Personal, Social and Health Education (PSHE)

Courses delivered in all faculties develop skills in health and wellbeing but PSHE will have a specific focus on this area. Learning through health and wellbeing promotes confidence, independent thinking and positive attitudes. The course will ensure that pupils develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.

The skills developed in health and wellbeing enables pupils to:

- make informed decisions in order to improve their mental, emotional, social and physical wellbeing

- 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 health and wellbeing which will be sustained into adult life, and which will help to promote the health and wellbeing of the next generation of Scottish children.

The Learner Journey through the PSHE course will be coherent and provide challenge and enjoyment. The S3 PSHE course consists of a range of topics that cover Experiences and Outcomes within Health and Wellbeing. The topics are structured into the following organisers:

- **Mental, emotional, social and physical wellbeing:**
  Citizenship, Equality and Fairness, Life-skills, Anti-bullying, Positive Mental Attitudes
- **Planning for choices and changes:**
  Careers, Study Skills, Tracking and e- Portfolio / Profile Updates, Financial Education
- **Substance Misuse:**
  Drug and Alcohol Education

Pupils' learning in health and wellbeing benefits strongly from close involvement with parents or carers and partnership between teachers and colleagues. The PSHE course will include inserts from partners which include health professionals, careers advisors, the campus police officer and various guest speakers. Partners will make complementary contributions through their specialist expertise and knowledge and enhance the teaching and learning of health and wellbeing in PSHE.

Home Learning in PSHE

All pupils will be encouraged to continue their learning at home. Tasks may include:

- independent research
- student planner updates (e.g. homework, learning intentions, achievements, targets)
- S3 e-Portfolio / Profile updates through Glow

- completing written tasks
- investigation using media, GLOW or the school website

Parents/carers can be supportive by discussing their work with them or aiding them with research, experimentation or proof reading written tasks. Other activities where parents/carers can support pupils include:

- regularly checking your child's student planner together
- regularly checking your child's S3 e-Portfolio / Profile on Glow together
- discussing tracking grades and targets
- encouraging positive mental, emotional, social and physical wellbeing in all aspects of home life

Supporting Pupils in PSHE

Good health and wellbeing is central to effective learning and preparation for successful independent living. This aspiration for every pupil can only be met through a concerted approach; this school and our partners work together closely to plan programmes for health and wellbeing, taking account of our local circumstances and individual needs.

Effective partnership working:

- engages the active support of parents and carers

- reinforces work across transitions and planning across sectors

- maximises the contributions of the wider community

- draws upon specialist expertise

- ensures, through careful planning and briefing, that all contributions come together in ways which achieve coherence and progression.

Pupils will receive support from Pupil Support teachers and other teachers throughout the S3 PSHE programme. Support strategies will include:

- discussion of individual strengths, areas of improvement, next steps and progress

- negotiation of individual targets following tracking reports

- advice on use of student planners

- advice and help with updating the S3 e-Portfolio / Profile