



# **HEALTH PROMOTION POLICY**



---

### **This policy has been written to support the following aims of Hill of Banchory Primary School:**

- Provide a caring, supportive, healthy, safe and happy environment in which the educational, intellectual, emotional, physical and social needs of individual children are met. We recognise the need to maximise opportunities for all children, regardless of physical, emotional or social difficulties linking with other agencies as appropriate.
- Encourage a sense of identity and pride in the school and promote an ethos of achievement through high expectations and use of praise. We will encourage pupils to be courteous and well mannered, with the expectation of high standards of behaviour and discipline. Pupils will be involved in the decision-making about the life and work of the school, encouraging an atmosphere of equality and fairness for all. Positive steps will be taken to enable all parents to participate effectively in their children's care and education and establish links with the wider community making use of local resources.
- Encourage an open, supportive climate where all staff are able to work effectively as a team, making the best possible use of accommodation, resources and space. We will continually improve the skills and professionalism of all staff using the expertise within the team as well as a structured programme of development.

As stated in "Being Well – Doing Well"

*"The priorities summarise a vision that seeks every opportunity to help all children and young adults to become confident, well motivated and fully rounded adults, to play a full part as citizens in modern, democratic society, to develop skills, aptitudes to work flexibly in the workplace, to embrace change throughout their future lives and to seize the opportunities open to schools regardless of their background."*

### **Hill of Banchory Primary – A Health Promoting School**

We strive to ensure that our Health Promoting School can be defined as a school that is constantly strengthening its capacity as a healthy setting for living, learning and working. Throughout the school we encourage our children to develop their skills through the four capacities in Curriculum for Excellence so that they can become successful learners, confident individuals, effective contributors and responsible citizens.

We strive to ensure that our Health Promoting School can be defined as a supportive environment, which shapes children's health and well-being. We work together to ensure that everyone in the school community has the best possible chance of being able to make well informed choices about their lifestyle and of maintaining and improving their health. The school further strives to continuously strengthen its capacity as a healthy setting for living, learning and working.

We strive to ensure that our Health Promoting School promotes the physical, spiritual, mental and emotional health and well being of all children, young people and staff. This

takes place in a school environment, which identifies and responds to the needs of the whole school community and significantly and positively contributes to meeting these needs.

To achieve this we worked through the Health Promoting School Accreditation process by providing evidence to demonstrate our progress in the areas of Leadership & Management, Ethos, Partnership working, Curriculum, learning and teaching, Personal, social and health education programmes and Environment, resources and facilities.

We will achieve this aim via the following methods;

- A School Health Committee comprising of children from P2-7, a parent and the DHT. This Health Committee shall raise awareness of health promotion throughout the school and wider community.
- The staff have a weekly keep fit class on a Monday after school
- DEVELOPMENT PRIORITIES – Parents, Teachers and Children are involved in the decision making of recognising Health development priorities which is then worked on over the session.
- HEALTH PROMOTING SCHOOL MODEL- all planning needs to be conducted systematically in line with the health promoting school model.
  - Leadership and management
  - Ethos
  - Partnership working
  - Curriculum, learning and teaching
  - Personal, social and health education programmes. (Linked to our Health and Wellbeing planning)
  - Environment, resources and facilities
- INVOLVEMENT – the whole school community should be involved in health promotion. We have to be consciously aware of involving the following groups:
  - Staff
  - Pupils
  - Parents
  - Outside agencies

By the implementation of this policy, we will promote health within our learning community.

All staff have read and agreed with this policy.