



**Health and Wellbeing  
in  
Stranraer Academy**

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# Stranraer Academy

## Health and Wellbeing Policy

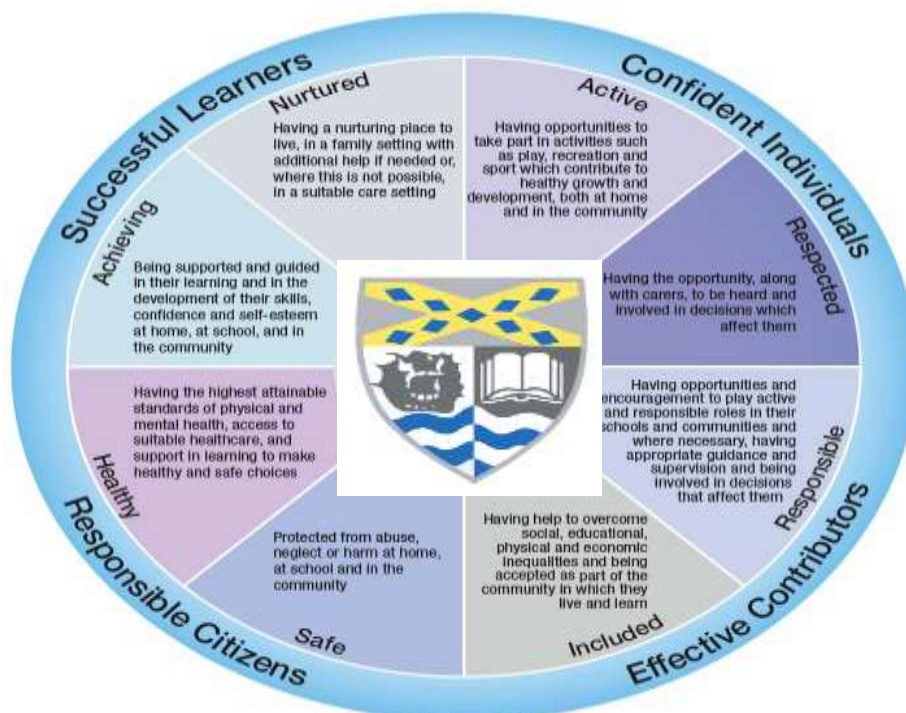
2014

*Stranraer Academy will be a school where EVERYONE is encouraged and supported to do their best; a school in which the whole community takes pride*

Stranraer Academy aims to get it right for every child by working to develop their understanding of how to lead a healthy life and their ability to make confident choices.

Through the S1 – S6 Health and Wellbeing Programme, learning activities will develop the knowledge, understanding and skills of young people in order that they can:

- Be safe
- Be healthy
- Be active
- Be nurtured
- Achieve
- Be respected
- Be responsible, and
- Be included



## **The Health and Wellbeing Programme aims to support young people in:**

- Making informed decisions
- Experiencing challenge and enjoyment
- Leading a healthy lifestyle now and in the future
- Making successful moves in education and in life
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## **In order to achieve this we will:**

- Promote equality
- Listen to young people's views
- Keep the programme current and relevant
- Provide opportunities to develop a range of learning skills
  
- Ensure that a variety of opportunities are offered across all subjects, such as:
  - group work
  - class discussions
  - independent research
  - visiting speakers
  - media and technology
  - themes and projects
  
- encourage peer support among pupils
- work closely with a range of partner agencies and experts to support learning
- work to ensure parents/carers are informed, involved and able to contribute

## **How we will work together**

We will promote a positive and caring ethos in Stranraer Academy by:

- being respectful to each other
- valuing everyone's contribution
- listening to everyone
- taking account of individual needs
- celebrating differences
- sharing responsibilities

