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

mental, emotional, social and physical wellbeing

food and health
  Obesity

planning for choices and changes

substance misuse
  Alcohol
  Tobacco

ethos and life of the university

physical education, physical activity and sport

relationships, sexual health and parenthood

curriculum areas and subjects

opportunities for personal achievement
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
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”

Professor Richard Elmore, Harvard Graduate School of Education
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?