

# HEALTH & WELLBEING

## Health and Wellbeing Education at Bryntirion

Health and Wellbeing lessons provide an opportunity for learners to explore key issues related to their own personal development, their relationship to others and the world around them. Health and Wellbeing is delivered as a timetabled lesson, with all young people in Key Stage 3 & 4 taking part in one lesson a fortnight as well as most year 9 having an additional lesson, depending on option choices. Students have the opportunity to take part in a diverse range of learning activities such as Theatre in Education performances and presentations as well as workshops delivered by visiting speakers.

## The Curriculum

Students follow a broad and relevant curriculum, the content of which is informed by the needs of our learners and our involvement in research projects lead by Cardiff University, which creates opportunity for self-reflection and personal growth. Themes include Relationships and Sex Education, social media ethics and behaviour, personal safety and responsibility and substance misuse. The curriculum is supported by the Police Liaison Officer, who delivers lessons as part of the All Wales School Core Liaison Programme and, in Year 9, the school nursing service. Nurse Stephanie Dixon is also available to meet with young people to discuss health concerns on a weekly basis.

## Health and Wellbeing Support

Individual and groups of learners are able to access Health and Wellbeing support according to need. A School Counsellor and a family Mental Health Therapist work with young people on a weekly basis. Other intervention staff to include the Emotional Literacy Support Assistant (ELSA), the Pupil Intervention Officer and the Wellbeing Interventions Officer all work in conjunction with the Pastoral and Safeguarding Teams to ensure that learners are safe and have the emotional wellbeing for learning.

