



**Health and Wellbeing
in
Stranraer Academy**

School: 01776 706484



Stranraer Academy

Health and Wellbeing Policy

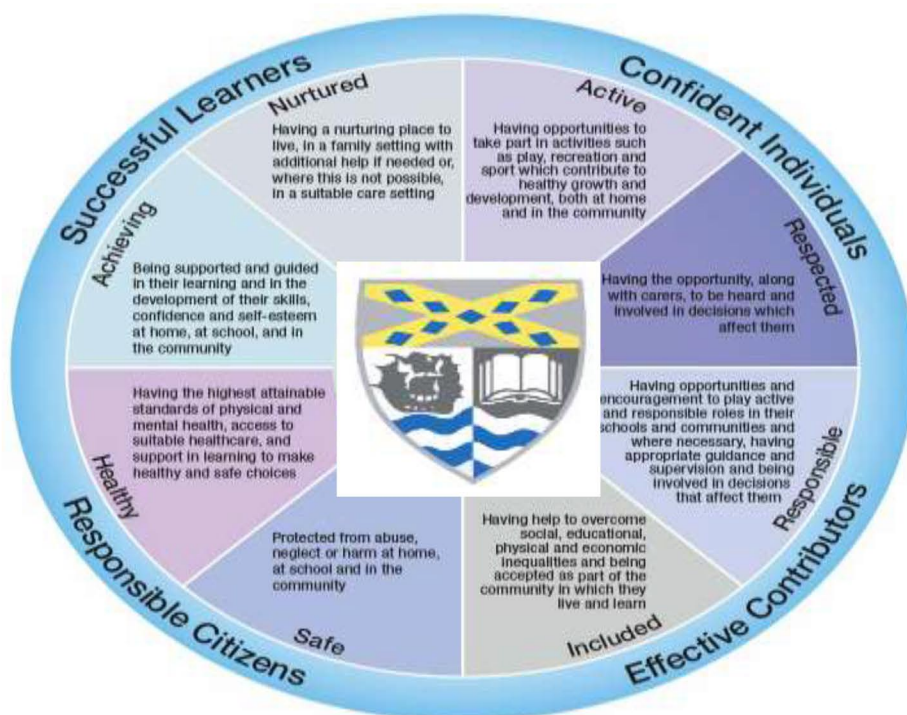
2014

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

