

# Health and Well Being

The staff of Enniskillen Nursery school is committed to the Health and Well Being of the school community by: -

- Promoting health objectives throughout the curriculum
- Ensure that all aspects of the school life support healthy messages
- Encourage the active involvement of the community and school health services and the wider community in the school's health education programme

The interdependency of these 3 aspects is crucial to the success of the school as a health promoting environment.

We realise that the successful outcome of our school adopting a real healthy message depends on the general atmosphere in the school. This atmosphere must be positive with active participation and co-operation between staff, children and parents taking the messages home with them.

The quality of personal relationships in the school and the physical environment and the hidden curriculum are crucial in achieving the aims of health education.

The degree of interest of parents and the quality of the relationship between the school and the home will greatly influence the well being of the children.

We as a health promoting school will: -

- Actively promote the self esteem of all pupils by demonstrating that everyone can make a contribution to the life of the school.
- Actively promote the health and well being of the staff, pupils and parents.
- Foster good relationships among staff, pupils and parents.
- Use every opportunity to improve the physical environment of the school.
- Consider the role of providing snacks and dinners which are healthy.
- Establish links with homes and primary schools to ensure continuity and progression within health education messages.
- Develop sound links between the school, the home and the community.
- Involve community and school health services.
- We will teach health education within our curriculum.

There are many policies already in place that contribute to Health Promotion in Enniskillen Nursery School: -

- Pastoral Care Policy
- Child Protection Policy
- Healthy Snack policy
- Positive Behaviour Policy
- Links with Parents Policy
- Observing, Recording and Reporting Policy
- Smoking Policy

Any of these policies can be available in school.