

Health and Wellbeing

Information for Families



Torryburn Nursery

Growing and Learning Together!

KINDNESS FUN PLAY

Health and Wellbeing is one of the key aspects of the Curriculum for Excellence. At Torryburn Nursery, physical and mental wellbeing is at the heart of everything we do. We focus on this by engaging with the '5 Ways to Wellbeing'. This encourages us to:

1. Connect
2. Be active
3. Keep learning
4. Give
5. Take notice



What are the main purposes of learning in health and wellbeing?

Learning in health and wellbeing ensures that children and young people develop the knowledge and understanding, skills, capabilities and attributes they need for mental, emotional, social and physical wellbeing now and in the future. Learning through

health and wellbeing enables children and young people 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.

How is the health and wellbeing framework structured?

- Mental, emotional, social and physical wellbeing.
- Planning for choices and changes.
- Physical education, physical activity and sport.
- Food and health.
- Substance misuse.
- Relationships, sexual health and parenthood.



At Nursery we support your child's health and wellbeing by providing a variety of different resources and play activities:

**Little
Voices**

**Choice at
Snack**

**Home
Corner**

**Performing
Concerts**

**Turn Taking
Games**

**Multicultural
Books, Games
and Puppets**

**Independent
Toileting and
Toothbrushing**

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There are many ways in which you can support your child's health and wellbeing.

- * Give lots of praise and encouragement for all achievements.
- * Encourage healthy eating.



- * Invite friends to play and share toys and games.
- * Give responsibility for tidying away after playing.
- * Support independence in toileting, dressing and washing.
- * Discuss happy and sad feelings.
- * Give responsibility for carrying out small independent tasks.
- * Promote positive attitudes towards different cultures through picture books and discussion.
- * Provide opportunities for physical play especially outdoors. For example, trips to the play park, riding a bike or scooter or walking to the pond to feed the ducks.

