

VISION

As a school, we want to allow children to recognise that wellbeing takes many different forms and how to recognise what they need as individuals to create a healthy life for themselves. We want to develop a life-long awareness and love for all areas of wellbeing from a young age to allow our children to become independent and aware of all of their own needs as well of the needs of others.

What is this area of learning?

The Health and Well-being area of learning focuses on 7 main areas;

Mental and Emotional Health and Wellbeing

Some of the areas we work on in school link to Children's Rights (UNCRC) through Pupil Voice and the election of Super Ambassador's, our Catholic Pupil Profile and the promotion of both staff and pupil mental health and wellbeing.

Food and Fitness

We only have fresh fruit or vegetables at morning break, we are committed to providing 2 hours of PE each week and we have opportunities to take part in themed weeks such as Healthy Eating Week.

Safety

Health & safety is a priority. A PCSO supports the school, pupils take part in cycling proficiency and KerbCraft and sun safety is promoted. E-Safety is also a prevalent throughout the school and we celebrate E-Safety week each year.

Hygiene

We ensure pupils are hand washing carefully and hygiene sessions are carried out with Year 5 & 6 pupils with our school nurse.

Substance Use and Misuse

We have a clear no smoking policy including e-cigarettes and we link with police liaison visits to consider the dangers of smoking.

Personal Development and Relationships

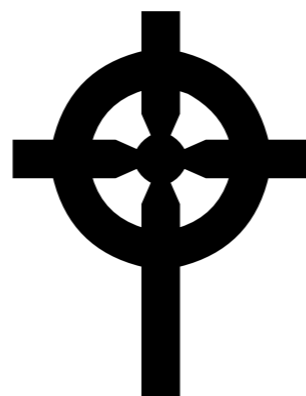
Staff safeguarding training is up to date with procedures clearly signposted around the school and we follow Archdiocesan approved RSE schemes of work including TenTen and Fertile Heart.

Environment

We are a Platinum award Eco School with elected Eco Committee members from Year 2 upwards. We encourage recycling and we take responsibility for looking after our school.



St. Robert's Catholic



Primary Health & Well-being



LINK TO 4 PURPOSES

The 4 purposes within this AoLE underpin every other AoLE and aspect of an individual's life. Through this AoLE we are able to develop the 4 Purposes in a meaningful way:

Ambitious and Capable Learners - Health & Wellbeing develops learners' motivation, resilience, empathy & decision-making abilities.

Ethically, Informed Citizens - Health & Wellbeing develops learners' ability to show respect, value equality, listen to others & evaluate social influences affecting them.

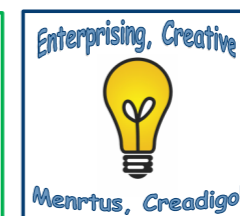
Healthy, Confident Individuals - The four purposes together within the remit of Health & Wellbeing enable children to become Healthy, Confident Individuals. It is a realisation of the vision of this AoLE.

Enterprising, Creative Contributors - Health and Wellbeing allows children to manage risks, express ideas & emotions, develop & maintain healthy relationships and take on different roles & responsibilities.



Ambitious, Capable

Uchelgeisiol, Galluog



Enterprising, Creative

Menrtus, Creadigol



Ethically, Informed

Moesebol, Gwybodus



Healthy, Confident

Iach, Hyderus

WHAT DOES THIS AOLE LOOK LIKE AT ST ROBERT'S

The area of Health and wellbeing is intrinsic within St Robert's school. We are a well-established NQA Healthy School and are currently taking part in a emotional and mental health and well-being pilot scheme run by Public Health Wales. Continuous and enhanced provision is evident across the Foundation Phase to allow children to explore through play and enhance their in-class learning through independent and adult guided activities. Outside of the classroom, our children experience a wide range of learning opportunities that support this AoLE. This includes school trips based around the current in-class topic so that children can experience their learning in an out of school environment and widen their experiences. We follow an Outdoor Learning curriculum and every opportunity is taken to learn outdoors, to allow children to risk take, express themselves in a different learning environment and recognise that outdoor activities are one of the key components to a healthy lifestyle. We encourage a wide input from pupil voice groups which enable pupils to develop their communication skills in meaningful way and ensure that we are working with children to listen to what they feel would benefit their own health and wellbeing, physically, mentally and emotionally. Our Super Ambassadors promote mental health and wellbeing through initiatives such as a guided meditation group and the 'Take What You Want' reward scheme. Our passionate FEO works closely with the Health and Wellbeing team and pupil voice groups, monitors attendance and ensures wellbeing information and assistance is up to date and accessible for all members of the school community. Networking of the Health and Wellbeing teams across schools in Wales allows staff to share good practice and new ideas to ensure that this AoLE is a top priority and can support children and adults in the best way possible.

