



The Wellbeing Curriculum

“Building resilience in a modern world”

At The Westgate School we make the wellbeing of the individual a top priority: academic success can only come from feeling emotionally safe and secure. In order to become confident and resilient individuals, young people need to be taught the skills to look after their emotional and physical wellbeing therefore, our academic curriculum is supplemented by a school-designed curriculum for wellbeing that is led by pupils and, our school's lead for mental health, Mrs. Woodall - Head of primary phase.

The school year is punctuated by 'Wellbeing Days' in which all pupils participate. Parents and carers are invited to support these events and regular Partners in Learning opportunities also aim to help parents and carers to deepen their skills in supporting their child's wellbeing.

Our Wellbeing curriculum intends to:

- promote emotional wellbeing and mental health;
- embed an understanding of how to remain resilient and self-aware of pressures;
- consider how physical activity can promote well-being for all;
- consider how we can support others in our community.

Westgate Primary Phase

<p style="text-align: center;">Primary Phase</p> <p>Cross Curricular – Philosophy for Children, growth mindset approach, collaborative learning, outside learning, use of visitors, THRIVE approach, positive relational behaviour approach with a focus on restoration. Pre-teaching and master classes to promote confidence. Digital safety. Cultural Capital.</p> <p style="text-align: center;">Westgate School Values: Be kind, Be respectful, Be responsible</p>	
Assemblies	School Values, taking responsibility, Characteristics of Effective Learning – positivity, supporting charities (Shoebox appeal) Enrichment opportunities, awe & wonder, anti-bullying, Having a growth mind-set, Choices, Internet Safety, Bravery, Pupil support team, Road safety, celebration of difference. Caring for our environment. Recycling, reusing and upcycling.
Science	Appreciation and love of the natural world, Understanding and knowledge of changing seasons and growing Forest Learning opportunities, Diet and nutrition, Balanced diets, importance of physical exercise, puberty (KS2). Sustainability: making the right choices
English	<ul style="list-style-type: none"> • Confidence in spoken language and oracy, development of vocabulary. Development of communication skills. • Promoting a love of reading as key to our curriculum. • Qualities of a good person (heroes), representation of women, appreciating other cultures and lifestyles through a wide range of texts including fiction, non-fiction, and poetry.
Maths	Group learning & master classes.
PE & Dance	<p>Developing confidence and skill in different movements and sports. Hygiene and importance of clean kit., Teamwork, confidence (when performing), - Resilience and perseverance. Develop a positive sense of themselves and others. Positive relationships and develop respect for others. Develop social skills and learn how to manage their feelings. Understand appropriate behaviour in groups. Have confidence in their own abilities. To understand how to live a healthy, active lifestyle through physical activity, fitness, mental health and diet.</p> <p>To make correct decisions/choices in order to keep safe. Be respectful and sympathise with others, body shapes and abilities.</p>
Personal Development &	Core themes in PD - Health & well-being - physical & mental health, health & wellbeing, Relationships, Living in the wider world and environment, Living in the wider world – Rights and Responsibilities. School Values – Be Kind, Be Respectful, Be Responsible. British

