

# Health and Wellbeing at HLC

## PSHCE Drives learning in Health and Wellbeing–

The PSHCE Curriculum is a key component in the delivery of Wellbeing and health education at HLC. Other curriculum areas such as Science, PE, Food Technology and Health and Social Care all contribute to this delivery.

### Specific delivery content can be seen below-

Y7 – focus on **puberty, leading onto discussion regarding unwanted contact and FGM**. Students also learn about basic first aid – This is **reinforced in science** lessons when looking at **reproductive systems in Y11 – Reproduction module and Human anatomy in Y8**

Y8 – Focus on **Mental health and wellbeing, building self-esteem and coping mechanisms**

**Science focus on healthy foods**, reinforced by **Engineering Food module – World foods**, exploring different meals from around the world and **considering healthy alternative ingredients to reinforce Eatwell guide**

Students learn about assessing risk prior to the school holidays – specifically focusing on peer pressure and drug misuse. This is targeted to give students the tools to avoid this during the extended holiday.

Y9 – Focus on growth mindsets – Character development and making responsible health choices to limit risk of cancer. This is reinforced in Yr. 10 Science where students investigate communicable disease and methods to prevent them – heart disease etc

Y10 - Focus on Careers – aspirations, preparing for your future and future success – reinforced by visits to Telford College – Taster Day.

Y11 – Focus on study skills, maintaining a healthy lifestyle, sleep patterns, reinforced by HLC Skills and Qualities delivery throughout curriculum, Supported by Future Focus appointments

### Reinforced by

- Mental Health awareness assemblies WB 04/10
- Antibullying week WB15/11
- Safer internet Day WB07/02
- Pi Day WB 14/03
- Mental Health 02/05
- SEND awareness Focus WB 09/05

## Healthy eating in Science and Food Technology lessons features throughout the KS3 and KS4 program of study.

In Year 7 Science, students are introduced to the concept of food being a fuel during Energy 1 module, progressing with their knowledge and applying this to food chains and the flow of energy between organism, Ecosystems 1, and how this flow of energy is used by organisms within Organisms 1.

In Year 7 Food Technology – Students focus on the **Eatwell guide, Hygienic cooking, following the 5 a day – fruits and veg per day guidance and why this is important**, students develop a range of cooking skills so that they are able to produce healthy food meals for themselves at home.

Food as fuel and its impact is further explored by **Science** in year 8 Organisms 2 module where healthy and unhealthy diets are discussed linking the need for a balanced diet to our bodies requirements, focusing on nutrients, Food tests and an Unhealthy diet.

Year 10 continue this thread by exploring risk factors associated with an unhealthy diet within Organising animals and plants (Circulatory system and cholesterol accumulation) and Non communicable diseases, exploring links specifically with coronary heart disease and diabetes.

### Supporting Healthy Lifestyles Curriculum delivery –

- Dance module in Y7, 8 and 9
- PE deliver 6 activity areas per year, each time covering Fit for Perform, Fit to Lead and Fit to Live. These lessons are reinforced through persistent enrichment which takes place throughout the week
- Fit for Life – In each year, regular discussion takes to explore how physical activity and exercise impacts the human body and how that then affects your health

# Health and Wellbeing – Waves System

The Waves system employed at HLC supports student mental health and wellbeing by...

Wave 1 - Our first wave within school offers universal support around mental health and wellbeing to all of our students across the school. This wave is all about education, understanding and knowledge of mental health and wellbeing for our students. It ensures that students know of the support offered to them within school as a HLC secondary student. In this whole school approach, we ensure that the importance of mental health and wellbeing is made clear and available to all students.

Wave 2 - Where it has been identified that students have had access to our support in wave 1 and there is further bespoke intervention needed, this is where our wave 2 interventions may be used to help support students. Generally, wave 2 has programs that are bespoke to the particular support that the student needs. This support is implemented by staff who are trained in these interventions, to ensure our support package offered around their mental health and wellbeing is effective and relevant.

Wave 3 - If interventions in both wave 1 and 2 have been used and there is still further support needed, this is where our wave 3 interventions may need to be implemented. Wave 3 is generally used where considerable support needs to be put in place, in order to meet the needs of the student. It is where tailored programs are used in order to help ensure our students have the greatest success and are supported in the best possible way. This may require work with outside agencies who are trained in specialist programs, to help care for our student's mental health and wellbeing needs.