

# Health and Wellbeing at Balerno High School

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# Recognising achievement

- ▶ Twitter/Website/Bulletin
- ▶ Sports Personalities of the Month
- ▶ BHS Sports Hall of Fame
- ▶ Wider Achievement Evening

# Silver School Sports Award

- ▶ sportscotland initiative
- ▶ Aims to:
  - Encourage schools to self reflect and continuously improve
  - Put young people at the forefront of the decision making and planning of PE and sport in their school
  - Help schools to increase young people's opportunities and engagement in PE & school sport
  - Help schools to put PE & school sport at the heart of their planning, practice and ethos
  - Recognise and celebrate successful PE & school sport models

# Pupil Involvement

- ▶ Young Ambassadors
- ▶ School Sports Committee
- ▶ MVP Mentors
- ▶ Volunteers
- ▶ Rights Respecting Schools Ambassadors

# Opportunities

- ▶ Lunchtime activities
- ▶ Extra curricular after school clubs, teams and activities
- ▶ School of Rugby
- ▶ S6 volunteering opportunities – in curriculum plus as helpers/coaches in extra curricular programme
- ▶ S1s have CCC and S2s have MVP programme in PSE
- ▶ S5/6 option to achieve SQA awards in Health & Wellbeing, Leadership and Volunteering

# Moving forward

- ▶ Establish vision, values and aims
- ▶ Consultation with learners, staff, parents and partners
- ▶ Identify priorities
- ▶ Plan a shared focus for HWB
- ▶ Action: implement plan
- ▶ Monitor: include time for discussion and review
- ▶ Evaluation and evidence to inform next steps

# Moving forward (continued)

- ▶ Embed Health and Wellbeing across curriculum (including RRSA)
- ▶ Relaunch of staff Health and Wellbeing group
- ▶ Revisit what departments and faculties are doing to deliver Health and Wellbeing experiences and outcomes across the curriculum
- ▶ Ensure that all pupils are experiencing the full range of experiences and outcome
- ▶ Monitoring pupil progress
- ▶ Support staff across the school to do this

# 5 Priorities for a good HWB School

- ▶ Shared understanding of wellbeing indicators
- ▶ Strong, supportive relationships
- ▶ Learner voice at the centre of all we do
- ▶ Inclusion of all
- ▶ Progression where learners have an understanding of where they are in terms of indicators