<p>Religious Enquiry</p>	<p>Values - Democracy, Rule of Law, Tolerance of different faiths and religions, mutual respect, Individual liberty.</p> <p>RE - Promoting different cultures, faiths & traditions, Sex education (Y6) E Safety, Careers and Finance, Leadership, Emotional Health and Wellbeing, The Science of Learning, Law and Order, RRR. British and school values. Explicit teaching about emotions, self-awareness and strategies for self-regulation.</p> <p>What is RE, The Search for Truth and Meaning, Knowledge of different religious traditions:</p> <p>YR & KS1 -Christian and Hindu Traditions</p> <p>Year 3 & 4 - Christian, Buddhist and Jewish Traditions</p> <p>Year 5 & 6 - Christian, Islamic and Jewish Traditions</p> <p>Inspirational figures and Leaders. Celebration of similarities & differences.</p>
<p>History</p>	<ul style="list-style-type: none"> • The lives of significant individuals in the past who have contributed to national and international achievements – Florence Nightingale, Mary Seacole, Mary Anning (KS1) • Events beyond living memory that are significant nationally or globally Great Fire of London (KS1) Stone Age, Iron Age, Roman Empire, Ancient Greeks (KS2) • Significant historical events, people and places in their own locality- William Walker, History of Winchester • British History chronologically
<p>Geography</p>	<p>Developing knowledge of our local environment, the UK and the world. Physical and human geographical skills and knowledge. Being citizens, Being part of a community, Our place in in the world (industries and careers), Tribes and how we live, Tourism and the need for leisure. Sustainability: making the right choices</p>
<p>Technology</p>	<p>Healthy eating (5 a day), Eatwell Guide, Nutritional analysis, Food related illnesses, - Managing food intolerances, Reuse and recycling (benefits), Food for enjoyment, experience of the Design process – Design, make and evaluate.</p>
<p>The Arts</p>	<p>Opportunity to learn an instrument and sing in a group. Experience to perform. Appreciation of different types of music.</p> <p>Appreciation of different styles of Art, different mediums and a wide variety of artists. Making mistakes and improving, supporting each other, Feeling safe and secure, Identity, arts from different cultures celebrating different cultures</p>
<p>Spanish</p>	<p>Knowledge of a different country and confidence in speaking another language.</p>

Westgate Key Stage Secondary Phase

Year 7	
Assemblies	Pupil support team, Road safety, Young Carers, supporting charities, Enrichment opportunities, anti-bullying, Having a growth mind-set, Choices, Internet Safety, Bravery, Pride
Tutor Programme	GROUP, Mentoring, Highlight of the week, GSA (Club)
Science	Diet and nutrition, Balanced diets, Sports injuries, Fertilisation, Puberty, Stomach aches: indigestion and neutralisation
English & Media	Qualities of a good person (heroes), Mean Girls: representation of women, Confidence in spoken language
Maths	Considering our Health and Fitness (data) Making good choices around nutrition - Fruit smoothies, packaging and nutrition
PE & Dance	Hygiene – importance of clean kit., Team work, Confidence (when performing), - Resilience and perseverance (x country), Healthy lifestyles
Personal Development & Religious Enquiry	Healthy bodies, healthy minds, Promoting different cultures and faiths, Sex education E Safety, Careers and Finance, Leadership, Emotional Health and Wellbeing, The Science of Learning, Law and Order, RRR. Ethical thinking, Islam and Christianity.
History	The Feudal System (belonging), The church (belonging), The black death (people demanded better pay and conditions), Castles: having security
Geography	Homelessness and overcoming housing, shortage, being a citizen, being part of a community, Our place in Europe (industries and careers), Tribes and how we live, Tourism and the need for leisure
Technology	Healthy eating (5 a day), Eatwell Guide, Nutritional analysis, Food related illnesses, Sustainable eating, Food for enjoyment
The Arts	Making mistakes and improving, supporting each other, Feeling safe and secure, Identity, - African arts: accepting different cultures
Languages	Food / healthy diet, Exercise, Confidence (speaking)

Year 8

Assemblies	Supporting charities (Shoebox appeal), Taking responsibility, Enrichment opportunities, Anti-bullying, Having a growth mind-set, Resilience, Choices, Internet Safety, Bravery, Pride
Tutor Programme	-Mentoring - Reflections -Highlight of the week
Science	Drugs, Health industry, Antibiotics, Africa: Malnutrition, Vitamin C and AIDS
English & Media	Appreciating other cultures and lifestyles, Victorian times: reflecting on how lucky we are.
Maths	
PE & Dance	Teamwork, Confidence (when performing) Resilience and perseverance (x country) -Healthy lifestyles
Personal Development & Religious Enquiry	Making choices, Online safety, Sexting, -Contraception, Promoting different cultures and faiths, The Science of Learning, Emotional Health and Wellbeing, Sex and Relationships, E Safety. Judaism as a major world faith, religion in the media and Buddhism and Meditation.
History	Slave trade: how it destroys freedom and wellbeing, British empire: imposing wellbeing, Industrial Revolution – bought about wellbeing
Geography	-Sustainability: making the right choices -Migration: understanding reasons for immigration.
Technology	Healthy eating (5 a day), Eatwell Guide, Nutritional analysis, Food related illnesses, Managing food intolerances Reuse and recycling (benefits), Food for enjoyment
The Arts	Making mistakes and improving, supporting each other, Layers of security, Identity, accepting other cultures, Places: feeling happy and safe
MFL	The benefits of a good diet and exercise, the dangers of smoking, Confidence (speaking)

