



Health and Wellbeing Policy

Health and Wellbeing should encourage pupils to explore and clarify their beliefs, attitudes and values; develop personal and interpersonal skills and increase their knowledge and understanding of a range of health issues.

Health and Wellbeing is not the responsibility of any one teacher or subject, but is best addressed through contributions from a range of teachers in a number of curricular areas.

Health and Wellbeing is concerned with the development of life skills and life-long learning. Through these life skills pupils should learn to make formal choices taking account of the outcomes and experiences covered in the following areas:

- **Mental, Emotional, Social and Physical wellbeing**
- **Planning for Choices and Changes**
- **Physical Education, Physical Activity and Sport**
- **Food and Health**
- **Substance Misuse**
- **Relationships**



This school is committed to the health and wellbeing of everyone here and we will work together with parents and the local community to enable pupils to make healthy informed choices.

Aims

Our schools aims to enable our children, staff, parents, workers and everyone working in partnership with the school to develop the knowledge and understanding, skills, capabilities and attributes necessary for mental, emotional, social and physical wellbeing, now and in the future.

We aim to:

- Plan and deliver a coherent and curriculum based Health and Wellbeing Education program in line with the new Learning

Outcomes.

- Provide a supportive and encouraging atmosphere for children, staff and parents.
- Develop our relationships with pupils, parents and the wider Community.
- Work closely with outside agencies to encourage a wide range of health related activities.



- Further develop school policies and procedures to promote health.
- Ensure all members of staff are aware of their professional roles in health related issues and are involved in developments to promote healthy living.

Curriculum organization

Emotional health and well-being cover the spectrum of activities in school and the range of educational and health/welfare agencies who support our children. Our school is proactive in its approach and welcomes opportunities to promote emotional health and well-being through the formal and informal curriculum. Staff use a variety of methods for ensuring sound emotional health and well-being for children. These complement and reflect the overall aims and philosophy of the school. Our approach includes:

- Class teaching and reinforcement of our school values
- Clearly identified rewards and sanctions, understood by all
- Rewarding positive behavior and achievement
- Setting appropriately challenging tasks



- Providing a forum for listening and talking, e.g. using circle time as a tool for personal, social and health education and citizenship
- Encouraging co-operation and collaboration
- Developing social competence

The school places emphasis on problem-solving, positive self-assessment, time for reflection, quality feedback and encouragement to participate in school and community events.

The delivery of personal, social and health education and citizenship is fundamental to our promotion of emotional health. Through the planned programs and informal curriculum, opportunities exist to explore issues appropriate to children's ages and stages of development. Staff deal sensitively with these issues and differentiate according to the varying needs of the children in their care.

We see parental involvement as a vital part of emotional well-being.

Regular opportunities exist to promote partnership with parents, including:

- Parents' Evenings twice a year
- Staff availability on the school for any inquiries
- Daily/Weekly homework opportunities
- Annual parental questionnaires, to help us build on what we do best and identify areas for improvement

Pastoral organization for pupils

We pride ourselves on the great care that is given to all pupils in our school. Our methods include:

- Recognizing and responding positively to a child's emotional and/ or behavioral needs
- Communicating with parents positively and realistically to create a partnership approach to children's emotional health and well-being
- Liaising with appropriate agencies to enlist advice and/or support
- Highly effective Teaching Assistant Support

Alongside the high quality in class pastoral support, we have skilled and committed specialist Teaching Assistants who work together to support individuals and groups throughout the Private School



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school. These teaching assistants are led by our Learning Mentor who oversees the social and emotional support within the school. Our Learning Mentor and trained teaching assistants lead interventions and nurture groups in close consultation with class teachers and SENCo.

Whole school approaches to pastoral care are contained in our Behavior Policy.

Clear policies for Child Protection, Anti-Bullying and Attendance are promoted in school. Together, they provide the foundations for emotional health and well-being.

Alongside our policies are a range of practices to promote well health:

- Clear transition arrangements
- School Council with elected membership from Higher Grades
- Reward systems
- A highly effective behavior policy
- Our Learning Mentor supports children through a whole school referral system.



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We actively promote the support that can be provided by a range of agencies. Where appropriate, our behavior team may become involved to support a child experiencing emotional and behavioral difficulties; we recognize the effectiveness of our early intervention approach and our commitment to pastoral care for *all*.

At Al Murooj School we are committed to supporting pupils at risk..

Assessment and Recording

Assessment is done on a regular basis. We assess knowledge, understanding and skills on a regular basis, continually meeting the needs of the individual child.

It is recognized that certain issues within the health curriculum will require to be approached with sensitivity, confidentiality and flexibility.

Healthy Eating



The school will actively encourage a healthy approach to eating. Staff will observe and encourage healthy playtime.

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snacks. Staff will encourage pupils to try new foods and to eat a healthy lunch.

Pupils are encouraged when on packed breakfast to bring a combination of healthy foods. Chocolate, sweets, crisps are not allowed.