

## Substance Misuse

Children develop their understanding of the use and misuse of a variety of substances including over the counter and prescribed medicines, alcohol, drugs, tobacco and solvents.

Governments should use all means possible to protect children from the use of harmful drugs. (Article 33)

They explore and develop their understanding of the impact of risk-taking behavior on their life choices. The experiences and outcomes will enable children to make informed personal choices with the aim of promoting healthy lifestyles.



## Planning for Choices and Changes

Children experience opportunities which are designed not only to raise their awareness of future choices but also raise their expectations and aspirations. They develop the skills for personal planning and making decisions in the context of curriculum, learning and achievement which will prepare them for next stages in life.

Children have the right to get information that is important to their Health and Wellbeing. (Article 17)

## Relationships, Sexual Health and Parenthood

As they move through the school, children will develop an understanding of how to maintain positive relationships with a variety of people and are aware of how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships, and sexual health.

They develop their understanding of the complex roles and responsibilities of being a parent or carer.



*For more information on Health and Wellbeing and how it plays an important role within your child's school curriculum, please see the following web link:*

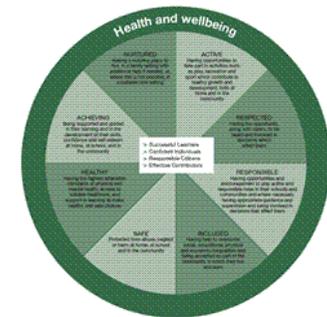
<https://education.gov.scot/Documents/hwb-across-learning-eo.pdf>

## Torphichen Primary School



## Health & Wellbeing

### Information for Parents/Carers



May 2018

## Health and Wellbeing

Learning in Health and Wellbeing at Torphichen Primary School ensures that children participate in a wide range of activities which promote a healthy lifestyle. Children will develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.

Working with parents and community partners, we take a holistic approach to promoting Health and Wellbeing, one that takes account of the stage of growth, development and maturity of each individual, and the social and community context.

### Aims

- Develop awareness, self-worth and respect for others
- Meet challenges, manage change and build relationships
- Experience personal achievement and build resilience and confidence
- Understand and develop physical, mental and spiritual wellbeing and social skills
- Understand how to eat, be active and make decisions about behavior and relationships which affect physical and mental wellbeing
- Understand that adults in our school community have a responsibility to look out for everyone, listen to concerns and involve others where necessary
- Learn about where to find help and resources to inform choices
- Assess and manage risk and understand the impact of risk-taking behavior
- Reflect on strengths and skills to help children make informed choices when planning next steps
- Acknowledge diversity and understand that it is everyone's responsibility to challenge discrimination

## Mental, Emotional, Social and Physical Wellbeing

The mental, emotional, social and physical wellbeing of everyone within Torphichen Primary School is positively developed by fostering a safe, caring, supportive and purposeful environment which enables to development of relationships based on mutual respect.

people may forget  
words you say  
but they will  
never forget how  
you made them feel.

## Food and Health

Pupils develop their understanding of a healthy diet, composed of a variety and balance of foods and drinks. They acquire knowledge and skills to make healthy food choices and help to establish lifelong healthy eating habits. They develop an appreciation that eating can be an enjoyable activity and understand the role of food within social and cultural contexts. They explore how the dietary needs of individuals and groups vary through life stages.



## Physical Education, Physical Activity and Sport

Children receive two hours of quality Physical Education each week. Physical Education provides children with a platform from which they can build physical competencies, improve aspects of fitness, and develop personal and interpersonal skills and attributes.

It enables them to develop the concepts and skills necessary for participation in a wide range of physical activity, sport, dance and outdoor learning, and enhances their physical wellbeing in preparation for leading a fulfilling, active and healthy lifestyle.

We are currently adopting the Better Movers and Thinkers approach. By using this approach, children are encouraged from a young age to learn skills, solve problems, investigate new ways to move and challenge themselves appropriately.



The activities planned develop thinking skills as well as bilateral movement. Approaches used aim to enhance gross motor skills and fine muscle control, balance and postural control, and aspects of executive function skills. Children can then transfer these across the curriculum to improve their learning.