

Health and Wellbeing Across Learning

S1 PSE

SfP - H&W OUTCOMES - MENTAL AND EMOTIONAL WELLBEING

EXPERIENCE & OUTCOMES S1 (THIRD)	Taught in S1 Curriculum Topic/Theme	Month/Time of year taught
<p>I am aware of and able to express my feelings and am developing the ability to talk about them.</p> <p>*Responsibility of all</p> <p>HWB 3-01a</p>	<ul style="list-style-type: none"> • Primary transition – Passport to High School • Student Inductions – Expectations/Standards • Citizenship – Rights and Responsibilities • Called to Love Lesson - Introduction & You, I am Me • Unit of Work - Emotions, Feelings and Body Signals • Antibullying Week – RESPECT Unit 	<ul style="list-style-type: none"> • June • August • August/September • November/December • Various • November
<p>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.</p> <p>*Responsibility of all</p> <p>HWB 3-02a</p>	<ul style="list-style-type: none"> • Global/Citizenship – Rights and Responsibilities • Unit of work – Emotions, Feelings and Body Signals • Called to Love Lesson – Family and Friends • Puberty – Me and Other People, Changes 	<ul style="list-style-type: none"> • September/October • November • December • March/April
<p>I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.</p> <p>*Responsibility of all</p> <p>HWB 3-03a</p>	<ul style="list-style-type: none"> • Primary Transition – induction assembly and house group meetings • Student Induction – diary planner • Anti Bullying – Respect Unit reinforcement of supports 	<ul style="list-style-type: none"> • June (3 day visit & P7 Parents Evening) • August • November
<p>I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.</p>	<ul style="list-style-type: none"> • Primary transition – Passport to High School • Student Inductions – Expectations/Standards • Citizenship – Rights and Responsibilities • Called to Love Lesson - Introduction & You, I am Me 	<ul style="list-style-type: none"> • June • August • August/September • November/December

<p>*Responsibility of all</p> <p>HWB 3-04a</p>	<ul style="list-style-type: none"> • Unit of Work - Emotions, Feelings and Body Signals • Antibullying Week – RESPECT Unit • TAG Outspoken – Lesson 2 Understanding Other People’s Attitudes • S1 Called to Love – Puberty • S1 Interim Report – Target Setting Review S1 PLP’s • S1 Report – Target Setting – Review and Evaluate 	<ul style="list-style-type: none"> • Various • November • January/February • March/April • October • June
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EXPERIENCE & OUTCOMES S1 (THIRD)	Taught in S1 Curriculum Topic/Theme	Month/Time of year taught
<p>I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.</p> <p>*Responsibility of all</p> <p>HWB 3-05a</p>	<ul style="list-style-type: none"> • S1 Student Induction • Called to love Lesson – Friends and Family • A Right to Blether – Me and My Community • TAG – Outspoken – Exploring attitudes, Understanding other people’s attitudes 	<ul style="list-style-type: none"> • August • December • October • January
<p>I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.</p> <p>*Responsibility of all</p> <p>HWB 3-06a</p>	<ul style="list-style-type: none"> • TAG - Outspoken – Going against the Crowd, When is it ok to be different ? • Healthy Lifestyles • Unit Work - Emotions, Feelings and Body Signals • S1 Buzzin’ (volatile substance misuse) – peer pressure • S1 Settling In Interviews • S1 Target Setting – S1 PLP’s, recognising qualities/skills and transferrable skills 	<ul style="list-style-type: none"> • February • March • Various • January • October/November • June
<p>I am learning skills and strategies which will support me in challenging times, particularly in</p>	<ul style="list-style-type: none"> • Called to Love – Family & Friends • Anti Bullying – Respect Unit 	<ul style="list-style-type: none"> • December • November

<p>relation to change and loss.</p> <p>*Responsibility of all</p> <p>HWB 3-07a</p>	<ul style="list-style-type: none"> • S1 Buzzin' (volatile substance misuse) – peer pressure and relationships • P7 Transition – induction to high school • S1 Induction to high school reinforcement 	<ul style="list-style-type: none"> • January • June • August
<p>I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.</p> <p>*Responsibility of all HWB 3-08a</p>	<ul style="list-style-type: none"> • TAG Outspoken – Understanding Other People's Attitudes, Going Against the Crowd • Anti Bullying – Respect Unit • S1 Buzzin' (volatile substance misuse) – impact of peer pressure and isolation • S1 Induction to high school & information in diary planners 	<ul style="list-style-type: none"> • January • November • January • August

