

Mental wellbeing

Overview	<p>There is a growing mental health crisis in our schools. An estimated three children in every classroom have a diagnosable mental health problem, rising to one in four when we include emotional distress.</p> <p>Emotional wellbeing is a clear indicator of academic achievement, success and satisfaction in later life. Evidence shows that mental health and wellbeing programmes in schools, can lead to significant improvements in children's mental health, and social and emotional skills. Wellbeing provision in schools can also lead to reductions in classroom misbehaviour and bullying.</p> <p>young people are increasingly experiencing challenges ... The content will give them the knowledge and capability to take care of themselves and receive support if problems arise</p>
Intent	<p>Learning in health and wellbeing ensures that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future. Learning through health and wellbeing enables children and young people to:</p> <ul style="list-style-type: none"> • make informed decisions in order to improve their mental, emotional, social and physical wellbeing • experience challenge and enjoyment • experience positive aspects of healthy living and activity for themselves • apply their mental, emotional, social and physical skills to pursue a healthy lifestyle • make a successful move to the next stage of education or work • establish a pattern of health and wellbeing which will be sustained into adult life, and which will help to promote the health and wellbeing of the next generation of Scottish children. It also enables some to perform at high levels in sport or prepare for careers within the health and leisure industries.
Implementation	<ul style="list-style-type: none"> • Mental, emotional, social and physical wellbeing lessons • Planning for choices and changes lessons • Food and health • Relationships discussions/circle time and debate • Exposure to different social and environmental influences contributes to the way that attitudes, values and behaviours are formed. These in turn affect their ability to make and take decisions. <p>engages children and young people and takes account of their views and experiences, particularly where decisions are to be made that may impact on life choices</p> <ul style="list-style-type: none"> • takes account of research and successful practice in supporting the learning and development of children and young people, particularly in sensitive areas such as substance misuse • uses a variety of approaches including active, cooperative and peer learning and effective use of technology • encourages and capitalises on the potential to experience learning and new challenges in the outdoor environment • encourages children and young people to act as positive role models for others within the educational community

	<ul style="list-style-type: none"> • leads to a lasting commitment in children and young people to follow a healthy lifestyle by participation in experiences which are varied, relevant, realistic and enjoyable • helps to foster health in families and communities through work with a range of professions, parents and carers, and children and young people, and enables them to understand the responsibilities of citizenship • harnesses the experience and expertise of different professions, including developing enterprise and employability skills. <ul style="list-style-type: none"> • Role play activities
Impact	<p>The health and wellbeing experiences and outcomes are designed to encourage links with all other areas of the curriculum, to reinforce learning and to provide relevant, enjoyable and active experiences.</p> <ul style="list-style-type: none"> • The health and wellbeing experiences and outcomes provide valuable opportunities to develop skills in literacy and numeracy. • There are important links between health and wellbeing, and religious and moral education
Transition	Move on to further education with confidence and a feeling of independence