



## **Department of Health and Well-being**

The Health and Well-being Area of Learning and Experience provides a holistic structure for understanding health and well-being. It is concerned with developing the capacity of learners to navigate life's opportunities and challenges. The fundamental components of this Area are physical health and development, mental health, and emotional and social well-being. It will support learners to understand and appreciate how the different components of health and well-being are interconnected, and it recognises that good health and well-being are important to enable successful learning.

The Department of Health and Well-being will focus on the following areas:

### **Peer Mediation**

The members of our department will learn to become peer mediators. They will be working in line with our relationships policy, particularly our restorative approach to conflict. They will support children in conflict resolution and promote positive, healthy relationships. The childrens' emotional and mental health will be at the heart of this approach as the children learn to develop their social skills throughout the school.

### **Play Ambassadors**

Pupils will support children in Progression Steps 1, 2 and 3 to learn and play a variety of yard games. They will enable children to develop resilience and equality in play situations and experience enjoyable, active free time. They will have the opportunity to engage in new activities and encouraged to begin friendships with different children.

### **Promote Healthy Eating**

Children will be focussing on healthy eating in school and at home. Children will be encouraged to bring fruit for snack and follow the healthy lunchbox initiative as part of our Healthy Schools accreditation. Good food choices will be encouraged and healthy alternatives discussed and shared.