

Eco-Schools Action Plan Scalloway Primary School

Eco-Schools Topic:

HEALTH & WELLBEING

Date Range of this Plan: February- June 2013 UPDATED MAY 2013

Our overall aims for this Topic are:

- To raise awareness of how health issues impact on the environment and vice versa.
- To help us to put into place a sustainable plan for being a healthy school.
- to demonstrate that a healthy school is one that looks holistically at issues of exercise, diet, the aesthetic quality of the school and its grounds, bullying and the risks associated with lifestyle issues (eg positive relationships, smoking, drugs) as well as environmental concerns (eg air pollution).

LEARNING OUTCOMES	ACTIVITY ACTION	Who's in charge?	When will it be done by? (If ongoing, when did it start?)	How can we monitor it?	How will we know when we're successful?	How much will it cost?	Did it work? Any ideas for the future?
<ul style="list-style-type: none"> • Through work on the Health & Well-Being topic, pupils should be enabled to: <p>understand the components of a healthy lifestyle</p>	<p>Health & Wellbeing focus week.</p> <p>Mrs Mainland, Mrs Anderson and Mrs Irvine.</p> <p>Breakfast/smoothies/making healthy recipes</p> <p>Walking challenge.</p> <p>Emotional literacy.</p> <p>Dancing.</p> <p>Music/drumming</p> <p>Gardening/sowing seeds.</p> <p>Healthy environment - BRUCK workshop</p> <p>Swimming GALA.</p> <p>Team building.</p>		<p>25th - 29th March.</p> <p>An assembly the week before will launch the focus week and explain the AIMS to the pupils.</p>	<p>Pupils will have reflection diaries that they will comment or draw in each day.</p> <p>Pupils will also have a personal challenge for the week.</p>	<p>Pupils who don't normally eat breakfast will do so.</p> <p>Pupils will learn to make a healthy recipe.</p> <p>Pupils will understand the importance positive relationships and working in teams.</p>	<p>£50 from TESCO</p> <p>Cost of cling film for propagation of plants</p> <p>Possibly the cost of pedometers if we can't borrow them.</p>	<p>It was superb. We had a great week and really enjoyed all the activities.</p> <p>We will do this again in 2015. Next time we will try to get the smoothie bike. The Co op couldn't arrange it for us this time even though we asked in February which was early enough. There is a file with the two stars and a wish</p>

					Pasta making approx £35	feedback in the HT's office. All contributors received letters of thanks from the pupils. The photos are displayed in school and on the school website.
Make choices and decisions that affect their lives.	Fire safety officer. Visit from fire brigade. Visit to fire station First Aid DOGS AGAINST DRUGS	25 th - 29 th March. 21 st March	Pupils can write reports about the visits to demonstrate their understanding.	Pupils will have a greater understanding of the people who help us and what they can do to remain safe.	None	This was extremely enjoyable and popular with the pupils. The DOGS AGAINST DRUGS fits in really well with the forthcoming art collaboration with the local police force about the rainforest and drugs. June 2013.
Seek professional advice confidently, if required.	Church service - Easter - Mrs Fox. Women's Aid children and young person's worker will do relationships/emotional literacy workshops.	25 th - 29 th March.	Pupils will understand that ministers, teachers, health care professionals are there to listen & help if required.	Pupils get the opportunity to think about their spiritual wellbeing. Pupils will get the opportunity to think about their emotional wellbeing.	None	The church service went very well. Pupils who are normally reticent were doing readings in front of the whole school. Very good for their confidence. The Women's Aid work was very highly praised by the staff and the pupils. It was good to have included an activity about mental health/wellbeing.
Carry out an audit	Staff wellbeing - audit	TERM 4	We will devise a	We will get a return	Cost of	There was a great

<p>of the well-being of the school, defining areas for investigation and interpreting results.</p>	<p>Therapeutic craft activity after school. Improve staffroom ambience and facilities (coffee machine) Keep Well checks - by Health Promotion Team at Brevik House. Pupil wellbeing audit Mrs Mainland as part of ASN role with help from eco committee.</p>		<p>questionnaire.</p>	<p>from all staff and all pupils.</p>	<p>craft materials.</p>	<p>turnout for the felting workshop. Staff really enjoyed it. We asked for small contribution to the costs and this was well received. Brevik House were unable to come to do the Keep Well checks due to staff shortages. But Mrs Palompo offered YOGA instead.</p>
<p>Collect, interpret and present data in different forms, using ICT as appropriate.</p>	<p>Mrs Mainland and eco committee Look on eco schools website for ideas from other schools.</p>	<p>TERM 4</p>				<p>We have looked at various ideas but they mainly relate to our other action areas. We seem to be quite good at coming up with our own H&W ideas.</p>
<p>KEY</p>	<p>Action finished</p>	<p>Action in progress</p>	<p>Action not started yet</p>			