

Curriculum for Excellence factfile

Health and wellbeing



What is new about Health and Wellbeing?

Curriculum for Excellence gives a new focus to health and wellbeing. If young people are healthy and well, their ability to learn is greatly improved and in turn, their life chances are enhanced. The aim is to nurture successful learners, confident individuals, effective contributors and responsible citizens.

Why does it matter?

Children and young people who feel cared for and valued are much more likely to be happy and do well in life. Children who know themselves well and have self-respect are more likely to be strong, cope with change and challenge in life, and make good choices. We want all children and young people to feel safe and secure and be able to work in a supportive environment that promotes respect.

So is it a subject?

Health and wellbeing covers 6 subject areas – see across. It's also a new responsibility for staff and every adult is expected to look out for the wellbeing of the young people they work with. In fact the whole school's approach should reflect what children are learning. For example, in class young people will learn about respect, so they should experience respectful relationships with each other and staff. They will learn about specific aspects of health and experience healthy living through the life and work of the school. They will also develop skills to cope with change in their life.

Who is responsible for health and wellbeing?

All staff have responsibility for the welfare of young people in their care. Some will also have teaching or guidance responsibilities for it.

What does Health and Wellbeing cover and what will young people learn?

This part of the curriculum is organised in 6 areas:

1 Mental, Emotional, Social and Physical Wellbeing Mental and emotional wellbeing

This covers how to recognise and express feelings, how these can affect how we behave, where to get help and support and how to manage stressful situations.

Social wellbeing

This covers rights and responsibilities, how to value yourself and others, and how young people can contribute to the life of their nursery, school or college and their community. It explores finding out about relationships and how to build good and supportive friendships with others.

Physical wellbeing

This covers learning about the body and knowing how to use this knowledge to stay health and well. It will examine risk, how to keep safe, how to cope in an emergency, how to travel safely.

2 Planning for Choices and Changes

This covers activities that widen knowledge about choices in life and the costs and benefits attached. Young people will learn how to manage expectations and hopes, and develop decision-making skills that will help them make good choices for the future.

3 Physical Education, Physical Activity and Sport

This covers physical activity and sport, indoors and outdoors, and promotes regular activity as essential – and enjoyable – part of being healthy. Everyone will get a minimum of two hours of quality PE every week and develop skills to take part in a wide range of activity, sport, dance and outdoor learning.

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Health and wellbeing

4 Food and Health

This covers practical, enjoyable food activities, which will help to build knowledge and skills in preparing healthy, tasty, affordable dishes. Young people will learn about good food choices with the aim of understanding diet and hopefully develop lifelong healthy eating habits. Learners will also develop an understanding of food hygiene and will learn about other links and influences like religious beliefs, culture, advertising and the media.

5 Substance Misuse

This covers understanding of the use and misuse of a variety of substances including over-the-counter and prescribed medicines, alcohol, drugs, tobacco and solvents. Young people will explore the impact of risk-taking behaviour on life choices to promote positive choices. This is done in a way that's appropriate to their age and maturity.

6 Relationships, Sexual Health and Parenthood

This covers how to build and keep good relationships with a variety of people. It explores awareness of how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships. As children grow older and mature, they'll develop an understanding of how feelings and values can influence decisions about relationships and sexual health and develop an understanding of the responsibilities of caring and parenthood.

What if parents are concerned about the content of some of these topics?

Learning is appropriate to the individual's stage, maturity and ability, and the ethos of the school. Parents can discuss content with the school.

What happens at different ages/stages?

This gives a rough guide – what happens when for a child depends entirely on their stage of development.

Early level

In nursery and early primary, children will learn about aspects of health and wellbeing through play, exploration and investigation. For example they will learn about hygiene, how to take care of their teeth, how to choose and prepare different foods and how to learn and play together.

Primary

Children develop their knowledge and skills to higher levels. They will enjoy daily physical activity and learn more about how to keep themselves safe and healthy. Health and wellbeing will be woven into learning across a variety of subjects.



Curriculum for Excellence in action

Watch films and hear teachers and young people talk about their experience of Curriculum for Excellence. There's a set of factfiles too on the background and benefits, qualifications and assessment, the secondary experience, supporting learners and parents' role.
www.scotland.gov.uk/cfeinaction

Secondary

Health and wellbeing is taught through a range of courses and topics, as outlined before, with increasing specialisation as young people move up the school.

Who else has a role to play?

Learners are encouraged to take personal responsibility for their health and wellbeing.

Parents can play their role at home by supporting what their child is learning... and hopefully learning from it too.

Professionals like health, social services and specialists like speech therapists or counsellors work in partnership with school.

Employers may be able to make a contribution in the school community or offer opportunities in the workplace that expose young people to real life experiences that help with their development.

Organisations and volunteers from youth work to Duke of Edinburgh Awards who work to offer different learning experiences outside school.

Useful links and information

www.youngscot.org (learners)

www.parentzonescotland.gov.uk (parents)

National Parent Forum Scotland

www.parentforumsotland.org

www.ltscotland.org.uk (all about curriculum changes)

www.engageforeducation.org (share ideas and questions about education issues)

www.scotland.gov.uk/topics/people/young-people/childrenservices/girfec (support for children and families)

www.hmie.gov.uk (standards, inspections)

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