



**Milton Primary School**  
**Position Statement**  
**Health and Wellbeing**  
**February 2022**



### **Rationale and Aims**

“Learning through health and wellbeing promotes confidence, independent thinking and positive attitudes and dispositions. Because of this, it is the responsibility of every teacher to contribute to learning and development in this area.” (*Education Scotland*)

At Milton Primary School we have a whole-school approach to our Health and Wellbeing curriculum. We work with parents and partners to ensure our approach allows our learners to be confident, independent individuals whilst recognising their different needs and stages of development.

Our Health and Wellbeing programmes of study are underpinned by the principles of Curriculum for Excellence (CfE), the Wellbeing Indicators (SHANARRI) from Getting it Right for Every Child (GIRFEC) and we believe in promoting the Rights of the Child through ‘Making Rights Real’.

‘Getting it Right for Every Child (GIRFEC) supports families by making sure children and young people can receive the right help, at the right time, from the right people. The aim is to help them to grow up feeling loved, safe and respected so that they can realise their full potential. GIRFEC is a way for families to work in partnership with people who can support them, such as teachers, doctors and nurses.’ (*Scottish Government*) The Wellbeing Indicators are ‘eight factors that matter when talking about a child or young person’s wellbeing’. The Wellbeing Indicators are also called SHANARRI. These are:

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

Health and Wellbeing is the responsibility of everyone in Milton Primary School. Our Aims at Milton Primary School are, “To ensure all pupils are nurtured, safe, active, healthy, achieving, included, respected and responsible.” Pupils, Parents and Staff share a clear vision in ensuring that we create a positive ethos and a climate of respect and trust which allows us to support all of the learners within our school community.

“Learning in health and wellbeing ensures that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.” (*Education Scotland*)

### **Learning and Teaching Approaches**

Our programmes of study are planned and delivered under the six key organisers of Health and wellbeing within Curriculum for Excellence. These are:

- Mental, emotional, social and physical wellbeing
- Planning for choices and changes
- Physical education, physical activity and sport
- Food and health
- Substance misuse

- Relationships, sexual health and parenthood

The learning is delivered through a number of appropriate approaches including from class teachers, visiting specialists, partnership working, organisations and through whole school assemblies that will enable our learners to:

- make informed decisions in order to improve their mental, emotional, 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 a healthy lifestyle
- make a successful move to the next stage of education or work
- establish a pattern of health and wellbeing which will be sustained into adult life, and which will help to promote the health and wellbeing of the next generation of Scottish children.

In Milton Primary School we use a variety of resources to deliver our Health and Wellbeing curriculum. These resources have been selected as they engage and motivate pupils and foster a life-long commitment to healthy choices. The 'Healthy Schools Scotland' framework is used alongside other resources such as Emotion Works, Protective Behaviours and the Social Use of Language Programme to deliver a broad Health and Wellbeing Curriculum to all learners.

The teachers will use a range of tracking and monitoring strategies to record the progress of learners effectively. This will ensure all learners are suitably challenged at a pace that is suitable for their physical and emotional development. The GIRFEC Wellbeing Indicators will be used to support learners and they will be used to track and assess the progress of learners within Health and Wellbeing as well.

### **Nuture and Attachment**

At Milton, we are committed to the nurture and development of all our learners and have created a small, child friendly, inviting space to allow our learners to thrive. The creation of our Nurture Nook has allowed us to build upon the six key principles of Nurture as developed by the Nurture Group. These are:

- Children's learning is understood developmentally
- The classroom offers a safe base
- The importance of nurture for the development of wellbeing
- Language is a vital means of communication
- All behaviour is communication
- The importance of transition in children's lives

The Nurture Nook is available for all of our pupils and can be used for a variety of different learning purposes to help develop confidence, self-esteem and independence.

### **Physical Education Activity and Sport**

“Regular physical activity is essential for good health. Physical education should inspire and challenge children and young people to experience the joy of movement, to develop positive attitudes both individually and as part of a group and to enhance their quality of life through active living. This will give children and young people an important foundation for participation in experiences in physical activities and sport and in preparation for a healthy and fulfilling lifestyle.” (*Education Scotland*)

All pupils in Milton Primary School experience two hours of quality PE each week. Classes can develop these important skills either outside in our Multi Use Games Area (MUGA) or within our large, well-equipped gym hall. We also make use of our local environment by using 'The Glebe' park for PE sessions.

We work collaboratively with Active Schools and with the PE Department at Lesmahagow High School to ensure our learners enjoy a wide range of experiences and develop new skills. All pupils have the opportunity to learn different skills through attending lunch and after-school clubs which enhance our physical education curriculum. School staff and Active Schools co-ordinators organise these opportunities. Upper school pupils also be able to attend learning community PE events including P7 transition events, football games, netball games and annual swimming galas.

### **Relationships, Sexual Health and Parenthood**

Within the Health and Wellbeing curriculum, learners learn about making choices for their futures. The curriculum has been planned to ensure children and young people can, “develop an understanding of how to maintain positive relationships with a variety of people and are aware of how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships, and sexual health.” (*Education Scotland*)

In Milton Primary School, the Relationships, Sexual Health and Parenthood curriculum is taught through a specific programme which is progressive and is at an appropriate pace for the age and stage of pupils. The programme ensures a range of resources including videos, literature and discussions within class are used to meet the needs of all learners. Our curriculum for Relationships, Sexual Health and Parenthood has the following aims:

- To teach our pupils about growing up and relationships, **gender and diversity** through an understanding of respect, care and love.
- To develop their social skills and their understanding of how to maintain positive relationships with a variety of people.
- To demonstrate an awareness of how thoughts, feelings, attitudes, values and beliefs influence decisions about relationships and sexual health.
- To understand the importance of stable relationships and family life, including the complex role and responsibilities of being a parent or carer.
- To build their resilience, confidence, self-esteem and sense of responsibility and respect for themselves and others.
- To teach them, at the appropriate stage, about the physical/emotional development of their bodies.
- To teach them about life cycles and reproduction in nature.

### **Parents and Carers**

All parents and carers will have access to the school’s position statement and programme. If a parent or carer has any concerns, they should contact the Head Teacher. As with all other curricular areas, parents and carers can help with their child’s progress in Health and Wellbeing by talking to their child about their learning.

**Review Date – February 2023**