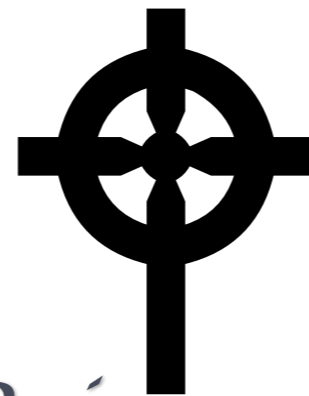


St. Robert's Catholic

HEALTH & WELL-BEING WITHIN A FAITH SCHOOL

As a faith school, worship sessions provide pupils with the opportunity to practise Christian meditation and thus focus on techniques to calm their minds, while the Catholic Pupil Profile virtues and our school mission statement allow children to form a positive mindset when considering their behaviour and how to treat others.

Ethical matters are considered during R.E and RSE lessons and understanding our own and other cultures and beliefs through the curriculum encourages us to be more rounded as individuals. P4C is strongly embedded throughout the whole school and award certificates are used in line with our behaviour policy to promote positive behaviour and the demonstration of good values.



Primary

Health & Well-being



RESOURCES

Many of our resources for this particular area of learning come from collaborative work across schools in Bridgend through Public Health Wales and the Active Young People's Department (AYPD).

We have several members of staff trained in **ELSA** which supports emotional literacy and **Thrive** which enables children and young people to become more emotionally resilient. We also work alongside the Shine team, a service which works collaboratively with CAHMS to ensure early intervention for children experiencing emotional and mental wellbeing difficulties.

For our physical health we follow the **Complete P.E** scheme of work throughout the school. We also have strong links with the **Chi Education** team who prioritise the well-being of our students by incorporating health education into the curriculum through lessons and activities focused on healthy lifestyle choices, nutrition, physical activity, and mental well-being.

CROSS CURRICULAR LINKS

The areas within the Health and Well-being area of learning span across every single subject within school.

Learners are supported to understand and appreciate how the different components of health and well-being are interconnected, and are able to recognise that good health and well-being are important to enable successful learning. By developing their motivation, resilience, empathy and decision-making abilities, our pupils can be supported to become ambitious, capable learners, ready to learn throughout their lives, develop their critical-thinking skills and engage in collective decision-making.

LEARNING OUTSIDE THE CLASSROOM - TRIPS, VISITS ENRICHMENT, CLUBS

As a school we support and promote themed days and weeks throughout the year such as Children's Mental Health Week and Healthy Schools Week to raise awareness and encourage communication about important issues. Displays are also in place around the school for both children and adults to interact with and use as a focus for discussion.

P.E sessions are conducted twice weekly and participation in Sports Day and sporting competitions is actively encouraged. There are a variety of after school clubs to promote physical and emotional wellbeing and to also encourage children to socialise and gain new skills. Breakfast club is available for children to ensure dietary needs are being met and are also used as a point of check in for many children.

Wellbeing activities are actively used throughout the school and are supported by the AYPD Bridgend team and Public Health Wales to ensure the health and wellbeing of pupils is promoted as well as the health and wellbeing of staff members.

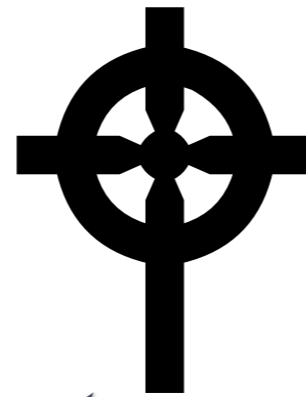


AOLE LEADS AND SUPPORT STAFF

The Health and Wellbeing area of learning is primarily supported by the following members of staff:

- Miss Holder (Reception & Year 1 class teacher,
- Miss Petty (Year 3 class teacher)
- Mrs Tucker (HLTA and Family Engagement Officer)

St. Robert's Catholic



Primary

Health & Well-being



OUTDOOR LEARNING

Outdoor learning is an important part of our every day learning at St.Robert's. Learning outdoors can lead to high levels of well-being, confidence and engagement. Being outdoors supports social, emotional, spiritual and physical development, as well as providing authentic opportunities for learners to develop and consolidate cross-curricular skills. Learners who are able to engage and connect with the natural world can build an empathy for the environment, showing an awareness of their potential impact on the living world. They can begin to explore the concept of sustainability in a practical way.

Outdoor environments can provide unique opportunities for learners to improve balance and co-ordination, develop motor function and explore their physical potential. Learners can develop their ability to assess and experience risk, helping to develop resilience and confidence.



CYNEFIN

To ensure our Welsh culture is intrinsic throughout this area of learning, our school trips allow pupils to take part in a range of different experiences across South Wales including St. Fagan's Welsh Museum of History, Newport wetlands, Margam Park and the National Botanical Gardens to name just a few.

We have regular workshops and visitors come to school to help our pupils with their health and well-being learning such as members of the Ospreys rugby team, Tennis Wales and Cricket Wales.

We also include Welsh in our parental engagement opportunities wherever possible as many parents have expressed that Welsh is an area that they would like to become more confident with in order to help their children.