

Using the SBCway H&WB planner

What the **Health and Wellbeing Curriculum** should look like in your school and classrooms.

The <i>Wellbeing Indicators</i> underpin the HWB Curriculum	<i>Safe</i>	<i>Healthy</i>	<i>Active</i>	<i>Nurtured</i>	<i>Achieving</i>	<i>Respectful</i>	<i>Responsible</i>	<i>Included</i>
Building Resilience	Building resilience is the core programme recommended as part of the SBCway Curriculum. This should be followed across the school in all classes. To support this schools may use different approaches or strategies to explore resilience across the school. E.g. • <i>Learning Powers</i> • <i>Growth Mindset</i> • <i>Zones of Regulation</i> • <i>Emotion Works</i> • <i>LEAN</i>							
The Health and Wellbeing curriculum and links with IDL and the four contexts of learning.	The HWB is composed of the following 6 key areas:							
	Food and health Personal Safety Planning for Choices and Change				Relationships, Sexual Health, and Parenthood (RSHP) Physical Activity and Sport Substance Misuse			
	<i>The above aspects can be easily linked to IDL contexts and teachers should explore meaningful links across the curriculum. Some aspects might have to be taught separately if links are not able to be created. The RSHP programme may also have useful content to support the delivery of these areas.</i>				<i>The above aspects may link to the IDL contexts. However, if links are unable to be made, they must be taught as individual units to ensure that learners receive all key learning in these areas. It is essential that the content is taught across each year of the Primary Stages.</i>			
Supporting the SBC Health and Wellbeing curriculum	HWB organiser				Useful Links			
	Personal Safety				Go Safe Scotland : Home			
	Food and Health				hwb19-food-and-health-skills.pdf (education.gov.scot)			
	Planning for Choices and Change				Developing the Young Workforce – DYW Skills 4.0 - Skills Development Scotland			
	Relationships, Sexual Health, and Parenthood				RSHP programme Home – RSHP			
	Physical Exercise, Physical Activity and Sport				https://glowscotland.sharepoint.com/sites/healthandwbplc			
	Substance Misuse (SUE)				I am Me Programme https://iammescotlandeducation.org.uk/			

H&WB Curriculum

	Block 1 Aug – Oct	Block 2 Oct – Dec	Block 3 Jan -Feb	Block 4 Feb -April	Block 5 April – June
Building Resilience <i>SBCway core resource</i> <i>See 3-year programme for details.</i>	Unit:	Unit:	Unit:	Unit:	Unit:
PHYSICAL ACTIVITY AND SPORT <i>Including PE</i> <i>Consider Live Borders offer</i>					
FOOD AND HEALTH <i>At least ONCE per year.</i> <i>Linking with IDL when appropriate</i>					
PERSONAL SAFETY <i>At least TWICE per year.</i> <i>Linking with IDL when appropriate.</i>					
PLANNING FOR CHOICES AND CHANGE <i>At least TWICE per year.</i> <i>Linking with IDL when appropriate</i>					
RELATIONSHIPS, SEXUAL HEALTH, AND PARENTHOOD <i>At least TWICE per year.</i>					
SUBSTANCE MISUSE <i>At least ONCE per year.</i> <i>Links with the I am me programme.</i>					