

Health and Wellbeing across Learning

S3 PSE

SfP - H&W OUTCOMES - MENTAL AND EMOTIONAL WELLBEING

EXPERIENCE & OUTCOMES S3 (FOURTH)	Taught in S3 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 4-01A</p>	<ul style="list-style-type: none"> • Student Inductions – Expectations/Standards • Cyber Bullying • 'About a Boy' Relationships • CTL Living in Love 	<ul style="list-style-type: none"> • August • September • April
<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 4-02a</p>	<ul style="list-style-type: none"> • Cyber Bullying • CTL Living in Love • Knife Crime • 'About a Boy' Relationships 	<ul style="list-style-type: none"> • September • April • February • December
<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 4-03a</p>	<ul style="list-style-type: none"> • Student Induction – diary planner • Cyber Bullying • S3 Course Choice/Analysis • Grooming Internet • 'About a Boy' Relationships • Knife Crime • CTL Living in Love • S3 BGE Profile 	<ul style="list-style-type: none"> • August • September • January/February/March • September • November • January • April • May
<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"> • Student Inductions – Expectations/Standards • Grooming Internet • Skills for LLW • 'About a Boy' Relationships 	<ul style="list-style-type: none"> • August • September • November • December

<p>*Responsibility of all</p> <p>HWB 4-04a</p>	<ul style="list-style-type: none"> • S3 Course Choice – preparation for Transition • Knife Crime • CTL Living in Love 	<ul style="list-style-type: none"> • January • January • April
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EXPERIENCE & OUTCOMES S3 (FOURTH)	Taught in S3 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 4-05a</p>	<ul style="list-style-type: none"> • CTL Living in Love • 'About a Boy' Relationships • Aisha's Story 	<ul style="list-style-type: none"> • April • December • September
<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 4-06a</p>	<ul style="list-style-type: none"> • CTL Living in Love • Cyberbullying • S3 Course Choice preparation and interview • S3 Recommendations and Target Setting • S3 BGE Profiling • Anti- bullying Week – RESPECT ME 	<ul style="list-style-type: none"> • April • September • January • Jan-March • May • November
<p>I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss.</p> <p>*Responsibility of all</p> <p>HWB 4-07a</p>	<ul style="list-style-type: none"> • Grooming Internet • Aisha's Story • Cyberbullying 	<ul style="list-style-type: none"> • September • September • September

<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 4-08a</p>	<ul style="list-style-type: none"> • Grooming Internet • Cyber Bullying • About a Boy Relationships • CTL Living in Love 	<ul style="list-style-type: none"> • September • September • November • April
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SfP - H&W OUTCOMES - SOCIAL WELLBEING

EXPERIENCE & OUTCOMES S3 (FOURTH)	Taught in S3 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 4-09a</p>	<ul style="list-style-type: none"> • Cyberbullying • About a Boy Relationships • CTL Living in Love 	<ul style="list-style-type: none"> • September • November • April
<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> <p>HWB 4-10a</p>	<ul style="list-style-type: none"> • Cyberbullying • About a Boy Relationships • CTL Living in Love • Knife Crime 	<ul style="list-style-type: none"> • September • November • April • March
<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 4-11a</p>	<ul style="list-style-type: none"> • S3 BGE Profile • Intro to Work Experience • S3 Induction • SDS Workshop • Skills for LLW 	<ul style="list-style-type: none"> • April • June • August • February • November

<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>HWB 4-12a</p>	<ul style="list-style-type: none"> • S3 BGE Profile • Intro to Work Experience • S3 Induction • SDS Workshop • Skills for LLW 	<ul style="list-style-type: none"> • April • June • August • February • November
<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 4-13a</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 	<ul style="list-style-type: none"> • All ongoing • April/May/June
<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 4-14a</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 • YPI 	<ul style="list-style-type: none"> • All ongoing • April/May/June

SfP - H&W OUTCOMES - PHYSICAL WELLBEING

EXPERIENCE & OUTCOMES S3 (FOURTH)	Taught in S3 Curriculum Topic/Theme	Month/Time of year taught
I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.	<ul style="list-style-type: none"> • About a Boy Relationships • CTL Living in Loving • Cyberbullying 	<ul style="list-style-type: none"> • November • April • September

<p>*Responsibility of all</p> <p>HWB 4-15a</p>		
<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 4-16a</p>	<ul style="list-style-type: none"> • About a Boy Relationships • CTL Living in Loving • Cyberbullying • Grooming Internet • Aisha's Story • Knife Crime 	<ul style="list-style-type: none"> • November • April • September • September • September • February
<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 4-17a</p>	<ul style="list-style-type: none"> • About a Boy Relationships • CTL Living in Loving • Cyberbullying • Grooming Internet • Aisha's Story • Knife Crime 	<ul style="list-style-type: none"> • November • April • September • September • September • February
<p>I know and can demonstrate how to travel safely.</p> <p>*Responsibility of all</p> <p>More info on HWB 4-18a</p>		

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

EXPERIENCE & OUTCOMES S3 (FOURTH)	Taught in S3 Curriculum Topic/Theme	Month/Time of year taught
<p>Based on my interests, skills, strengths and preferences, I am supported to make suitable, realistic and informed choices, set manageable goals and plan for my future transitions.</p> <p>*Responsibility of all</p> <p>HWB 4-19a</p>	<ul style="list-style-type: none"> • S3 BGE Profile • Intro to Work Experience • S3 Induction • SDS Workshop • Skills for LLW • S3 Course Choice 	<ul style="list-style-type: none"> • April • June • August • February • November • January

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

EXPERIENCE & OUTCOMES S3 (Fourth)	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 4-44b</p>	<ul style="list-style-type: none"> • Cyber Bullying • Grooming Internet • 'About a Boy' Relationships • CTL Living in Love 	<ul style="list-style-type: none"> • September • September • November • April