At Gourock primary School we strive to ensure that our health promoting school achieves a healthy lifestyle for the whole school population by developing supportive environments conducive to the promotion of health.

Collaborative action is taken with outside agencies to ensure that the school communities has the best possible chance of being able to make will informed choices about their lifestyle and of maintaining and improving their health.

I'm fine, Thank You

There is nothing the matter with me.

I'm as healthy as I can be.

I have arthritis in both my knees and when I talk, I talk with a wheeze.

My pulse is weak, and my blood is thin.

But I'm awfully well for the shape I'm in.

Arch supports I have for my feet

Or I wouldn't be able to be on the street.

Sleep is denied me night after night.

But every morning I find I'm all right.

My memory is failing, my head's in a spin.

But I'm awfully well for the shape I'm in.

Gourock Primary School

HEALTH AND

WELLBEING

A CURRICULUM FOR EXCELLENCE

Children and young people need to experience what it feels like to develop, enjoy and live a healthy lifestyle. They also need to learn ways of dealing with the many new and challenging situations they will experience throughout their lives.

A healthy lifestyle supports physical, social and emotional wellbeing and underpins successful learners.

I like being with others

At Gourock Primary School children through their learning in Personal, Social and Health Education have opportunities to engage positively in experiences that are fun, enjoyable, exiting, challenging in ta variety of settings including the outdoors.

HEALTH TOPICS

The topics for the Personal, social and Health Education Programme in Gourock primary School for P1– 7 are:

NUTRITION EDUCATION

SEX EDUATION

ROAD SAFETY

DRUG EDUCATION

ANIT-VANDALISM EDUCATION

All of these topics teach children about Physical Health, emotional Health and Social Health.

SCOTTISH QUALIFICATIONS AUTHORITY

The Scottish Government

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