

# Health & Social Care

An example of how health and social care contributes to Personal Development is in the subject content of the curriculum. Pupils learn about nutrition and the importance of factors that contribute to a healthy lifestyle including exercise, sleep and drugs in society. They also learn what it means to have good mental health, as well as looking at social factors that can impact upon health and well-being, including changes in relationship. Pupils learn about care values, including respect and dignity, health and safety and promoting anti-discriminatory practice. This involves pupils demonstrating their own application of these principles, therefore promoting equality and diversity.

In Health and Social Care, we promote a growth mind set by encouraging pupils to complete all work to the best of their ability.

In terms of looking at equal opportunities, students study how to treat patients of all groups and how care services need to be adapted to ensure everyone receives the care they require in accordance to the Equality Act (2010).