



# St Ninian's High School

## S1 PSHE Programme

### 2019-2020



AUGUST - OCTOBER WEEK	PSHE Lesson	Health and Wellbeing Experiences and Outcomes	Health and Wellbeing Benchmarks
1.	Induction Slides and Pupil Wifi Responsible user agreement	I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life. HWB 3-20a	Identifies own interests, strengths and skills and uses them to support subject choice. Manages personal profile evidencing own skills, and behaviours required, which link to the world of work. Explores a range of learning opportunities and career pathways. Explores a range of learning opportunities And career pathways.
2.	Assembly – Nil by mouth talk	After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions. HWB 3-41a	Weights up risk and identifies potential safe and unsafe behaviours and actions, for example, the impact of gambling.
3.	Body Image	I can explain why I need to be active on	Evaluates own lifestyle in respect of daily physical activity, diet, rest and sleep and Impact on health and wellbeing.

		a daily basis to maintain good health and try to achieve a good balance of sleep, rest and physical activity. HWB 3-27a	
4.	Healthy Eating	I can explain the links between the energy I use while being physically active, the food I eat, and my health and wellbeing. HWB 3-28a	Explains the impact of an energy imbalance on health and wellbeing, for example, becoming overweight, lethargy
5.	Internet Safety	I know that popular culture, the media and peer groups as well as my own attitudes and values can influence how I feel about substance use and recognise the impact this may have on my actions. HWB 3-39a	Explains how media and peer pressure might affect own attitudes and behaviour
6.	What is Bullying	I know that all forms of abuse are wrong and I am developing the skills to keep myself safe and get help if I need it. HWB 2-49a	Identifies abusive and bullying behaviour, for example, on-line, face to face and Knows where to go for help.
7.	Dealing with Bullying/Peer Pressure and Bullying	I know that all forms of abuse are wrong and I am developing the skills to keep myself safe and get help if I need it. HWB 2-49a	Explains own rights and responsibilities In relation to abuse.
8.	Dyslexia Awareness Week - Monday 1st to Sunday 7th October	I can explain the support and care necessary to ensure a child is nurtured through the different stages of childhood. HWB 3-51b	Pupils will create a poster for Dyslexia Awareness week
8.	Hunting the Cyber Bullies – Clickview Panorama	I know that all forms of abuse are wrong and I am developing the skills to keep myself safe and get help if I need it. HWB 2-49a	Identifies abusive and bullying behaviour, for example, on-line, face to face and knows where to go for help. Explains own rights and responsibilities in relation to abuse.

9.	GIRFEC – Assessing your Health and Wellbeing. PSHE booklet work.	I can explain why I need to be active on a daily basis to maintain good health and try to achieve a good balance of sleep, rest and physical activity. HWB 3-27a	Evaluates own lifestyle in respect of daily physical activity, diet, rest and sleep and Impact on health and wellbeing.
<b>OCTOBER - DECEMBER</b>			
1.	Target Setting following interim report	I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life. HWB 3-20a	Identifies own interests, strengths and skills and uses them to support subject choice. Manages personal profile evidencing own skills, and behaviours required, which link to the world of work. Explores a range of learning opportunities and career pathways. Explores a range of learning opportunities And career pathways.
2.	Fireworks Safety	I know the action I should take in the management of incidents and emergencies related to substance misuse. HWB 3-42a	Know the actions to be taken in an emergency.
3.	Transport Options and Road Safety	After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions. HWB 3-41a	Weights up risk and identifies potential safe and unsafe behaviours and actions, for example, when travelling to and from school.
4.	Anti-Bullying Week – Lesson carried out by S6 pupils	I know that all forms of abuse are wrong and I am developing the skills to keep myself safe and get help if I need it. HWB 2-49a	Identifies abusive and bullying behaviour, for example, on-line, face to face and knows where to go for help. Explains own rights and responsibilities in relation to abuse.
5.	Road Safety Week 19 – 25 November	I know of actions I can take to help someone in an emergency. HWB 2-42a	Performs basic first aid procedures, for example, minor bleeding and burns, recovery position.

			<p>☑ Explains how to contact the appropriate emergency services giving full details of the incident and location.</p>
6.	Eating for Success	<p>I can explain the links between the energy I use while being physically active, the food I eat, and my health and wellbeing. HWB 3-28a</p>	<p>Explains the impact of an energy imbalance on health and wellbeing, for example, becoming overweight, lethargy.</p>
7.	Keeping Active	<p>I am experiencing enjoyment and achievement on a daily basis by taking part in different kinds of energetic physical activities of my choosing, including sport and opportunities for outdoor learning, available at my place of learning and in the wider community. HWB 3-25a</p>	<p>Sustains daily moderate to vigorous physical activity.</p>
8.	Health and Fitness	<p>I can explain why I need to be active on a daily basis to maintain good health and try to achieve a good balance of sleep, rest and physical activity. HWB 3-27a</p>	<p>Evaluates own lifestyle in respect of daily physical activity, diet, rest and sleep and impact on health and wellbeing</p>
9.	Registration lesson from S3 My WoW ambassadors	<p>I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life. HWB 3-20a</p>	<p>Identifies own interests, strengths and skills and uses them to support subject choice. Manages personal profile evidencing own skills, and behaviours required, which link to the world of work. Explores a range of learning opportunities and career pathways. Explores a range of learning opportunities And career pathways.</p>

