

CARDIFF HIGH SCHOOL



Health and Wellbeing

Policy 2.2

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HEALTH AND WELLBEING

At Cardiff High School, we are committed to promoting the physical, mental, emotional, and social well-being of all our students. The Health and Wellbeing curriculum is designed to help our learners understand the interconnectedness of health in all its forms and to equip them with the skills to lead healthy, fulfilling lives.

Our approach supports the development of the four purposes of the curriculum, preparing students to be healthy, confident individuals, ethical citizens, enterprising contributors, and ambitious learners.

Core Principles

The Health and Wellbeing curriculum is underpinned by the following principles, as outlined in the Welsh Government's Area of Learning and Experience:

- 1. Holistic Understanding of Health:** Health is a multifaceted concept encompassing physical, mental, emotional, and social well-being. The curriculum will empower students to understand the complexities of health and how different aspects are interconnected, promoting a lifelong commitment to their well-being.
- 2. Physical Health:** We will help learners understand the importance of health-promoting behaviours such as:
 - Regular physical activity, including sport
 - Balanced diets and personal hygiene
 - Sleep hygiene and protection from infection
 - The prevention of health-harming behaviours
 - Students will be encouraged to develop confidence, motivation, and physical competence to lead active and healthy lifestyles, fostering long-term health benefits.
- 3. Mental and Emotional Health:** Understanding the emotional and psychological aspects of health is key to our curriculum. Students will:
 - Recognise the connection between their experiences, emotions, and mental health
 - Develop skills in self-awareness, empathy, and emotional regulation
 - Learn to communicate their feelings and recognise when and where to seek help
 - This will support students in building resilience and a positive mindset, enabling them to navigate challenges both inside and outside of school.

- 4. Decision-Making and Social Influences:** We will provide opportunities for students to explore the impact of their decisions on themselves and others. Key to this is developing critical-thinking skills and understanding the social influences (norms, values, and peer pressure) that shape behaviour. Students will be encouraged to engage critically with social influences on their health and well-being, from media messages to peer norms, and understand the consequences of their actions.

- 5. Healthy Relationships:** Healthy relationships are a cornerstone of mental, emotional, and social well-being and essential for thriving in all areas of life. We will foster the development of healthy, supportive relationships by encouraging:
 - The importance of connection, belonging, and empathy in relationships
 - Strategies for recognising unhealthy relationships and seeking support when needed
 - The skills needed to form, nurture, and maintain positive relationships throughout life

Implementation

Whole-School Approach: Health and Wellbeing will permeate all areas of school life, from classroom learning to extracurricular activities and school policies. Teachers will draw on multiple aspects of health when planning lessons, ensuring a holistic approach.

Cross-Curricular Links: Teachers across subjects will support Health and Wellbeing by reinforcing positive behaviours, communication skills, and critical thinking in relation to students' health. Collaborations with Physical Education, Food Technology, and Science will ensure pupils' Health and Wellbeing is developed in multiple contexts.

Engagement with Families: Cardiff High School recognises the importance of engaging families in the well-being of students. We will regularly communicate with parents and guardians to share health-related initiatives, encourage healthy behaviours, and offer resources for supporting their child's well-being at home.

Enrichment

A range of external partners are involved in supporting the curriculum delivery of Health and Wellbeing, such as Brook, Educate Against Islamophobia, MEND, Race Equality First, BAWSO, Just Like Us, Odd Balls, the school police liaison officer and Crimestoppers.

Pupil Voice

A range of available health and wellbeing data is used to develop a bespoke Curriculum which meets the needs of all learners. This includes data captured through surveys such as the School Health Research Network (SHRN) and school pupil voice surveys.

Monitoring and Evaluation

Feedback from students, parents, and staff will guide the ongoing development of the curriculum and the implementation of new health initiatives.

At Cardiff High School, we are committed to nurturing the whole child by promoting health in all its forms. Through a curriculum that encourages healthy habits, self-awareness, critical thinking, and emotional resilience, we aim to develop learners who are prepared to live fulfilling, healthy lives and make positive contributions to society.