

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



Moving Forward Together

PSE/ Health and Well-being policy

PSE/ HEALTH AND WELL-BEING POLICY

AIMS

Personal, Social and Education (PSE) enables children to become healthy, independent and responsible members of society. It has cross-curricular dimensions and permeates all aspects of school life. It encourages pupils to play a positive role in contributing to the life of the school and the wider community.

Overall Aims

- To deliver the contents of the P.S.E. Framework 2008 and move towards incorporating the new Health and Well-being curriculum.
- To develop pupils' physical, mental and emotional well-being so they can thrive as individuals.
- To include activities which provide a positive influence on attitudes and behaviour.
- To encourage pupils to develop skills and strategies which will be transferred to other areas of the curriculum. These include literacy, numeracy and digital competency, as well as other wider skills such as critical thinking, problem solving and creativity.
- To assist pupils to live healthy and fulfilled lives.

DELIVERY OF PSE/ HEALTH AND WELL-BEING

- At KS3, 4 and 5 PSE is covered across the curriculum. There is a PSE audit available illustrating how this is covered to meet the PSE framework.
- PSE/Health and well-being is delivered at Key stage 3 in timetabled lessons, which are held once a fortnight. These lessons have been developed in line with the new Health and Well-being curriculum for Wales.

- 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 PSE/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.

PSE AND THE HEALTHY SCHOOLS SCHEME

Our involvement in the county's scheme ensures that, while pupils are at school, they:

- Eat and drink healthily whenever possible, and acquire healthy eating habits;
- Learn about the importance of healthy eating for their own future health and that of their families and dependents;
- Develop the skills necessary to buy and prepare healthy meals and drinks;
- Develop their understanding of what healthy eating means;
- Develop their understanding of how their own bodies respond to food and physical exercise and how this affects fitness;
- Take responsibility for promoting actively the self esteem of other members of the school community;
- Take responsibility for developing good relationships in the daily life of the school;

- Help to identify, develop and communicate a positive ethos and appropriate social values;
- Help to enhance the environment of the school;

Our involvement in the county's scheme also aims to:

- Develop and implement a coherent health education curriculum;
- Establish effective links with partner schools to ensure smooth transition, both socially and in relation to the development of the health education programme;
- Develop the school as a health promoting workplace with commitment to the health and well being of all staff;
- Develop the complementary role of other school policies to the health education curriculum;
- Develop partnerships with appropriate outside agencies and individuals, including the school health service, for advice and active support for health education and health promotion in the school;

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.

CAREERS EDUCATION

The school will work 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 it's 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

MONITORING AND EVALUATED

The PSE/ Health and Wellbeing programme will be monitored and evaluated on a termly basis by the PSE Co-ordinator, Line Manager and Senior Management 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 PSE/Health and Wellbeing Coordinator

- To maintain up to date knowledge on statutory guidelines for PSE and the Health and Wellbeing strand of the new curriculum
- To attend PSE PLCs and appropriate training courses.
- To develop programmes of study and enrichment days across the school
- Provide professional support to all teachers of the PSE curriculum
- To organise the Police Liaison programme of study
- Inform parents of any planned sexual health-based lessons/activities
- Use pupil voice exercises such as the SHRN survey to inform planning.
- To liaise with the Assistant Headteacher for wellbeing in order to address any wellbeing concerns that need to be addressed in the curriculum

This policy is linked to:

- Substance Misuse Policy
- Smoke Free Policy
- Safe-guarding and Child Protection Policy

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