

Craigdhu Primary

Health & Wellbeing Strategy



Vision

In Craigdhu Primary we aim to work together in order to ensure that all our pupils feel happy, safe and included within school. The health and wellbeing of our pupils underpins all areas of the curriculum and we are sensitive to the differing needs of pupils within the school and tailor lessons to respond to their needs. We encourage our pupils to make healthy informed choices through an effective health and wellbeing programme of study and raising awareness of current health initiatives. From our approaches used we strive to develop all aspects including physical, social and emotional wellbeing.

Background

We are a non-denominational school within Milngavie in East Dunbartonshire about 6 miles from Glasgow city centre. Our parents value education and have a very active approach to their children's development. We have high levels of attainment with almost all pupils achieving second level in numeracy, reading and writing by the end of P7. Our FME figure is very low and we are cited as living within the least deprived decile (10) on the Scottish Index of Multiple Deprivation (SIMD). This data illustrates the social circumstances of our school and the wealth of opportunities that our children experience.

Strengths

All staff plan and implement motivating lessons covering all aspects of the Health and Wellbeing Planners. Through this pupils will experience the following outcomes as outlined in Principles and Practice Document:

Mental, emotional, social and physical wellbeing

PAThS programme is carried out in every class and the Craigdhu Positive relationships policy reflects this. Every pupil completes a SHANARRI assessment twice per year and class teachers follow up on any aspects necessary.

Planning for choices and changes

We have extensive transition programmes in place. Teachers visit from Douglas Academy, P6 participate in 'Going for Gold' and the pupils have many opportunities to visit Douglas Academy. We also have induction days for nursery pupils to visit Primary 1 and attend a 'show' with the rest of the school.

Physical education, physical activity and sport

High quality PE lessons are implanted, daily mile, taster sessions are offered and a wide range of after school / lunchtime clubs are on offer to our pupils. Outdoor play and learning is encouraged through our living classroom and other outdoor resources. Bikeability is offered at the P6 or P7 stage.

Food and Health

A series of lessons has been developed with clear progression and skills for each stage of the Primary. We have a large range of cooking equipment in order to effectively implement this. At lunchtime children are encouraged to choose healthy options and are rewarded with healthy tokens for doing so.

Substance misuse

Is addressed through 'Glasgow Pack' within the Craigdhu Primary planners.

Relationships, sexual health and parenthood.

RSHP programme is fully embedded throughout the school. Further information including lessons can be found on the website <https://rshp.scot/> Parents are informed via Groupcall ahead of any lessons being taught.

The Health Committee & Junior Road Safety Officers, JRSO's, work together to undertake different projects such as, planning for health week, healthy tuck shops, competitions and raising awareness of associated issues with parents.

Assemblies take place in order to provide opportunities to celebrate children's success and wider world achievements. We also discuss issues arising such as positive behaviour, sun safety, positive relationships, inclusive education and health initiatives.

The 'buddy programme' is very effective in supporting our new P1 pupil's. It encourages good relationships and reassurance for pupils as well as giving our P7 pupils responsibility. They participate in different activities together and have opportunities throughout the year to meet. P7 also undertake 'jobs' such as 'junior janitors', clerical assistants, display monitors and resource managers. This part of 'developing the young workforce' and forms part of our career development programme. P2 and P6, P3 and P5 also work together.

Additional Support Needs

The DHT oversees the co-ordination of support for pupils with additional needs. 3 meetings per year take place with teachers in order to identify and discuss needs within each class. Teachers can access Pupil Support Groups in order to take forward and discuss strategies which may support pupils in their class. Additional support from external agencies such as Educational Psychologist, Occupational Health, Speech & Language and CAMHS is also available. Support Plans are in place for identified children which are reviewed 3 times per year with the class teacher. SHANARRI wellbeing assessments are undertaken where necessary in collaboration with both the pupil, parent and class teacher. It is an open door policy and Teaching and support staff voice concerns about individuals to HT/DHT as soon as they occur (see Child Protection policy).

In addition to this, there are rigorous transition practices in place where strong links have been made between feeder nurseries and Douglas Academy. This way enhanced transition is offered where appropriate in order to make this process as easy as possible.

Communication with parents is strong in order to keep them involved in the strategies in place. Parental workshops are offered as necessary. Parents are included in review meetings and regular discussions take place to inform them of what is happening in school. Support staff are also included in discussions and are familiar with new strategies in order to ensure consistency across the school.

Other supports available within Craighdu are:

Small group or individual Health & Wellbeing input with a member of staff - support needed can be tailored to individual needs.

Seasons for Growth - this is a small group intervention to support children with change. This can be a bereavement or parental separation.

LIAM - 'Lets Introduce Anxiety Management. This is a supportive programme completed on a 1:1 to provide children with strategies to support anxiety. There is also a series of class lessons. LILA has been developed to support neurodiverse pupils with anxiety.

Lifelink - Group sessions are provided for generic support such as resilience building, relationship support and transition to High School. 1:1 counselling sessions are also available.

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