

Aberdare Community School Ysgol Gymunedol Aberdâr



Whole School Health & Wellbeing Policy

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| Date Adopted | 12 th July 2023 |
| Signature of Headteacher | <i>Evelyn Morgan</i> |
| Signature of Chair of Governors | Mrs E Bryant |
| Date to be reviewed | July 2025 |

Principles

At Aberdare Community School we utilise a whole school approach to Health & Wellbeing in lines with the statutory requirements of the new curriculum for Wales from September 2022. Through the teaching of SWEET we are able to meet the vast majority of the statutory requirements and learners are able to attain a BTEC qualification in Personal Growth & Wellbeing at Level 2, which is equivalent to an A* - C grade qualification. https://www.sweet.education/files/ugd/815158_ff1d55e3d1d7477f83f302d53fd984dd.pdf

Statutory Requirements

The new framework is a requirement in secondary schools and states the key aims of Health and Wellbeing are to “develop the capacity of learners to navigate life's opportunities and challenges... developing healthy, confident individuals, ready to lead fulfilling lives as valued members of society.” <https://hwb.gov.wales/curriculum-for-wales/health-and-well-being/>

Aims

‘What matters’ in the Health and wellbeing area has been expressed in five statements which support and complement one another:

- Developing physical health and well-being has lifelong benefits.
- How we process and respond to our experiences affects our mental health and emotional well-being.
- Our decision-making impacts on the quality of our lives and the lives of others.
- How we engage with social influences shapes who we are and affects our health and well-being.
- Healthy relationships are fundamental to our well-being.

Links with Other Policy Statements

Other policies refer to Health & Wellbeing related issues and should be read in conjunction with this policy statement. These are:

- Relationships and sex education (RSE)
- Substance misuse education, including the management of drug related incidents.
- Behaviour management (including bullying).
- Religious Education.
- Careers and Work Related Experiences (CWRE)

Learning Outcomes

Effective realisation of the vision described in this Area of Learning Experiences (AOLE) is fundamental to developing healthy, confident individuals, ready to lead fulfilling lives as valued members of society. By developing learners’ motivation, *resilience*, *empathy* and decision-making abilities, they can be supported to become ambitious, capable learners, ready to learn throughout their lives. Learners can also be supported to become ethical, informed citizens of Wales and the world by developing their ability to show respect, to value equity, to listen to others and to evaluate the *social influences* affecting them. Through enabling learners to manage risks, express ideas and emotions, develop and maintain healthy relationships, and take on different roles and responsibilities, the learning and experience in this AOLE can support learners to become enterprising, creative contributors ready to play a full part in life and work.

Equal Opportunities

Every opportunity is sought to help learners develop knowledge and understanding of themselves and others as individuals – their strengths, weaknesses, attitudes, personal qualities, ability and potential. Learners are encouraged to develop a sense of personal and cultural identity that is receptive and respectful towards others. Learners are to engage in programmes that allow them to develop and gain an understanding of skills, values and attitudes that will enable them to participate in our multi-ethnic society in Wales. All students have equal access and entitlement to the health & Wellbeing programme regardless of their academic ability, age, sex disability or ethnic background.

Delivery and Content

At Aberdare Community School seeks to have a broad, balanced holistic approach to Health & Wellbeing.

In addition to planned teaching of relevant Health & Wellbeing skills within other AOLEs such as Technology, Science and RE under the Religion, Values & Ethics (RVE) element of the new curriculum, we will adopt a multi-agency approach. This will involve input from among others, South Wales Police, Cwm Taf School Nursing service, YEPS, Careers Wales, RCT Education, Employment & Training Team, RNLI, Royal Navy and Barod. There will also be Peer lead initiatives within the Health & Wellbeing programme. These will include Y Senedd Aberdar, Healthy Eating programmes and Smoking Cessation Projects. The School will also participate in the Healthy School Programme, operate a Restorative Approaches system, make use of Mentors and develop links to and involvement with the local community. Aberdare Community School is an inclusive and caring school.

Through a variety of learning experiences, the school helps each learner to:

- Think and act for themselves
- Acquire personal qualities and values
- Take their place in a wide range of roles in preparation for adult life
- Develop confidence and interdependence
- Value and respect themselves and others
- Know themselves better and think well of themselves
- Develop social and life skills
- Value and respect belongings/living things/their environment
- Be able to share and co-operate

Work to develop this cross-curricular dimension may be included in class or school-based topics. Opportunities for Health & Wellbeing development are identified in teachers planning. The BTEC Personal Growth & Wellbeing qualification features a range of experiences to promote the Health & Wellbeing of learners. These curriculum areas are supported by 'Health & Wellbeing & Careers Days' for all individual year groups, in which learners are provided with exciting learning opportunities and experiences. Through study learners are also able to enhance their development in the skills of:

- Deepening thinking
- Literacy & Communication
- Digital Literacy
- Numeracy

Evidence of learning opportunities and experiences, are kept centrally by the Assistant Head-teacher responsible for Health & Wellbeing. This will take the form of a portfolio of evidence of photographs, evaluations, learners work and appropriate schemes of work from all curriculum areas.

Guidance

Aberdare Community School provides opportunities for parents, the community, local industry and outside agencies to contribute to the learner's Health & Wellbeing development through their active involvement in the life and philosophy of the school. The school has developed good links with South Wales Police, Cwm Taf School Nursing service, YEPS, Careers Wales, RCT Education, Employment & Training Team, RNLI, Royal Navy, Barod and Universities/Colleges. Many aspects of school life contribute to the Personal and Social Education development of learners, as well as curriculum subjects and Health & Wellbeing Days.

Roles and Responsibilities

An Assistant Head-teacher has a strategic overview of Health & Wellbeing across the school and responsible for co-ordinating the BTEC SWEET qualification in conjunction with the Leader of Learning. The department is supported by the SLT link and the Deputy Head: Curriculum takes the Health & Wellbeing AOLE into account when planning for development, timetables and staffing. A member of the Governing Body acts as a link Governor for Health & Wellbeing in conjunction with RSE.

Continuing Professional Development

The training needs of the staff involved in the delivery of Health & Wellbeing are identified via continuous professional development interviews and the department's development plan. Teachers will access training opportunities by Portal education for SWEET qualifications as appropriate to the needs of the individual and/or department.

Monitoring and Evaluation

The Assistant Headteacher will regularly evaluate the current programme and plan for future developments, working to identify areas for development and set goals agreeing on strategies to achieve effective solutions and outcomes. Departments review Health & Wellbeing provision when they monitor and review their Schemes of Work. Departments use a variety of other methods such as questionnaires and listening to learners to monitor its performance through Aberdare Community School's Self Evaluation Framework.

Arrangements for Reviewing the Policy

The policy was agreed by the Governors on 12th July 2023 and will be reviewed on a regular basis in accordance with curriculum changes from Welsh Government & Qualifications Wales.