

## Little Treasures Nursery Health and Wellbeing Policy

### **Rationale**

As health in general is part of every day life we need to ensure that all children acquire the knowledge, skills and attitudes which have a positive effect on their health and wellbeing. It is the aim of this policy to raise the awareness of the importance of our health and wellbeing for all service users.

### **Aims and Objectives**

Through the learning of health and wellbeing staff will enable the children to:

- Make informed decisions in order to improve their mental, emotional, social and physical wellbeing now and in the future.
- Experience challenge and enjoyment.
- Experience positive aspects of healthy living and activity for themselves.
- Apply their mental, emotional, social and physical skills to pursue a healthy lifestyle.
- Make a successful move to the next stage of education.
- Establish a pattern of health and wellbeing which will be sustained into adult life.

### **Implementation**

Health and Wellbeing is concerned with the development of life skills. Through these life skills children should learn to make formal choices taking account of the outcomes and experiences covered in 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
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- Staff should ensure that health and wellbeing is seen as an essential part of every child's experience.

- The progression of knowledge, understanding and skills, and the development of positive attitudes towards health education are taught through a variety of curriculum contexts.
- The health and wellbeing experiences and outcomes within Curriculum for Excellence encourage links with other curricular areas, so providing a deeper and more enjoyable, active learning experience. This will be taken into account by staff when planning for individual children.
- The nursery will work with a range of outside agencies to provide the best possible opportunities for all children and support their learning in all curricular areas.

National Care Standard- A safe environment, Standard 2  
 Health and wellbeing, Standard 3  
 Engaging with children, Standard 4  
 Quality of experience, Standard 5  
 Support and development, Standard 6  
 A caring environment, Standard 7  
 Involving the community, Standard 9  
 Involving other services, Standard 10  
 Access to resources, Standard 11

Signature	Position	Date of review