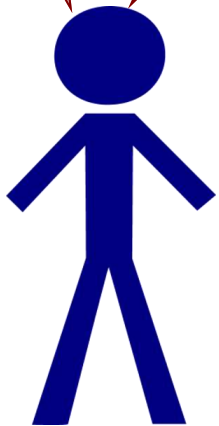


What are the arrangements?

When do I study i-thrive?

In **2016/2017** pupils who have chosen to take PE at National 3—5 level in S4 will have 2 periods of i-thrive per week

From **2017/2018** and beyond i-thrive will be part of the curriculum for all S4 pupils—jointly delivered between PE and PSE—joining up the natural health and wellbeing links between these 2 areas of the curriculum



Success in i-thrive?



**THE
JAMES YOUNG
HIGH SCHOOL**



i-thrive

*Wellbeing Award
Levels 3-5*

**Helping me improve
my overall health and
wellbeing**

Why are pupils in S4 undertaking the Wellbeing Award?

Why do it?

- ✓ Our school has a commitment to improving the health and wellbeing of our pupils across the curriculum
- ✓ The Award is to encourage learners to take a holistic view of wellbeing, looking at connections between mental, emotional, social and physical health' (SQA Wellbeing Award Specification 2012)
- ✓ Wellbeing is central to effective learning and preparation for life and work' (SQA Wellbeing Award Specification 2012)
- ✓ Reports of declining mental health issues for Scottish students—this course will help pupils consider ways to reduce this impact
- ✓ In addition there is a notable increase in young people feeling pressurised with school work (80% and 60% for girls and boys respectively)
- ✓ Wellbeing subjects can be a catalyst for pupils to channel their health and wellbeing as well as improving their health and wellbeing generally
- ✓ Currently pupils have no timetabled opportunities for PSE in S4 to support 2 periods of physical education

What is involved?

Project 1—Exploring Wellbeing

- ⇒ Considering what wellbeing means in a variety of contexts—what is meant by mental, social, emotional and physical wellbeing
- ⇒ Investigating what impacts on a person's wellbeing using a variety of sources

Project 2—Improving Wellbeing

- ⇒ Setting targets as to how you will improve wellbeing and then undertaking a planned activity to meet these targets
- ⇒ Evaluating the impact of the plan—has wellbeing improved?

What do Colleges, Employers and Universities say?

Why study i-thrive?

Employers "Wider achievement qualifications in application forms or CVs was used to inform interview questions and to prompt young people to speak about them selves."

Colleges "We take account of wider achievements at the interview stage, we're keen to choose those who are trying to improve their life experience."

In the case of universities "Wider achievements reported in personal statements did play a part in the selection process after formal qualifications. This was done in different ways depending on the type of course and the profile of the university,"