

Health & Wellbeing

Learning in **HEALTH & WELLBEING** ensures that Pentland pupils develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future. It is our highest priority in Pentland that all pupils feel happy, safe, respected and included.



The *Health & Wellbeing* curriculum is structured into the following organisers:

- *Mental, emotional, social and physical wellbeing*
- *Planning for choices and changes*
- *Physical education, physical activity and sport*
- *Food and health*
- *Substance misuse*
- *Relationships, sexual health and parenthood.*

For more information on *Health & Wellbeing* please click [here](#).