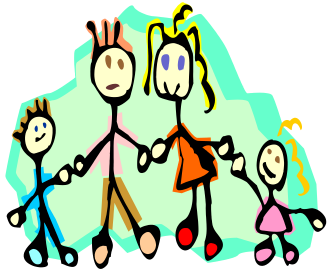


Home/School Partnership

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



Early Level
(Pre-school - P1)



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

- learning how to move and control one's body and make use of space
- to enjoy daily opportunities to participate in energetic play both outdoors and indoors.
- to describe how one's body feels after activity and know it is healthy to be active.

Planning for Choices and Changes

- to explore and make choices through activity and play to develop learning and interests
- to be encouraged to use and share one's experiences
- to be aware of the kinds of work people do.

Food and Health

- to enjoy handling, tasting, talking and learning about different foods
- to be aware that people need different kinds of food to keep them healthy
- to be aware of how cleanliness, hygiene and safety can affect health and wellbeing
- to explore and discover where foods come from.

Substance Misuse

- how to keep safe
- about medicines and harmful substances
- how to get help in unsafe situations and emergencies.

Relationships, Sexual Health and Parenthood

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