SfP - H&W OUTCOMES - SOCIAL WELLBEING

EXPERIENCE & OUTCOMES S1 (THIRD)	Taught in S1 Curriculum Topic/Theme	Month/Time of year taught
<p>As I explore the rights to which I and others are entitled, I am able to exercise these rights appropriately and accept the responsibilities that go with them. I show the respect for rights of others.</p> <p>*Responsibility of all</p> <p>HWB 3-09a</p>	<ul style="list-style-type: none"> • S1 Student Induction/Code of Conduct/Expectations • House Council/Democracy – house and/or council agendas and issues raised in PSE for discussion • A Right Blether – Me and My Rights – UN Charter for the Rights of the Child • Anti Bullying – Respect Unit • Road Safety – safe road behaviour – pedestrian and cycling. What's the story? 	<ul style="list-style-type: none"> • August • August/September/ Ongoing • October • November • September
<p>I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community, one which values individuals equally and is a welcoming place for all.</p> <p>*Responsibility of all</p>	<ul style="list-style-type: none"> • S1 Student Induction/Code of Conduct/Expectations • House Council/Democracy – agendas being raised by House Reps in PSE • A Right Blether – Me and My Rights/ Me and My Community • Anti Bullying – Respect Unit 	<ul style="list-style-type: none"> • August • Ongoing • October • November

<p>HWB 3-10a</p> <p>I make full use of and value the opportunities I am given to improve and manage my learning and, in turn, I can help to encourage learning and confidence in others.</p> <p>*Responsibility of all</p> <p>HWB 3-11a</p>	<ul style="list-style-type: none"> • Senior/peer mentoring • S1 Interim Report – Target Setting Review • S1 Report – Target Setting – Review and Evaluate • Skills and Qualities/Learning Styles- diary planners • Planning for choices supporting development of skills for life, learning and work • S1 Personal Learning Plans – recognising wider achievement/skills and transferrable skills 	<ul style="list-style-type: none"> • Ongoing • October • June • Oct/June/Ongoing • June and ongoing • October/June/ongoing
<p>Representing my class, school and/or wider community encourages my self-worth and confidence and allows me to contribute to and participate in society.</p> <p>*Responsibility of all</p> <p>More info on HWB 3-12a</p>	<ul style="list-style-type: none"> • Planning for choice and change – Careers • Inserts to Assembly Programme/Extra curricular involvement • House Councils • S1 Personal Learning Plans – recognising wider achievement and transferrable skills 	<ul style="list-style-type: none"> • June • Ongoing • Ongoing • Oct/June/Ongoing
<p>Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community.</p> <p>*Responsibility of all</p> <p>HWB 3-13a</p>	<ul style="list-style-type: none"> • Extra Curricular Activities • House Council • Inserts in Assembly Programme • House/Whole School Fundraising • House Points – positive stamps Diary Planners • S1 Personal Learning Plans – recognising wider achievement and transferrable skills • End of unit evaluations 	<ul style="list-style-type: none"> • Ongoing • Ongoing • Ongoing • Ongoing • Ongoing • Oct/June/Ongoing • Ongoing
<p>I value the opportunities I am given to make friends and be part of a group in a range of situations.</p> <p>*Responsibility of all</p> <p>HWB 3-14a</p>	<ul style="list-style-type: none"> • Extra Curricular Activities • House Council • Inserts in Assembly Programme • House Group Opportunities/promotion of form • House/Whole School Fundraising • Celebration of Monthly Mass, Feast Day Celebrations, Holy Days of Obligation • House Points – positive stamps Diary Planners • Activities Week w.b. 25th June 	<ul style="list-style-type: none"> • All ongoing

