

Oxgang Primary School



Health Education

Information for Parents and Carers

What is the Health Curriculum?

What will my child learn?

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Health Curriculum



Health and Wellbeing form an integral part of a child's education. Recently revised guidelines from the Curriculum for Excellence writers give a clear indication of how this can be achieved in schools.

At Oxbang Primary, our health program currently encompasses physical health, emotional health and social health. We have a program of study from P1-P7 in which children get experience of all aspects of the health curriculum. Children in P6 (from Session 08/09) and P7 (from Session 07/08) also have experience of more defined lessons in the field of sexual health. This leaflet gives a broad overview of what is covered in the lessons and the various personnel involved.

Curriculum for Excellence Draft Outcomes from August 2008



- **Mental, Emotional, Social and Physical Wellbeing**
- **Relationships, Sexual Health and Parenthood**
- **Planning for Choices and Changes**
- **Substance Misuse**
- **Food and Health**
- **Physical Education, Physical Activity and Sport**

Sexual Health Curriculum



Sexual Health is taught from Primary 1 to Primary 7, though the lessons in Primary 6 and Primary 7 are more focused on sexual health, as it is commonly understood.

Primary 6	Lesson objectives
Lesson 1	Exploring the concept of a family Preparing for a new baby Responsibilities of parenthood Pre-school child development: first tooth, walking, talking etc
Lesson 2	Starting school Feelings experienced in new situations How to make, mend and maintain friendships Qualities essential to sustain friendships
Lesson 3	What is Puberty? Similarities between male and female bodies (internal organs etc) Differences between male and female bodies Physical and emotional changes experienced during puberty
Lesson 4	Puberty—menstruation Simple explanation of the process Sanitary protection and related hygiene issues

Primary 7	
Lesson 5	Looking at the theme of responsibility <ul style="list-style-type: none">• Responsibility for the body (hygiene)• Responsibility for behaviour (peer pressure)
Lesson 6	Exploring relationships (including marriage) Human reproduction (simple explanation of conception, pregnancy and birth) Concept of the life cycle

If you have any concerns about the lesson content, or wish your child to be excluded on religious grounds, please contact the Head Teacher.

How is the curriculum taught?

Children normally experience the curriculum through lessons taught in class by their own teacher. Health and wellbeing lessons are augmented by involvement of professionals such as those listed below. Please note that this is not an exhaustive list or a stipulation.



Outcomes	Key Personnel
Mental, Emotional, Social and Physical Wellbeing	Class Teacher Specialist Staff, e.g. Community Police
Relationships, Sexual Health and Parenthood	Class Teacher School Nurse
Planning for Choices and Changes	Class teacher Specialist Staff, e.g. Community Police
Substance Misuse	Class Teacher Specialist Staff, e.g. Community Police, PACE theatre company
Food and Health	Class teacher Specialist Staff, e.g. Health Promotion Staff
Physical Education, Physical Activity and Sport	Class teacher PE Specialist Swimming Coaches (P5) Active Schools Co-ordinator

