

# Health and Wellbeing through PSHE at Saint Ninian's



# Health and Wellbeing

Health & Well Being

Getting It Right for Every Child





# PSHE

Why is it important in the context of Health and Wellbeing?



# The PSHE Programme

1 period of PSHE per week

Usually delivered by Pastoral Teacher

Teachers work from PSHE Newsletter

# PSHE Health and Wellbeing Strands

**Social  
Wellbeing**

**Physical  
Wellbeing**

**Mental and  
Emotional  
Wellbeing**

**Substance  
misuse**

**Food and  
Health**

**Study Skills**

**Planning for  
choice and  
change**

**Spiritual  
Wellbeing**

# **St Ninian's High School**

## **PSHE Newsletter**

### **Week Beginning 13th January 2014**

Focus:

Supported study term 2 [S4](#) [S5&6](#)

[Prelim arrangements](#)

[Health and Wellbeing evening](#)

[This week's prayers](#)

Faith events - See G Bradshaw e-mail

Eucharistic Adoration Friday lunchtime: S McMaster

S1

[Social Wellbeing Unit links](#) (for reference and teacher use)

[Social Wellbeing faith links](#)

Young Carers

E-portfolios ICT suit availability -

[1a1 ICT 1&2](#)      [1a6 ICT 1&10](#)

S2

[Social Wellbeing Unit](#) (for reference and teacher use)

[Social Wellbeing Faith links](#)

Liturgical Service 2a7

E-portfolios ICT suit availability -

[2a1 ICT 1&10](#)      [2a6 ICT 5&10](#)

S3

Liturgical service [3a3](#) [3a8](#)

E-portfolios ICT suit availability -

[3a7 ICT 7&8](#)      [3a2 ICT 6&8](#)

Substance misuse [drugs](#)

[Clickview](#) - What can drugs do for you?

[Strathclyde police substance slides](#)

S4

Liturgical services [4a7](#)

Work experience talks

[Human Rights](#)

[Preparing for exams](#)

S5

Supported study (See links above)

Hand out [SQA Exam timetables](#)

[Study Skills](#) - Preparing for prelims

Please ensure all pupils have a copy of the prelim timetable and know how to understand it

Tracking and Reporting

[Clickview](#) - Successful study skills

[Clickview](#) - [Holli's story](#) - Peer pressure and the use of drugs and alcohol

S6

Supported study (See above)

[SQA timetable](#)

Please ensure all pupils have a copy of the prelim timetable and know how to understand it

Tracking and Reporting

[Clickview](#) - The Judicial System

## PSHE Lower school phase Course Timeline - S1

	JUNE	AUG	SEPT	OCT	NOV	DEC	JAN	FEB	MARCH	APRIL	MAY	JUNE
HWK	Homework will be given at the end of each topic area with a key focus on building up materials for use within pupils e-portfolios.											
REPORTING												
ASSESSMENT/ EVALUATION												
KEY DATES AND EVENTS												
SPEAKERS												
STRAND												
	<div> <div>SUMMER</div> <div> <div>Review of materials</div> <div>S1 Info evening</div> <div>Review of materials</div> </div> <div>OCTOBER</div> <div> <div>Evaluate</div> <div>Review of materials</div> <div>Evaluate</div> </div> <div>CHRISTMAS</div> <div> <div>Review of materials</div> <div>Evaluate</div> <div>Careers Evening</div> <div>S1 Choices Evening</div> </div> <div>EASTER</div> <div> <div>Review of materials</div> <div>S1 Parent's Evening</div> <div>Evaluate</div> </div> </div>											



# Delivery

How is PSHE delivered?

PowerPoint Presentations-Pastoral Shared Area- hyperlinked to newsletter every week

Audio Visual Resources- Click view/  
You Tube

Visiting Speakers – Internal and External  
Debate and discussion

# PSHE Class

- Opportunity to come together as a class
- Important Information
- Focus of the Week
- Health & Well Being
- Contact with Pastoral Teacher
- Pupil Voice
- Target Setting
- Diary Check
- Recognising Achievements

# More within PSHE

Faith Links with Lessons

Liturgical Services

E-Portfolios Work books for S1-S3

Recognising Achievement Work books

Health & Well Being Work books

Text Books

# Is it working?

## Health and Wellbeing review

### PSHE

"I am more aware about stuff that can damage my body in a physical or mental way such as drugs, alcohol and knives."

*S4 pupil*

### Different Subjects

"In English, the novel, 'Lord of the Flies' helps me to understand bullying."

*S4 pupil*

### Different Subjects

"From Modern Studies, I know the problems with underage smoking and drinking."

*S4 pupil*

# Social Wellbeing

Disability equality  
Responsibilities  
Government  
Pupil Consultations  
**Rights**  
Money Law Crime  
Young Carers  
Peer Awards

# Physical Wellbeing

A word cloud centered around the phrase "Assess Risk". The words are arranged in a circular pattern around the central text. The words include: "Manage Risk", "Child Protection", "Internet Safety", "Protect Self", "Anti Bullying", "Road Safety", "Gang Violence", "Assess Risk", "Work Safety", "Domestic Abuse", "Protect others", and "Firework Safety". The words are in various colors and sizes, with "Assess Risk" being the largest and most prominent.

Manage Risk

Child Protection

Internet Safety

Protect Self

Anti Bullying

Road Safety

Gang Violence

**Assess Risk**

Work Safety

Domestic Abuse

Protect others

Firework Safety

# Substance Misuse

NHS  
Substances  
Binge Drinking  
Effects  
**Drugs**  
Peer Pressure  
Smoking  
Alcohol  
TalkToFrank

# Mental and Emotional Wellbeing



A word cloud centered around the phrase "Thinking Adventures". The words are arranged in a circular pattern around the central text. The words include: "Youth Counsellor", "Self Esteem", "Anxiety", "Emotions", "Support Offered", "Stress", "Friendship", and "Coping Skills". The words are in various colors and sizes, with "Thinking Adventures" being the largest and most prominent.

Youth Counsellor  
Self Esteem  
Anxiety  
Emotions  
**Thinking Adventures**  
Support Offered  
Stress  
Friendship  
Coping Skills



# Food and Health

Diabetes  
SNAG  
Body Image  
Keeping Active  
Extra Curriculars  
**Nutrition**  
Exercise Media  
Advertising  
Healthy Eating

# Study Skills

Reports  
Timelines

Organisation

Tracking  
Study Plans

Time Management  
Exam Preparation

Target Setting  
School Planner

Study Techniques  
Homework Diary