

## EXAMPLES OF ACTIVITIES AND INITIATIVES THAT LINK TO HEALTHY SCHOOLS+ MODEL

Curriculum teaching and learning	Links with family and the community	Role of specialist services	Health and welfare of staff	Physical environment	Organisation ethos and climate
<ul style="list-style-type: none"> <li>• Curriculum for Excellence</li> <li>• Journey to Excellence</li> <li>• 3-5 and 5-14 guidelines</li> <li>• Develop/review/update Health Promoting Policy</li> <li>• Develop/review/update drugs policy</li> <li>• Develop/review/update PSE programme</li> <li>• Substance misuse education (tobacco, alcohol, solvents, drugs)</li> <li>• Purchase new health education resources</li> <li>• Structure of school day</li> <li>• Co-ordination across different subject areas i.e. RE, HE</li> <li>• Anti-bullying initiatives</li> <li>• Staff training e.g. emotional intelligence</li> <li>• Whole school understanding of health promotion</li> <li>• Cooking skills</li> <li>• Class Moves</li> <li>• SHARE – sexual health and relationships education</li> <li>• Brain Gym</li> <li>• Eco schools</li> <li>• Active schools</li> <li>• Forest schools</li> <li>• Hungry for success</li> <li>• Snack Attack</li> <li>• 'SHARE' and 'Called to Love' Resources</li> </ul>	<ul style="list-style-type: none"> <li>• Welcoming entrance</li> <li>• Parents group</li> <li>• Newsletters</li> <li>• Notice board</li> <li>• Parents room</li> <li>• Breakfast clubs</li> <li>• Sex education workshops</li> <li>• Coffee morning for parents</li> <li>• Parents handbook</li> <li>• Assemblies for parents</li> <li>• Parents invited to lunch</li> <li>• Branding and selling to parents</li> <li>• Family challenges i.e. family quiz</li> <li>• Parents consulted about health topics</li> <li>• Parents informed about what pupils are taught in health education</li> <li>• Daily correspondence with health messages on the letterheads</li> <li>• Cross-generational projects</li> <li>• Links with local businesses</li> <li>• Health day/evening/event for parents/community</li> <li>• Regular health newsletter</li> <li>• Health promoted on school website</li> <li>• PTAs/boards</li> </ul>	<ul style="list-style-type: none"> <li>• Active Schools</li> <li>• Smoking cessation service</li> <li>• Family Learning</li> <li>• Community Police</li> <li>• School Nursing</li> <li>• Health Visitors</li> <li>• Community Dietician</li> <li>• Oral Health Promoters</li> <li>• School Travel Co-ordinators</li> <li>• Road Safety</li> <li>• Healthy Respect</li> <li>• Integration teams</li> <li>• Community Education</li> <li>• Food Co-ops</li> <li>• Drug Action Teams</li> <li>• Local Drug Projects</li> <li>• Lothian &amp; Borders Fire Brigade</li> <li>• Road Safety</li> <li>• St Andrew's Ambulance Association</li> <li>• Health day/evening/event for parents/community</li> <li>• Extra curricular clubs</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy Working Lives</li> <li>• Alternative therapy (taster) sessions</li> <li>• Social events (coffee, meals, cinema, theatre, sporting events)</li> <li>• Staff wellbeing group</li> <li>• Staff fitness classes</li> <li>• Develop physical activity courses e.g. line dancing,</li> <li>• Staff challenges</li> <li>• Improvements to staff room, toilets, seating and resources</li> <li>• Staff meetings where staff can air their views and feel supported</li> <li>• Staff notice-board</li> <li>• Pedometers for all staff</li> <li>• Day-to-day workplace health and safety</li> <li>• Staff lunchtime physical activity</li> <li>• Fruit@work</li> </ul>	<ul style="list-style-type: none"> <li>• Eco schools</li> <li>• Forest Schools</li> <li>• Hungry for Success</li> <li>• Safer Routes to School</li> <li>• John Muir Award</li> <li>• Update school playground</li> <li>• Creating playground quiet areas</li> <li>• Social areas</li> <li>• School travel plan</li> <li>• Planting bulbs and trees;</li> <li>• Planting sensory garden</li> <li>• Zen garden</li> <li>• Murals</li> <li>• Install benches/tables or pergolas for shade;</li> <li>• Install new fencing, secure gates and doors</li> <li>• Improve toilets</li> <li>• Improve dining hall experience</li> <li>• Bike park</li> <li>• Picnic tables with games on top</li> <li>• Waste bins</li> <li>• Access to fresh drinking water throughout the school</li> <li>• Litter prevention plans</li> <li>• Improvements to staff room, toilets, changing facilities etc</li> <li>• Transition groups</li> <li>• Improve the internal environment</li> <li>• Renovate toilets/hygiene toilets</li> <li>• Redecorating in bright colours</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Eco Schools</li> <li>• Active Schools</li> <li>• Hungry for Success</li> <li>• Safer Routes to School</li> <li>• Painting games on playground surfaces</li> <li>• Purchase new games equipment</li> <li>• Training new playground supervisors in new playground games</li> <li>• Relationships (pupil/pupil, staff/staff, pupil/staff)</li> <li>• Self-esteem, bullying policies, workshops or projects</li> <li>• Positive discipline policies</li> <li>• Golden time/circle time</li> <li>• Equality</li> <li>• Buddy system/playground monitors</li> <li>• Peer Education</li> <li>• Emotional literacy</li> <li>• Development of the pupil council</li> <li>• Breakfast clubs</li> <li>• Develop whole school understanding or the aims of health promotion</li> <li>• Develop strategies to improve punctuality and attendance</li> <li>• Healthy tuckshop/vending machines</li> <li>• Anti-bullying initiatives</li> <li>• Counselling</li> <li>• Collages/displays/exhibits of children's work</li> <li>• Basic moves/class moves</li> </ul>