



The Wellbeing Curriculum at North Nibley C of E Primary: A statement of intent



Our 'Wellbeing' curriculum comprises 'traditional' Personal, Social and Health Education, together with Relationships and Sex Education (RSE) and learning about the importance of good mental health.

At North Nibley we teach Wellbeing lessons with the intention that all our pupils will develop the knowledge, skills and attributes they need to keep themselves (and others) healthy and safe, prepared for life and work in modern Britain. Evidence shows that well-delivered PSHE programmes have an impact on both academic and non-academic outcomes for pupils. Schools, in partnership with parents, have a vital role in preparing children and young people to negotiate the challenges and opportunities of an increasingly complex world.

Building on excellent work in the Early Years Foundation Subject (including the strands 'Self-Regulation', 'Managing Self' and 'Building Relationships'), our scheme of work visits, and revisits in a spiral fashion, sequences of lessons on British Values, Global Citizenship, Personal Safety, Friendships, Physical Health, RSE, Mental Wellbeing and more. Aspects of diversity and sustainability – our 'Golden Threads' – are frequently to the fore. Our plans and resources are fully in line with the PSHE Association's Programme of Study and fulfil the new statutory requirements for Relationships and Health Education.

In lessons, children encounter new learning or ideas, usually by the way of a guided presentation, but discussion, as a class or in smaller groups, is a vital part of exploring the curriculum. Through discussion, children develop their own perspectives and are challenged to think carefully about their own lives, their preconceptions and aspirations. Opportunities to create links to our school values, such as Respect, Responsibility, Friendship and Justice are plentiful.

Wellbeing education is the school subject that deals with real life issues affecting our children, families and communities. It's concerned with the social, health and economic realities of their lives, experiences and attitudes. It supports pupils to be healthy (mentally and physically); safe (online and offline) and equipped to thrive in their relationships and careers. Wellbeing education helps all our children— the highest achievers as well as those more vulnerable or insecure — to achieve their fullest potential.

Paul Batchelor, Subject Leader, April 2022.