



Introduction

At Baltasound Junior High School we encourage our students to become lifelong learners who are confident, resilient, and healthy. We want to provide children with an education of the highest standard by supporting their physical, mental, emotional and social wellbeing. We recognise that good health and wellbeing underpins learning and achievement, and we are committed to fostering a safe, supportive environment where every young person can thrive.

This policy is informed by national Scottish guidance, including:

- Curriculum for Excellence: Health and Wellbeing (Principles and Practice)
- Getting it Right for Every Child (GIRFEC)
- The United Nations Convention on the Rights of the Child (UNCRC)
- The SHANARRI wellbeing indicators

Aims

Baltasound Junior High School aims to ensure that:

“Learning in health and wellbeing ensures that children and young people develop the knowledge, understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.”
Education Scotland

- All students receive a broad and balanced curriculum which promotes health and wellbeing across learning.
- Every teacher contributes to the development of health and wellbeing, providing consistent approaches and high expectations.
- All students are supported to develop resilience, positive relationships, and healthy lifestyle choices.
- Parents and carers are actively involved in promoting their child’s wellbeing and are kept well-informed about progress.

Our Vision

We work together as a school community to develop our children as successful learners, confident individuals, effective contributors, and responsible citizens by providing a safe, respectful, and inclusive environment.

We believe that health and wellbeing is the foundation for learning and life. Secure wellbeing enables children and young people to engage positively with school and community life, preparing them for life and work beyond school.

What is Health & Wellbeing?

Health and Wellbeing in Curriculum for Excellence is organised into the following areas:

- Mental, emotional, social and physical wellbeing
- Planning for choices and changes
- Physical education, physical activity and sport
- Food and health
- Substance misuse
- Relationships, sexual health and parenthood

At BJHS, we integrate these experiences and outcomes across the curriculum, ensuring progression in knowledge, understanding, skills, and attitudes.

Teaching & Learning

All staff are responsible for supporting wellbeing through:

- Promoting positive relationships and restorative approaches.
- Using consistent language and expectations linked to SHANARRI indicators.
- Embedding opportunities for physical activity and healthy lifestyle choices.
- Supporting mental health through inclusive classroom practice and early intervention.
- Encouraging pupil voice, choice, and participation in school life.
- Identifying students who require additional support and responding effectively through GIRFEC pathways.

Assessment & Recording

Health and Wellbeing will be assessed through observation, discussion, self and peer reflection, and evidence of skills and attitudes. Teachers use the CfE Benchmarks for Health and Wellbeing to support professional judgement. Pupil progress is monitored across all stages, with particular focus on transitions (between EY and P1, P7 and S1, S4 and the AHS/College/World Of Work).

Student wellbeing will be regularly reviewed, with staff, parents and learners working together to identify next steps.

Monitoring & Evaluation

Staff will meet regularly to review approaches to wellbeing across the school. Pupil views are regularly sought through classroom discussion, individual conversations, communication with families, focus groups and Pupil Council. Transitions will be carefully planned to ensure continuity of care and support.

Resources

Resources for teachers, pupils, and parents will be shared via school communication channels, including bag drop, email, Facebook or school website. Links to national campaigns (e.g. Anti Bullying, Mental Health Awareness, Active Schools, Healthy Eating Scotland) will be highlighted when/where applicable. Guidance materials from Education Scotland and NHS Scotland will be available for staff.

Date: September 2025
To be reviewed: Bi-annually