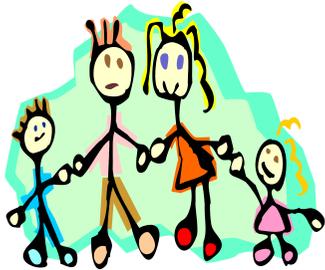


Home/School Partnership

This leaflet is designed to help you 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



Third/Fourth Level (S1 - S3)



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 select and apply a wide range of skills and strategies
- to organise time to practise, develop and sustain levels of performance and fitness
- to enjoy daily physical activity and realise the contribution it makes to a healthy lifestyle
- to work co-operatively and make informed judgements to make improvements
- to understand what the body needs and also investigate factors that influence levels of physical activity and food choices and the impact of this on population health.

Planning for Choices and Changes

- to develop ability to make informed choices, set goals and plan for further stages
- to investigate different careers, ways of working, learning and training paths
- to recognise the relevance of learning, skills and interest for future life.

Food and Health

- to prepare healthy foods
- to identify key nutrients and apply food safety principles when buying, storing, preparing, cooking and consuming food
- to be aware of packaging.

Substance Misuse

- to be aware of the serious physical, mental, emotional, social and legal consequences of the misuse of substances
- to know where to get information and support for substance related issues
- to know of the risks that alcohol and drugs can have on decision making
- to develop an understanding of the impact that ongoing misuse of substances has on a persons health, future life, choices and options.

Relationships, Sexual Health and Parenthood

- to be aware of ones own uniqueness, developing sexuality, and that of others
- to develop skills for making decisions about relationships, sexual behaviour and how to access services, information and support
- to know that popular culture, the media and peer pressure can influence feelings and behaviour
- to know that support and care is necessary to ensure a child is nurtured through the different stages of childhood.