



Education Scotland

Foghlam Alba

Transforming lives through learning

- www.educationscotland.gov.uk

Policy Research and Practice



Wider policy context

- Curriculum for Excellence

Health and wellbeing; Relationships, Sexual Health and Parenthood (RSHP)

National Parenting Strategy (2012)

Child Poverty Strategy

Getting It Right for Every Child (GIRFEC)

Early Years Framework

Children and Young People's (Scotland) Act 2014

“ Learning through health and wellbeing promotes confidence, independent thinking and positive attitudes and dispositions. Because of this, it is the responsibility of every teacher to contribute to learning and development in this area”.

Building the Curriculum 1, Scottish Executive 2006

**interdisciplinary
learning**

**ethos and life of
the university**

**planning for choices
and changes**

**mental, emotional,
social and physical
wellbeing**

**physical education,
physical activity and
sport**



food and health
Obesity

**relationships,
sexual health and
parenthood**

substance misuse
Alcohol
Tobacco

**opportunities for
personal
achievement**

**curriculum areas
and subjects**

Health targets/drivers

- Obesity
- Tobacco
- Alcohol
- Substance misuse
- Sexual Health
- Mental Health
- Physical Activity

A shared strategy for HWB across the school

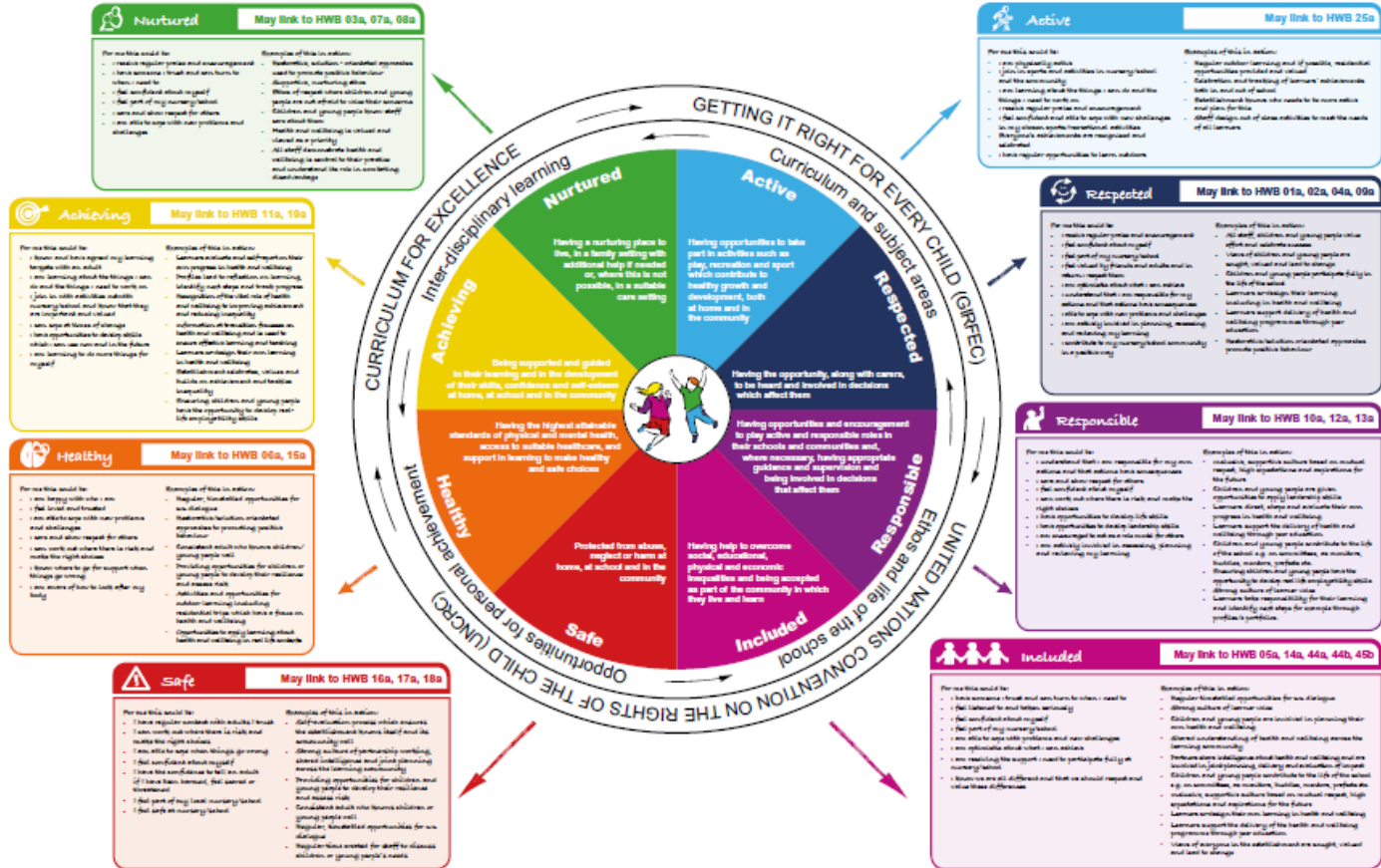
looking for...

- schools who have a sound **rationale** about what they are doing in relation to improving the health and wellbeing of children and young people
- schools who know the health and wellbeing issues of the **communities** they serve; who know how to prioritise in response to these needs and can show the difference they make.
- schools where health and wellbeing is high on **everyone's** agenda
- schools who are moving **beyond audit**



Health and wellbeing is about
improved outcomes for children and
young people

Health and Wellbeing: Responsibility of All



The (only) three ways to improve performance in schools

Increase the knowledge and skills of the teacher

Somehow affect content

Alter the relationship of the student to the teacher and to the content

**“If you can’t see it in the classroom,
it is not there”**

Healthy University Deliverables

- more supportive working and learning contexts
- higher quality health and welfare services
- healthy and sustainable food procurement processes and catering services
- more accessible sports, leisure, social and cultural facilities that are more widely used
- support for an holistic approach to personal, social and citizenship development
- increased understanding of, commitment to and sense of personal responsibility for health and sustainable development among students and staff
- strengthened institution-level commitment to practise corporate responsibility and to lead for health and sustainability in local, regional, national and global partnerships

Activity

Starting from where you are....

- Identify a health and wellbeing 'hot issue' in your establishment.
- How do you know it's a 'hot issue'?
- How would you know things had improved?