S1 PSE

Welcome to the PSE S1 presentation. The purpose of this presentation is to tell you about what your child will learn and the skills they will develop over the course of S1 in PSE and to provide some guidance on how best to support your child with their learning.

Our curriculum and learning time is based around how best to ensure young peoples' wellbeing – these indicators are shown to the right.



PSE : NUMBER OF PERIODS AND COURSE CONTENT COVERAGE

PSE is offered one period per week in S1 as a way for Heads of House to meet their caseload in a class setting.

A range of Health and Wellbeing topics are covered, including:

Settling in to High School

Sex Education

Mental Health and Resilience

Future Careers

Substance Abuse

Anti-Bullying Strategies

Skills developed include:

Resilience

Determination

Self-Confidence

Responsible Use of Technology

The PSE course focuses on Health and Wellbeing. This enables children and young people to:

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.

PSE – ENSURING YOUR CHILD IS READY TO LEARN

Your child should bring:

- –their iPad fully charged
- –something to write with (pen/pencil)
- –a 'ready to learn' mindset
- –Empathy for others –

In PSE we often learn about mature topics – some of which may be challenging for some learners to discuss. This is important to remember.

PSE – HOW TO SUPPORT YOUR CHILD'S LEARNING

Asking young people about what they are learning.

Viewing the school social media for opportunities to broaden learning experiences.

Showbie All teaching staff will share **at least** one annotated/commented upon piece of work **per term per pupil**.

Your child can add to this by tapping the star on any piece of work they are proud of, adding this to their Portfolio that they can share with you.

SI PSE



Questions?

Contact your child's Head of House

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