

## Bishopmill Health and Wellbeing

At Bishopmill, we want all children and young people to be able to learn about health and wellbeing to ensure they acquire skills to live healthy, happy lives.

Health and wellbeing isn't a single subject or class, but is organised into six 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

Health and wellbeing is also about ensuring that pupils are able to make the most of their educational opportunities regardless of their background or financial circumstances and through promotion of attendance at school.

At Bishopmill, we provide a range of learning experiences to ensure children feel Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included in their learning environment through the wellbeing indicators.

	<b>Nurtured</b> <ul style="list-style-type: none"><li>• Having adults I can talk to</li><li>• Feeling I belong</li></ul>		<b>Active</b> <ul style="list-style-type: none"><li>• Being active</li><li>• Learning outside</li></ul>
	<b>Achieving</b> <ul style="list-style-type: none"><li>• Valuing my achievements</li><li>• Agreeing learning targets with adults</li></ul>		<b>Respected</b> <ul style="list-style-type: none"><li>• Feeling valued</li><li>• Getting praise and encouragement</li></ul>
	<b>Healthy</b> <ul style="list-style-type: none"><li>• Looking after my body and mind</li><li>• Feeling loved and trusted</li></ul>		<b>Responsible</b> <ul style="list-style-type: none"><li>• Showing care and respect</li><li>• Learning to make good choices</li></ul>
	<b>Safe</b> <ul style="list-style-type: none"><li>• Feeling safe</li><li>• Having adults I trust</li></ul>		<b>Included</b> <ul style="list-style-type: none"><li>• Feeling part of my nursery/school</li><li>• Feeling listened to</li></ul>