SfP - H&W OUTCOMES - *PHYSICAL WELLBEING*

EXPERIENCE & OUTCOMES S1 (THIRD)	Taught in S1 Curriculum Topic/Theme	Month/Time of year taught
<p>I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.</p> <p>*Responsibility of all</p> <p>HWB 3-15a</p>	<ul style="list-style-type: none"> • Called to Love – Puberty, Me and My Body • Healthy Lifestyle – Healthy Eating and physical wellbeing, exercise, • Substance Misuse – short term and long term effects of volatile substance misuse and smoking 	<ul style="list-style-type: none"> • April • March • January and March
<p>I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible.</p> <p>*Responsibility of all</p> <p>HWB 3-16a</p>	<ul style="list-style-type: none"> • Road Safety – planning your journey to school, assessing dangers – What’s the Story? Josh’s Story • S1 Buzzin’ – substance misuse • S1 Smoking • Substance misuse and the Law (in cooperation with Lothian and Borders Police) 	<ul style="list-style-type: none"> • September • January • March • TBA
<p>I know and can demonstrate how to keep myself and others safe and how to respond in a range of emergency situations.</p> <p>*Responsibility of all</p> <p>HWB 3-17a</p>	<ul style="list-style-type: none"> • Safe travel – Recognising safe and unsafe road behaviour/What’s the Story/Josh’s story • Cyberbullying 	<ul style="list-style-type: none"> • September • TBC
<p>I know and can demonstrate how to travel safely.</p> <p>*Responsibility of all</p> <p>More info on HWB 3-18a</p>	<ul style="list-style-type: none"> • THINK EDUCATION – travel, daytime/nighttime road safety, attitudes and opinions of other young people, considering other road users, Josh’s Story 	<ul style="list-style-type: none"> • September

SfP - H&W OUTCOMES - PLANNING FOR CHOICE AND CHANGE

EXPERIENCE & OUTCOMES S1 (THIRD)	Taught in S1 Curriculum Topic/Theme	Month/Time of year taught
<p>I am developing the skills and attributes which I will need for learning, life and work. I am gaining understanding of the relevance of my current learning to future opportunities. This is helping me to make informed choices about my life and learning.</p> <p>*Responsibility of all</p> <p>HWB 3-19a</p>	<ul style="list-style-type: none"> • S1 Interim Report – Review and Evaluation • S1 Report – Review and Evaluation • Recording of learning intentions in PSE • Diary planner checks – learning intentions and traffic lighting • Supporting the development of transferrable skills for life , skills for work – S1 PLP’s and planners • About my Job www.planitplus.net – skills match • Skills/qualities for various careers • Moneysense (in cooperation with) – What is banking & Financial Services 	<ul style="list-style-type: none"> • October • June • Ongoing • Ongoing • Ongoing • June • June • September/Oct
<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.</p> <p>HWB 3-20a</p>	<ul style="list-style-type: none"> • S1 Interim Report – Review and Evaluation • S1 Report – Review and Evaluation • Supporting the development of transferrable skills for life , skills for work – S1 PLP’s and planners • About my Job www.planitplus.net – skills match • Investigating skills/qualities for skills match or chosen career 	<ul style="list-style-type: none"> • October • June • Ongoing • June • June

SfP - H&W OUTCOMES - RELATIONSHIPS, SEXUAL HEALTH & PARENTHOOD

EXPERIENCE & OUTCOMES S1 (THIRD)	Taught in S1 Curriculum Topic/Theme	Month/Time of year taught
<p>I understand and can demonstrate the qualities and skills required to sustain different types of relationships.</p> <p>*Responsibility of all</p> <p>HWB 3-44b</p>	<ul style="list-style-type: none"> • Called to Love – You, I am Me, Friends and Family • Anti Bullying – Respect • Feelings, Thoughts and Body Signals • S1 Buzzin’ – substance misuse • Cooperative Teaching/Methodology 	<ul style="list-style-type: none"> • December • November • Various • January • Ongoing
<p>I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication.</p> <p>*Responsibility of all</p> <p>HWB 3-45b</p>	<ul style="list-style-type: none"> • Anti Bullying – Respect • Feelings, Thoughts and Body Signals • Anti Bullying – recognising behaviours • Cyberbullying • Induction Programmes – hopes and expectations • Called to Love – Family and Friends 	<ul style="list-style-type: none"> • November • Various • November • TBA • June P7 & August S1 • December