Health and wellbeing 3-18 curriculum impact report

Leadership in Bushes Primary School, Renfrewshire

Highly-effective leadership at all levels has enabled Bushes Primary to improve the mental, emotional and social wellbeing of its school community. A ‘Big Thinking Day’ allowed children, parents and staff to work out together what they considered to be the main health issues that the school should work on. A main outcome of this day was that children wanted to have the opportunity to become more involved in supporting each other. Staff soon realised that everyone in the school community would benefit from a mutually supportive environment. The headteacher developed her own skills in this area, through self-reflection and seeking out professional learning opportunities. This provided her with the skills to take the school on this new and successful journey. Strong leadership enabled the whole school community to develop their emotional resilience. Staff are now more aware of the strong relationship between developing emotional resilience in all children, and the principles of [Getting It Right For Every Child](http://www.gov.scot/Topics/People/Young-People/gettingitright) (GIRFEC).

High profile, nationally respected speakers from the fields of health and wellbeing were invited to the school to share their knowledge with the staff, parents and the wider community. A nurture room was created to support children with specific needs and a programme for emotional resilience was implemented across the school community and beyond. Parents reported that this approach to developing wellbeing had helped them deal with situations at home, and with situations in their own lives in a more positive manner. They felt that important health messages for children were more consistent between home and school. As a result of the strong and forward-looking leadership in the school, parents, children and staff report that they all feel better-equipped to bounce back from life’s challenges.