



# Health & Wellbeing

Learning about in health and wellbeing in school ensures that young people develop the knowledge and understanding, skills, they need for mental, emotional, social and physical wellbeing now and in the future.

In school there are 6 main categories health and wellbeing is divided into.

Planning for choices and changes

Physical education, physical activity and sport

Sexual Health Relationship and Parenting

Food and health

Substance misuse

Mental, emotional, social and physical wellbeing

Health and well-being education happens in a variety of ways.

- In subject classes.
- Assemblies
- Registration
- Focus days/events
- Participation in clubs.

Clydebank High School has a Health and Wellbeing strategy which can be found on the school website.

## Substance Abuse

S3 will soon be taking part in lessons on substance abuse lessons in science.



## Assessing Health and Wellbeing

S1 will take part in substance abuse lessons in CHS 360.

S1 will be formally assessed in come aspects of HWB this session we can use this information to track their progress.

## Positive Mental Health

At CHS we want to promote positive mental health in all our students.

We aim to encourage everyone to practise positivity for better mental health.

Positivity helps us build resilience, cope better with stress and be more productive.

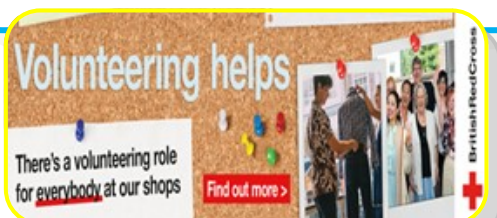
Our Senior Health and Wellbeing Ambassadors are running Positivity Café in breakfast club room in Home Economics corridor every Monday lunchtime to help younger pupils build resilience by connecting with others, taking time to relax, relieving stress by taking part in creative activities and learning to be caring to themselves and others. Everyone is welcome.

Our HWB ambassadors took part in training how to run a positivity café.

Clydebank High School has a Mental Health Strategy which is available on the school website.

## First Aid

S3 and S5 and S6 pupils have been receiving first aid training from the Red Cross





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## Sexual Health Relationship's and Parenting Education ( SHRPE)

Below is a summary of the Sexual Health Relationship and Parenting Education that will be covered in the Broad General Education across the school.

S1	S2	S3
<p>S1 pupils have a weekly period with Pupil Support Staff. During this time they will take part in lessons on;</p> <ul style="list-style-type: none"> <li>• Puberty</li> <li>• Friendships</li> <li>• Body confidence</li> <li>• Assertiveness</li> <li>• Keeping Safe on the internet.</li> </ul> <p>These lessons will take place in February 2019.</p> <p>The lessons are available on google classroom code – <b>v73m4u</b></p>	<p>S2 will be extracted during the year and will take part in lessons on;</p> <ul style="list-style-type: none"> <li>• Gender stereotypes</li> <li>• Gender and sexuality</li> <li>• Sexually Transmitted infections</li> <li>• Contraception</li> </ul> <p>The first lesson will take place on 17/12/18. There will be a further 3 lessons in January, April and May.</p> <p>The lessons are available on google classroom code – <b>u42uw35</b></p>	<p>S3 will be extracted during the year and will take part in focus day on;</p> <ul style="list-style-type: none"> <li>• Parenting skills</li> </ul> <p>S3 parenting Day will be 6/2/19.</p> <p>The lesson is available on google classroom code – <b>9bbqfsf</b></p>