

Health and Wellbeing Family Update Term 3



HEALTH AND WELLBEING RE-EXPLORED

3.1 HOW GOOD ARE WE AT ENSURING THE BEST POSSIBLE OUTCOMES FOR ALL LEARNERS

Recover

Health and Wellbeing Recovery

"IT'S OK NOT TO BE OK"

ACTIONABILITY OF ALL

Reflect

What does the data tell us?

Re-explore

HOW SUCCESSFULLY ARE WE COVERING THE HWB CURRICULUM?

FOOD AND HEALTH

PREPARING FOR CHOICES AND CHANGES

PHYSICAL EDUCATION

SUBSTANCE MISUSE

ROAD SAFETY

RELATIONSHIP, SEXUAL HEALTH AND PARENTHOOD

OUTDOOR LEARNING

MENTAL, EMOTIONAL, SOCIAL AND PHYSICAL WELLBEING

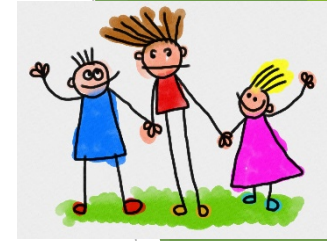
OUR CHILDREN'S WELLBEING

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Family Updates

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- ▶ All schools now have a pupil Mini or Midi Champ who will help their school to drive forward our Action Plan.
- ▶ All schools have a Family Champ and we had a very successful first Family Champ meeting in November with 30 schools represented.
- ▶ A Microsoft Form was submitted by each Family Champ with what matters to them in their community. From there, the Health and Wellbeing Development Team have created this schedule of events planned to support what was asked for, including:
 - ▶ **January** - This Term 3 update emailed to all families
 - ▶ **February**- All families will start to receive our Health and Wellbeing Newsletter
 - ▶ **March**-An Anxiety Management Session will be held online for families with Educational Psychologists
 - ▶ **April** -A Focus on Physical Activities Session will take place for families
 - ▶ **May** - Family Champs will be invited to meet with our Health and Wellbeing Team to input their ideas to our Action Plan for Academic Session 2022/2023

*Please note-Family Champs will receive and communicate details about the above Sessions

Term 3 Calendar

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This calendar gives a flavour of the Health and Wellbeing Themes that we are celebrating and raising awareness of across our West Lothian Schools.

	Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Week Ending
	17/1/22	Brew Monday 17th https://bit.ly/3FfH9Q				MFIYL Working Groups End of Big Schools Birdwatch	21/1/22
	24/1/22			HWB Champions			28/1/22
February	31/1/22	National Story Telling Week 29th-5th February https://www.sfs.org.uk/national-storytelling-week	LGBTQ+ History Month https://lgbtplushistorymonth.co.uk/		Time to Talk Day 3rd https://www.time-to-change.org.uk/	End of National Story Telling week	04/2/22
	07/2/22	Children's Mental Health Week https://www.childrensmentalhealthweek.org.uk/				End of Children's Mental Health Week https://www.childrensmentalhealthweek.org.uk/	11/2/22
	14/2/22	HOL ELC open	HOL ELC open	All resume	Choose Kindness Day 17th https://bit.ly/3Cj4isD	MFIYL Steering Group All of our Children, All of their Potential Conference (ASN)	18/2/22
	21/2/22	Fairtrade Fortnight https://bit.ly/3gDXqDZ				End of LGBTQ+ History Month https://lgbtplushistorymonth.co.uk/	25/2/22
March	28/2/22	Eating Disorders Awareness Week 28th-5th https://www.beateatingdisorders.org.uk/	Walk All Over Cancer Month https://www.cancerresearchuk.org/get-involved/find-an-event/walk-all-over-cancer/			MFIYL Working Groups End of Fairtrade Fortnight End of Eating Disorders Awareness Week	04/3/22
	7/3/22		International Woman's Day https://www.internationalwomensday.com/				11/3/22
	14/3/22	British Science Week 13th-19th Innovating The Future https://bit.ly/30wLhWv		HWB Champions		End of British Science Week Innovating The Future Global Recycling Day 18th https://www.globalrecyclingday.com/ Red Nose Day 18th https://bit.ly/3ceV8Tg	18/3/22
	21/3/22	Neurodiversity Celebration Week https://www.neurodiversity-celebration-week.com/	World Water Day https://www.worldwaterday.org/			MFIYL Steering Group End of Neurodiversity Celebration Week	25/3/22
April	28/3/22	Family Safety Week https://www.rospa.com/campaigns-fundraising/current/family-safety-week			End of Walk All Over Cancer Month	End of Family Safety Week	1/4/22