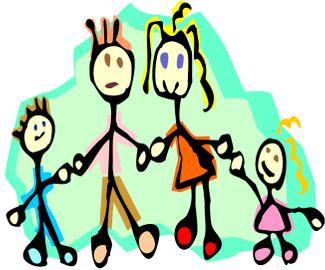


Home/School Partnership

This leaflet is designed to help you to understand your school's HWB Curriculum.



We hope this leaflet will explain what to expect from the school's programme and that it will help you to discuss each stage with your child.

If you have any questions please contact your school's Head Teacher.



An example of Resources and Partners who help to support HWB in Dundee Schools

- Children
- Parents/Carer
- School Chaplain/Priest
- Community
- Teachers
- School Nurses
- Health and Wellbeing Assistants
- Support Staff in Schools
- Schools Community Support Services
- Leisure and Communities Department
- Specialist Health Promotion Officers
- Tayside Police
- Active Schools Coordinators
- Tayside Contracts (School Meals)
- Dundee Educational Psychology Service (DEPS)
- Dundee Educational Development Service (EDS)



Dundee City Council Education Department

Curriculum for Excellence

What your child
will learn in the Health &
Wellbeing Curriculum



First Level
(P2 - P4)



Curriculum for Excellence Health and Wellbeing

Curriculum for Excellence Health and Wellbeing

Curriculum for Excellence has an important role to play in promoting the health and wellbeing of children, young people and all those in the educational communities to which they belong.

Learning through Health and Wellbeing (HWB) enables children and young people to:

- make informed decisions in order to improve their mental, emotional, social and physical well-being
- experience challenge and enjoyment
- experience positive aspects of healthy living and activity for themselves
- apply their mental, emotional, social and physical skills to pursue a healthy lifestyle
- make a successful move to the next stage of education or work
- establish a pattern of HWB which will be sustained into adult life and which will help to promote the HWB of the next generation of Scottish children to perform at high levels in sport or prepare for careers within the health and leisure industries.

Your child will learn from the different parts of HWB:

Mental, Emotional, Social and Physical Wellbeing

- to develop skills and strategies which will support the development of relationships based on mutual respect
- to express feelings and develop the ability to talk about them and seek help if required
- to assess and manage risk, to protect oneself and others.

PE, Physical Activity and Sport

- to develop skills and techniques to improve level of performance and fitness
- to recognise progress and achievement
- to enjoy daily opportunities to participate in physical activity and sport both outdoors and indoors
- to be aware of the role physical activity plays in keeping one healthy.

Planning for Choices and Changes

- to recognise skills and abilities by taking part in a variety of events and activities
- to be aware of the kinds of work people do
- to find out about the wider world of work.

Food and Health

- to experience a sense of enjoyment and achievement when preparing simple healthy foods and drinks and how they contribute to a healthy diet
- to understand that nutritional needs change at different stages of life
- to know how cleanliness, hygiene and safety can affect HWB
- to be aware how advertising and the media can affect choices pupils make.

Substance Misuse

- to recognise medicines and substances that can be used in a safe way to improve health
- to developing an understanding of how choices can affect people's health and wellbeing.

Relationships, Sexual Health and Parenthood

- to know how friendships are formed and what can influence relationships
- to recognise that people may be cared for by parents, carers or other adults
- to understand the growing body, correct names for its different parts, how they work and how to look after the body
- to know who to talk to if worried.