



Health and Wellbeing at Beatlie

[Linked to CRC - Article 24 \(Health and Health Services\)](#)

In Beatlie School we aim to ensure that Health is at the heart of successful learning and teaching.

We do this by:

- Working in partnership with a variety of agencies including nurses, therapists, the child and adult disability teams as well as parents and carers.
- Displaying a welcoming and inclusive ethos which reflects the 4 capacities
- Providing a learning environment where pupils experience challenge and enjoyment at all times by encouraging choice making and independence wherever possible.
- Promoting positive behaviour and ensuring that praise is a permeating element to allow individuals to be confident and happy. (see positive behaviour policy)
- Delivering meaningful health education through real contexts such as snack, lunch, personal care and trips in the community as well as through planned health topics identified in pathway.
- Focusing on Health and Wellbeing in pupils' IEP targets in order to provide continuity and progression for them in aspects relevant to their own personal development.
- Providing opportunities for pupils to access physical activity through swimming, RDA, Rebound Therapy, soft play, outdoor play, movement and floor groups as well as weekly PE sessions.
- Promoting outdoor play and ensuring this is timetabled regularly in every class.
- Ensuring where possible that food and drink meet the nutritional standards outlined in the Health Promotion and Nutrition (Scotland) Act 2007.

We have a Health and Wellbeing pathway in place to ensure that our pupil's mental, emotional, social and physical wellbeing needs are being addressed as well as identifying topics to cover the other experiences and outcomes.

The extent to which the school is health promoting is monitored through regular self-evaluation.