	Year 9	Year 10	Year 11
Assemblies (SMSC)	Supporting charities (Shoebox appeal, Taking responsibility, Enrichment opportunities, Anti-bullying, Having a growth mindset, Organ Donation, Young carers, Cancer talk, Sexual bullying, Internet Safety, Money management, Bravery, Pride, British Values		As Year 9 and 10, additionally: Post 16 learning opportunities, Careers information, BREATHE: being in control,
Science	<ul style="list-style-type: none"> • Stem cell therapy and ethical dilemmas, • Chemistry of food and digestion 	<ul style="list-style-type: none"> • Vaccination, Antibiotics, and painkillers, • Discovery and development of drugs, • Hormones and the artificial control of fertility 	<ul style="list-style-type: none"> • Contraception and fertilisation • Inherited disorders and genetic screening
English and Media	<ul style="list-style-type: none"> • Reflecting on relationships, • Racism and overcoming it, Qualities of a hero, Ambitions, overcoming challenges • Confidence in spoken language 	<ul style="list-style-type: none"> • Coping with trauma and loss, standing up for beliefs, Responsibilities and looking after others • Ethics of science 	Resilience in preparation for exams
Maths	<ul style="list-style-type: none"> • Personal finance project: NIC, PAYE, managing a budget and borrowing money 	<ul style="list-style-type: none"> • Where is the best place to live: statistical analysis 	Personal finance (certificate)
PE & Dance	Teamwork, Confidence (when performing), How exercise improves memory function for revision (DLD), How exercise improves emotional wellbeing (DLD), Healthy active lifestyle (Health & Fitness suite), Stress management, Communicating confidently (sports leaders)		
Personal Development & Religious Enquiry	<ul style="list-style-type: none"> • Parliament and the rule of law in the UK and beyond • Current health issues in society, mindfulness, and mental health. • Managing stress and anxiety. 	<ul style="list-style-type: none"> • Careers and preparing for the future • Mental health, Resilience, anxiety and stress management, • Staying safe online 	<ul style="list-style-type: none"> • Careers and preparing for the next step • Economics and finances • Cyber safety • Exam stress management

	<ul style="list-style-type: none"> • Careers and the environment • Drugs and alcohol awareness, • Human rights • Money management 		
History	<ul style="list-style-type: none"> • Wellbeing of populations • Poppy Appeal • Causes and cures of disease 	<ul style="list-style-type: none"> • Fleeing for Wellbeing, • Land, trade and war • Respecting other religions, • Rebuilding the city of London 	<ul style="list-style-type: none"> • Time of greater wellbeing for Germans, Increased jobs after the depression • Ending slavery in Africa
Geography	<ul style="list-style-type: none"> • Human development, • Economic development, • Climate change 	<ul style="list-style-type: none"> • Poverty, Equality, • Looking after our environment 	<ul style="list-style-type: none"> • Employment and economies • Maintaining a good water supply
Technology	<ul style="list-style-type: none"> • Healthy eating (5 a day), Eatwell Guide, Nutritional analysis, Food related illnesses, Managing food intolerances, Reuse and recycling (benefits), Food for enjoyment 		
The Arts	<ul style="list-style-type: none"> • Making mistakes and improving, supporting each other • Voicing opinions and ideas, Group work • Learning to work independently Art for therapy (Sculpture) 		
MFL	<ul style="list-style-type: none"> • Diet and Exercise • The dangers of Smoking and Alcohol, 		