

Wellness (PSHCE) at Oriel Academy West London an Aspirations Academy

Intent

To deliver an authentic education, through a knowledge-rich curriculum, which provides skills to prepare our pupils for the 21st Century. We want to enrich children's' lives with an abundance of different life experiences (Cultural Capital) whilst improving student well-being and resilience with a personalised curriculum, adapted to the needs of our children. Through the delivery of our Wellness Curriculum, students will learn about the importance of mental health, wellbeing and about different types of relationships.

Implementation

Our children will develop a strong sense of values which guide their choices in life, to develop their self-esteem, build resilience and have a positive attitude towards others. As part of our curriculum, there are three main themes: Relationships, Health and Well-being and Living in the Wider World. Our curriculum also ensures that our pupils are taught their rights and responsibilities through the teaching of British Values and the ability for pupils to voice their opinion on those issues. The pupils have the opportunity to explore ideas through discussion-based learning as well as using real-life contexts. This is a vehicle for children to express feelings and support their emotional needs; we are committed to providing excellent pastoral care, ensuring every child feels valued and appreciated.

Impact

We recognise that, as well as knowledge, students need to develop their ability and skills to apply knowledge in order to survive in a rapidly changing world. Through our Wellness curriculum, the children will be able to assert themselves in a positive and resilient way. If learning is deepened, pupils will be able to transfer skills and knowledge to their future and have the confidence to ask questions which will deepen their understanding. Through Pupil Voice discussions, children will be able to talk in detail about their learning and relate it back to previous learning experiences.