

**Ysgol Uwchradd Y Frenhines Elisabeth
Queen Elizabeth High School**



Moving Forward Together

Health and Wellbeing Policy

Curriculum Staffing & Pastoral Committee

Date established by Governing Body: 10-3-21

Responsible Person – Mrs Sarah O’Kelly

Designated role –Assistant Head Teacher

Chair of Governors signature – Jeremy Griffith

Date – 6/11/2024

Next review – Autumn Term 2027

Policy Version Control

Version	Date	Page	Section	Reason for review	Summary of amendment	Chair of Governor's signature
1	10-3-2021	1	Aims	Scheduled review	Reference to the new Curriculum and Health and Wellbeing	Helen Starkey 10-3-2021
1	10-3-2021	1 & 2	Delivery of PSE, H & WB	Scheduled review	Delivery through other areas	Helen Starkey 10-3-2021
1	10-3-2021	3	Careers Education	Scheduled review	Updated to reflect practice	Helen Starkey 10-3-2021
1	10-3-2021	4	Role of PSE, H & WB coordinator	Scheduled review	Updated to reflect practice	Helen Starkey 10-3-2021
2	6-11-2024			Scheduled review	Updated to reflect practice	Jeremy Griffith 6-11-2024

PSE, HEALTH AND WELL-BEING POLICY

AIMS

Personal, Social and Education (PSE) enables children to become healthy, independent and responsible members of society. Personal and Social Education has evolved, and is now a part of the integrated 'Curriculum for Wales' - Health and Well-being Area of Learning Experience. The Health and Well-being Area of Learning and Experience (Area) provides a holistic structure for understanding health and well-being.

DELIVERY OF PSE, HEALTH AND WELL-BEING

- At Key Stage 3 pupils have timetabled wellbeing lessons once a fortnight to deliver the New Curriculum requirements. These are also covered across the curriculum as well as PE lessons to ensure full coverage. At KS4 and 5 it is covered across the curriculum. There is a Health and Wellbeing audit available illustrating how this is covered to meet the Health and Wellbeing requirements.
- We use a range of teaching and learning styles. We place an emphasis on active learning by including pupils in discussions, investigations and problem-solving activities
- Some aspects of the curriculum are delivered through other areas:
 - DACW in registration time
 - Assemblies
 - Collapsed timetable days e.g. Show Racism the Red Card
 - Celebration of specific events in the calendar e.g. Random Act of Kindness Day, Fair trade fortnight
 - Practical activities e.g. one hour of fitness day for National Fitness Day, making healthy snacks, charity fundraising, planning school events like assemblies
 - Visiting speakers e.g. PC Craig, Carmarthenshire Young Carers, Crucial Crew, Fire Service, the school nurse
 - School council
 - Duke of Edinburgh Award Scheme
 - 'Healthy Schools Scheme'

SUPPORT FOR NUMERACY, LITERACY AND DIGITAL COMPETENCY

This will be planned into the programmes through a range of activities - discussion, group work, research, data collection etc.

ASSESSMENT FOR LEARNING

Planning and delivery of Health and Well-being follows school policy on assessment for learning e.g.

- > sharing objectives with pupils

- > effective questioning techniques to extend learning
- > paired and group work
- > Opportunities to reflect on learning e.g. plenary sessions.

ESDGC

Through focusing on issues that matter to young people and through practical activities inside the school grounds and buildings, as well as in the local community and further afield, ESDGC can stimulate innovation in both teaching and in the curriculum. This means implementing ESDGC approaches and content across the curriculum, in all subject areas and with all age and ability groups.

It will also involve an awareness of relevant recent initiatives and national events that could be implemented whenever possible, e.g. healthy eating, fair trade, Keep Wales Tidy. We have an active ECO club at the school as well as using our garden as a teaching resource and also opportunity for pupils to focus on their Health and Wellbeing.

CAREERS EDUCATION

The school is working to achieve The Careers Wales Mark.

In this context the school is committed to meeting the requirements of the Careers and the World of Work Framework and engages pro-actively with the schools' Careers Wales Advisor to provide timely, appropriate and individualised careers advice.

The school audits and evaluates its careers provision against the statutory framework on an annual basis.

Careers provision includes:

- Careers Wales Advisor talks for years 9, 10 and 11
- NHS work experience
- Interview training with local supermarkets
- University guest speakers
- Apprenticeship links
- STEM careers days and talks
- Oxbridge mock interviews
- CV building
- Enterprise and Employability through the Welsh Baccalaureate/Skills challenge Certificate
- Support with the UCAS process
- One to one options meetings for pupils in year 9 and year 11
- One to one careers meetings for years 11-13
- School alumni programme

MONITORING AND EVALUATED

The Health and Wellbeing programme will be monitored and evaluated on a termly basis by the Health and Wellbeing co-ordinators, Line Manager and Senior Leadership Team. These evaluations will involve consideration of parents/ pupils' responses, staff and other sources. This continual review will ensure that the content is up to date and evolving.

Role of the Health and Wellbeing Coordinator

- To maintain up to date knowledge on statutory guidelines for the Health and Wellbeing strand of the new curriculum
- To attend Health and Wellbeing PLCs and appropriate training courses.
- To develop programmes of study and enrichment days across the school
- Provide professional support to all teachers of the Health and Wellbeing curriculum
- To prepare and deliver RSE through the Health and Wellbeing programme

- Use pupil voice exercises such as the SHRN survey to inform planning.
- To liaise with the Assistant Head teacher's for Pastoral and Wellbeing in order to address any concerns that need to be addressed in the curriculum

This policy is linked to:

- Substance Misuse Policy
- Smoke Free Policy
- Safeguarding and Child Protection Policy
- Relationships and Sexuality Education policy

These policies should be read in conjunction with this PSE/Health and Well-being Policy.