## Health and Wellbeing through PSHE at Saint Ninian's



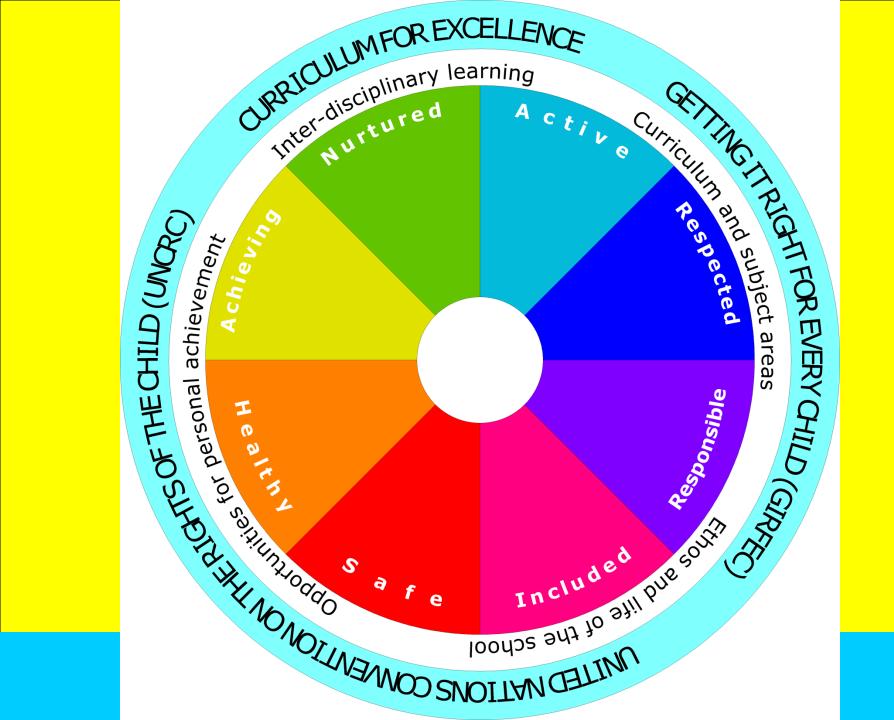


## Health and Wellbeing

# 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

Planning for choice and change

Study Skills

Spiritual Wellbeing

#### St Ninian's High School **PSHE Newsletter** Week Beginning 13th January 2014

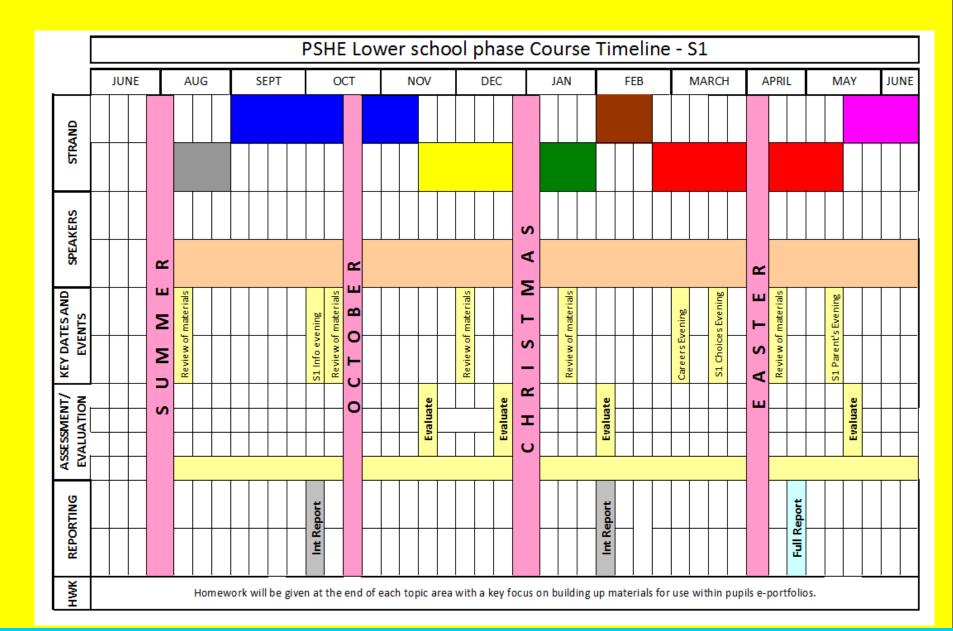
Focus: Supported study term 2 54 55% Prelim arrangements Health and Wellbeing evening This week's prayers Faith events - See & Bradshow e-mail Eucharistic Adoration Friday lunchtime: 5 McMaster 51 Social Wellbeing Unit links (for reference and teacher use) Social Wellbeing faith links Young Carers E-portfolios ICT suit availability -1a1 ICT 1&2 1a6 ICT 1&10 52 Social Wellbeing Unit (for reference and teacher use) Social Wellbeing Faith links Liturgical Service 2a7 E-portfolios ICT suit availability -

2a6 ICT 5&10

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 Liturgical services 4a7 Work experience talks Human Rights Preparing for exams 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 Please ensure all pupils have a copy of the prelim timetable

Supported study (See above) SQA timetable and know how to understand it Tracking and Reporting Clickview - The Judicial System

2a1 TCT 1&10



## **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
MoneyLaw Crime
Young Carers
Peer Awards

## Physical Wellbeing

Manage Risk Child Protection
Protect Self Internet Safety
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

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<sub>Media</sub>
Advertising
Healthy Eating

## Study Skills

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Reports
Timelines
Organisation
  Tracking
 Study Plans
 Time Management
Exam Preparation
Target Setting
School Planner
 Homework Diary
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