

Blackhall Nursery

Health and Wellbeing Policy

Good health and wellbeing are central to effective learning. This includes mental, social and physical wellbeing. Realising the Ambition states that 'health and wellbeing is inseparable from the quality of a child's early learning and childcare experience' and that 'a high-quality workforce is the single most important driver of this'.

Rationale

'Staff can support children's emotional and mental wellbeing and resilience by helping them to develop problem solving skills, build positive relationships, experience meaning and accomplishment through engagement in the nursery and wider community and by supporting their emotional and social development' - Supporting Children, A guide for all staff (CEC).

'Research supports the view that the following dimensions are among the most important aspects of child development, underpinning not just learning but also essential for survival and flourishing: executive function and self-regulation, communication and language, confidence, creativity and curiosity' - Realising the Ambition.

The 'Health and Social Care Standards: My Support, my Life' are underpinned by five principles: dignity and respect; compassion; be included; responsive care and support; and wellbeing. These principles reflect the way in which children should be treated in Nursery.

GIRFEC (Getting it right for every child) is a national approach in Scotland to improving outcomes and supporting children and young people by offering the right help at the right time from the right people. It supports children and young people and their parents / carers to work in partnership with the services that can help them.

Close partnerships between Nursery and the children's home are essential. Parents are the first and most important educators of their own children and, as such, should offer and receive information to support and help develop their children's learning at home, in the community and at nursery.

Aims and Objectives

- To create an environment in which the mental, social and physical development of the child and their understanding of this can be supported
- To provide equality and inclusion in learning opportunities
- To provide an environment that stimulates curiosity, creativity, imagination and engagement in learning for every child, regardless of race, gender or ability
- To support children to lead their own learning and follow their own interests
- To support children to make healthy food choices
- To promote the benefits of outdoor play
- To follow the United Nations Convention on the Rights of the Child and to support children to understand the rights to which they are entitled
- To promote positive relationships between home, Nursery, staff and the community
- To provide ongoing training and support for staff to ensure a high-quality workforce

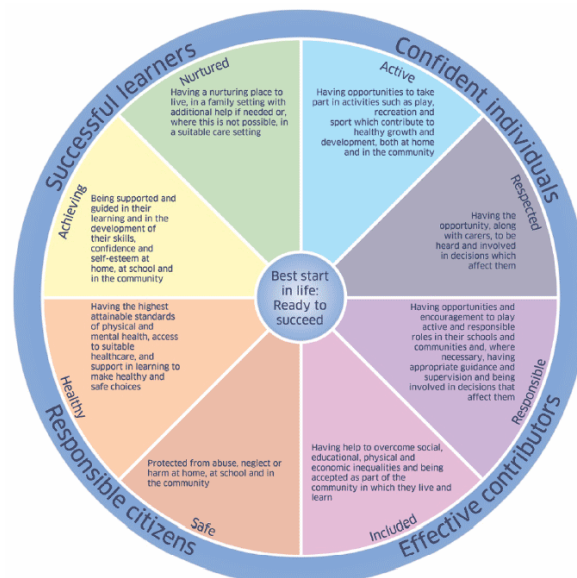
- To promote the benefits of good health and wellbeing to children, families/carers and staff, taking a ‘whole nursery’ approach
- To endeavour to offer the right support at the right time from the right people, to meet the Nursery’s obligations to be Getting It Right For Every Child (GIRFEC)
- To follow robust Child Welfare and Child Protection procedures as laid out in the Child Protection policy

Roles and Responsibilities

Responsibility for Health and Wellbeing lies with all staff members, who must;

- Provide a supportive, caring and developmentally appropriate environment
- Provide opportunities for development of all aspects of physical, social and mental wellbeing
- Liaise with individuals and agencies who can offer relevant expertise
- Liaise with parents and carers to support children’s learning and development
- Help children to learn how to look after themselves and to consider the choices that they make
- Be aware of and follow early years guidance relating to Health and Wellbeing (e.g. My World Outdoors, Out to Play, Realising the Ambition, Setting the Table, etc)
- To be exemplary role models to the children by demonstrating kindness and consideration for others and upholding the requirements placed upon them by Scottish Social Services Council Codes of Practice (SSSC) and the Health and Social Care Standards.

The wellbeing of every child is at the heart of GIRFEC. Within this there are eight indicators of wellbeing, known as SHANARRI – these indicators are **Safe, Healthy, Active, Nurtured, Achieving, Respected, Responsible and Included**.



Staff must consider all aspects of SHANARRI when assessing children’s wellbeing. There are a range of resources to support staff with this (e.g. Up, Up and Away, Talking Time, The Leuven Scale of Wellbeing).

The Nursery Manager will, in consultation with staff, identify and address any staff development/continuing professional development needs.

Policy Framework

Health and Wellbeing is supported by, and feeds into a wide variety of policies within the Nursery. These include: Child Protection, Child Absence, Capability Procedure, PVG Policy, Admissions and Welcome Policy, Equalities, Recruitment and Selection, Volunteer, Trainee and Student Placement, Health and Safety, Fire Safety, Administration of Medicine, Food Safety, Infection Control, Water Management, Snack, Outdoor Play, Outings and Excursions, Additional Support for Learning, English as an Additional Language, Promoting Positive Behaviour, Partnership with Parents, Parental Responsibility for Personal Information, Confidentiality, Complaints, Whistleblowing.

This policy links to:

Curricular Area(s): HWB

Quality Indicator(s): 3.1

Health and Social Care Standards: All

UNCRC Articles: All

References:

Getting it Right For Every Child

<https://www.gov.scot/policies/girfec/principles-and-values/>

Leuven Scale of Wellbeing

<https://cheqdin.com/leuven-scale-for-early-years/>

Realising the Ambition

<https://education.gov.scot/improvement/learning-resources/realising-the-ambition/>

SSSC Codes of Practice

<https://www.sssc.uk.com/the-scottish-social-services-council/sssc-codes-of-practice/>

Supporting Children - A guide for all staff

<https://www.edinburgh.gov.uk/downloads/file/24218/supporting-children-guide>

The Health and Social Care Standards

<https://www.gov.scot/publications/health-social-care-standards-support-life/>

United Nations Convention on the Rights of the Child

<https://www.unicef.org.uk/what-we-do/un-convention-child-rights/>

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