Health and Wellbeing

Vision Statement: At Portmead Primary School, we understand the need for everyone in our school to have a healthy lifestyle. This helps pupils and staff to do their best and build on their achievements. We actively promote physical and emotional health, and aim to equip pupils with the understanding and skills they need to make informed decisions about their health, both now and in the future.

Developing physical health and well-being has lifelong benefits.

Healthy relationships are fundamental to our well-being

How we process and respond to our experiences affects our mental health and emotional well-being.

Our decision-making impacts on the quality of our lives and the lives of others.

How we engage with social influences shapes who we are and affects our health and well-being.