitudes of the pupils.
- activities which allow the pupils to progress in their skills, knowledge and understanding.
- a good range of teaching resources.

We believe that all children should have the chance to achieve and pupils are encouraged to do their best.

Technology is utilised wherever possible and pupils are encouraged to think creatively and independently.

Personal, Social and Health Education Programmes

Our provision:

- Makes appropriate use of active learning, whole class teaching, related individual work, small group discussion and collaboration

- Is presented to the pupils in a straightforward way with additional support of resources such as videos, reference books, worksheets and ICT
- Involves parents appropriately- eg - consultation regarding Sexual Health Education.
- Provides opportunities for cross-curricular work relating to Health, P.S.D., Citizenship and R.M.E.
- Emphasises healthy routines, protection skills and responsible decision-making for healthy living
- Ensures that issues to be discussed are appropriate to the age, stage and developmental level of the pupils.

Assessment

We assess knowledge/understanding and skills in an on-going capacity through, for example -

- Listening to pupil discussion
- Listening to a pupil's report to the class/group
- Observing pupils' skills in tasks
- Self/peer assessment

This formative assessment is used by teachers to make evaluations and plan next steps in learning.

Environment, Resources and Facilities

It is recognised that a pleasant environment, relevant resources and suitable facilities are necessary in order for effective learning and teaching to take place.

We will ensure that:

- the physical environment and the school's resources support and encourage healthy lifestyles as far as we can, given our present accommodation.
- individuals are treated equally and welcomed to the community of the school, whilst recognising that each has a unique blend of abilities and needs.

We will actively strive to further develop the physical environment of the school through input from the Eco Committee, the Pupil Council and the P7 Playground Patrol.

Support

For pupils -We have a number of mechanisms in school for supporting pupils e.g. Pupil Council, P7 Patrol and buddying as well as understood procedures for dealing with discipline and bullying incidents.

We encourage active Citizenship and achievement certificates in line with 'A Curriculum for Excellence' have been developed which reflect this.

Our Learning and Teaching Policy sets out many of the features that are required to meet the standard of the health promoting school and support pupils achieve curricular targets.

For staff -

All Aberdeensire staff are expected to respect and be supportive of each other.

Work related information e.g. on Stress Management, Occupational Health, Health and Safety etc. can be accessed through the Aberdeenshire 'intranet' service.

Links with other agencies

We actively seek the expertise of other specialist agencies, for example, the School Medical service, Active Sports Co-ordinator, Health Promotion Officers, to support the Health education at the school.

Staff Development/Continuing Professional Development

The Head Teacher will in consultation with staff, identify and address any Staff Development/Continuing Professional Development issues which may be required to deliver the Health education programme.

Health promoting initiatives

The school provides a range of stimulating challenges for all pupils. These include:

- participation in a variety of school sporting activities provided by the cluster Visiting Specialist and class teachers.
- a whole school commitment to provide 2 hours a week of physical activity. (This is difficult at present due to building works and lack of space).
- P7 Patrol introducing, organising and managing playground games and equipment.

- dance, music and drama activities and visiting Drama workshops
- annual primary 7 visit to the 'Choice for Life' project
- Healthy Tuck shop has been in operation for a number of years.
- Health Week which extended to 9 days and included dance, yoga, trampolining etc.
- extra-curricular activities- Netball, Choir, Recorder, Guitar Club, Young Leaders.
- activities arranged through Active School's Coordinators- eg- athletics, skipping.
- Cluster activities- P7 Technology event, P6 Health Day, P5 Ceilidh.
- Environmental Studies visits.
- P7 Residential trip- Outdoor activity based.
- School Netball and Football Teams.
- healthy school meals and snacks- fruit for Infants.
- P6 Cycle training.
- P6 Nordic Ski Trip
- ALEC bus annually.
- Circle Time/Citizenship activities such as Shoe box appeal, Jeans for Genes Day, Kinellar School Community Café, Eco Garden etc.
- Police liaison officer/ Fire brigade etc.
- Dental hygiene in Nursery.
- Walk to School/ School Travel Plan.
- Achievement Certificates linked to ACfE.

We aim to achieve Health Promoting status in the session 2007-2008.

Policy Review

This policy will be reviewed in November 2013, due to further Health Promoting Schools development which will take place over the following session.

Bibliography

Grampian Health Promoting School Accreditation

Health Education 5-14

Being Well - Doing Well

HGIOS Health Promoting School

HGIOS Hungry for Success

www.healthpromotingschools.co.uk

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