JANUARY- EASTER			
1.	Young Carers	I can explain the importance and the enduring and complex responsibility of being a parent/carer, and the impact on life choices and options. HWB 3-51a	Explains the short and long term impact of parenthood, for example, joy, commitment, financial implications, anxiety, physical demands.
2.	S1 Peer Awards		Pupils reflect on themselves and their peer's performance across the year. They must then nominate a class mate for each of the following areas:  Successful Learner Confident Individual Responsible Citizen Effective Contributor
3.	Inspiring Purpose Part 1	I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life. HWB 3-20a	Pupils reflect upon their own personal strengths, explore who and what inspires them and then use this insight to talk about their future aspirations.  Identifies own interests, strengths and skills and uses them to support subject choice. Manages personal profile evidencing own skills, and behaviours required, which link to the world of work. Explores a range of learning opportunities and career pathway

4.	Inspiring Purpose Part 2		
5	Lesson on Careers convention S3 My WoW ambassadors	I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life. HWB 3-20a	Explores a range of learning opportunities and career pathways.
6.	Getting started on decision making	I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life. HWB 3-20a	Explores a range of learning opportunities and career pathways. Identifies own interests, strengths and skills and uses them to support subject choice.
7.	S1 Subject choice - Options lesson from S3 My WoW ambassadors	I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life. HWB 3-20a	Manages personal profile evidencing own skills, and behaviours required, which link to the world of work. Pupils discuss their options for S2 with support and guidance from Pastoral Support teacher
8	Group work session on options from SDS	I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life.	Manages personal profile evidencing own skills, and behaviours required, which link to the world of work. Pupils discuss their options for S2 with support and guidance from Pastoral Support teacher
9.	What is good Mental Health	I can explain why I need to be active on a daily basis to maintain good health and try to achieve a good balance of sleep,	Evaluates own lifestyle in respect of mental wellbeing.

		rest and physical activity. HWB 3-27a	
10.	Supporting Agencies	I can explain the support and care necessary to ensure a child is nurtured through the different stages of childhood. HWB 3-51b	Identifies local support available for parents and carers.
11.	Friends and Friendship	I understand the importance of being cared for and caring for others in relationships, and can explain why. HWB 3-44a	Explains why commitment, trust and respect are central to being cared for and caring for others.
12.	The Family Functions and role	I understand the different contexts of such relationships including marriage. HWB 3-44c	Demonstrates respect and understanding of the diversity that exists in range of different types of relationships.
<b>APRIL- JUNE</b>			
1.	Stressed out	I can demonstrate strategies for making informed choices to maintain and improve my health and wellbeing and can apply these in situations that may be stressful or challenging, or involve peer pressure. HWB 3-40a	Gives examples of positive coping strategies when dealing with stressful and challenging situations, for example, walk away, talk to friend / adult, physical activity.
2.	Alcohol Part 1	I understand the effect that a range of substances including tobacco and alcohol can have on the body. HWB 2-38a	Gives examples of what can happen to the body as a result of smoking tobacco or drinking alcohol. Knows the recommended alcohol intake advice.
3	Alcohol Part 2	I know that alcohol and drugs can affect people's ability to make decisions. HWB 2-40a	Identifies risks associated with the use of substances, for example, overdose, impaired judgement / vision.
4.	Substance misuse 1	I can identify the different kinds of risks associated with the use and misuse of a range of substances. HWB 2-41a	Identifies the impact of risk taking behaviours on life choices and relationships, for example, job prospects, limited foreign travel, loss of driving licence, family.

5.	Substance misuse 2	I understand the impact that misuse of substances can have on individuals, their families and friends. HWB 2-43a	Identifies the impact of risk taking behaviours on life choices and relationships, for example, job prospects, limited foreign travel, loss of driving licence, family.
6.	PSHE Evaluation		Pupils have an opportunity to demonstrate their voice and provide feedback about their experience of PSHE throughout the year.
7.	PSHE Booklet Completion for end of term	I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life. HWB 3-20a	Identifies own interests, strengths and skills and uses them to support subject choice. ☑ Manages personal profile evidencing own skills, and behaviours required, which link to the world of work. ☑ Explores a range of learning opportunities and career pathway
8.	What to expect in S2	I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life. HWB 3-20a	Manages personal profile evidencing own skills, and behaviours required, which link to the world of work.
9.	Keeping safe in the local area - Holidays	After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions. HWB 3-41a	Weighs up risk and identifies potential safe and unsafe behaviours and actions, for example, the impact of gambling.

On-going throughout the year:



Procurator Fiscal Talks/Medics against Violence Talks/Campus Cop visit/Attendance Rev/Celebrating Success/other visiting speakers eg Fire Officer

School Photo's being taken Friday 24th August

**First Aid Visits:**

1a1 – Friday 14th September 10.40am

1a2 – Friday 12<sup>th</sup> October 10.40am

1a3 – Friday 9<sup>th</sup> November 10.40am

1a4 – Friday 16<sup>th</sup> November 10.40am

1a5 - Friday 24th November 10.40am

1a6 – Wednesday 22nd August 11.30am

1a7 – Wednesday 29th August 11.30am

1a8 – Wednesday 5th September 11.30am

1a9 – Wednesday 12th September 11.30am

1a10 – Wednesday 19th September 11.30am