



Chigwell School

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Our Pastoral Provision



WELLBEING TEAM

The Wellbeing Team and the Wellbeing Centre are here to offer drop-in sessions, specialised support, medical help or just a friendly face when you need it - our wellbeing team are always there to provide a safe area in which children can share their feelings.

WELLBEING CENTRE

PASTORAL TEAM

The Pastoral Team, led by the Senior Deputy Head, work closely with pupils, parents/ guardians, and outside agencies, when necessary, to ensure there is sufficient support in place to enable every child to thrive.

LEARNING SUPPORT

The Learning Support team work closely with pastoral leads to ensure **all** of our children thrive not only academically but socially as well.

SAFEGUARDING TEAM

Our team of DSLs (Designated Safeguarding Leads) work across the whole school **in order to** promote the children's welfare and safety as well as in collaboration with external agencies and parents.

HEAD OF YEAR

The Heads of Year oversee more complex year group issues whilst having an overview of the needs of the year group.

FORM TUTOR

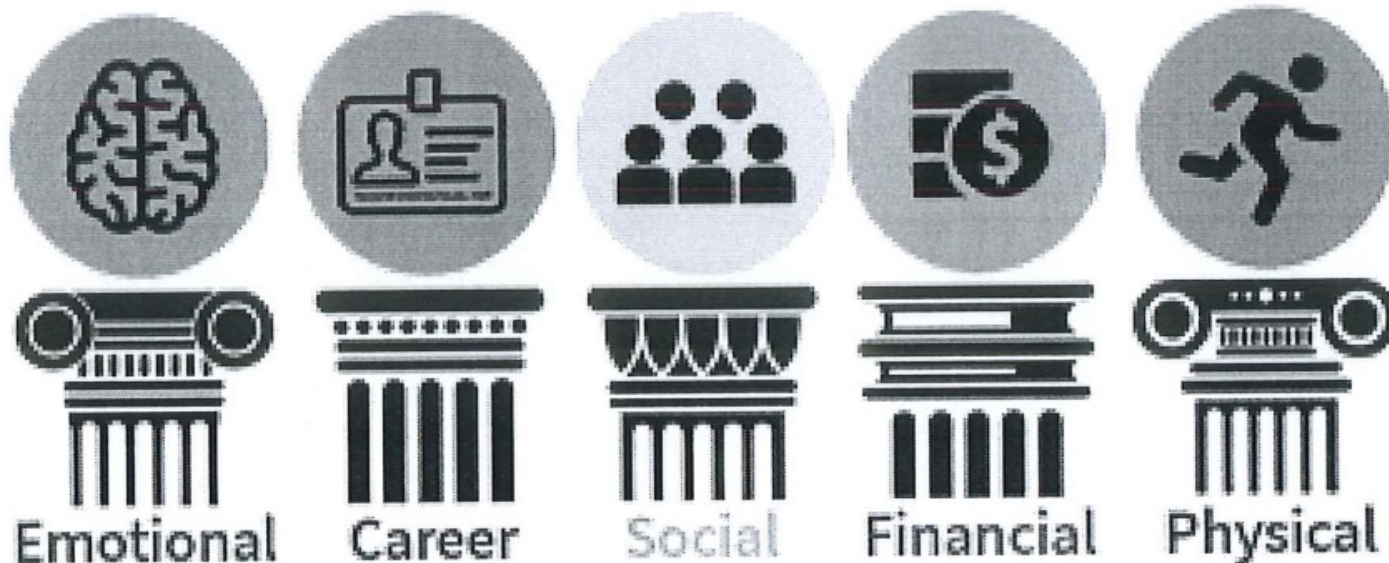
Form Tutors, who are the main point of contact for both parents and children, play the pivotal role in supporting children at school.

ALL ADULTS

All adults who work at the school are regularly trained in latest developments around pupil welfare and safeguarding. They are encouraged to raise any concerns with a pupil's form teacher.



Pillars of Wellbeing



Why is the Wellbeing Curriculum important?



Why is the Wellbeing Curriculum important?

“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.”

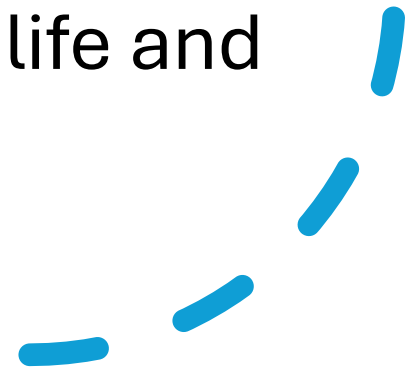
Forward by Secretary of State June 2019

Four thick, curved blue lines of varying lengths are arranged in a semi-circular pattern in the bottom right corner of the page.



Why is the Wellbeing Curriculum important?

The Wellbeing Curriculum plays a vital role in safeguarding our young people. There is compelling evidence at government level to suggest that when a Wellbeing Curriculum is taught well it helps keep children and young people safe, mentally and physically healthy and prepared for life and work.



Why is the Wellbeing Curriculum important?

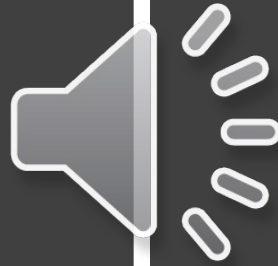
If we don't have these important conversations with our young people, then they will find the information out for themselves...



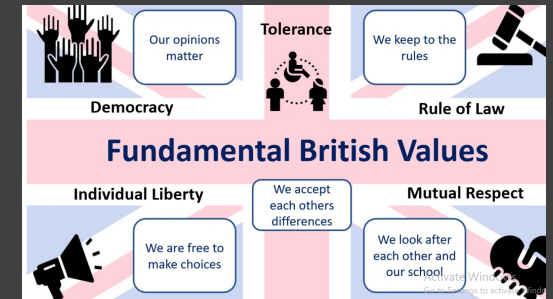
Pillars of Wellbeing



**What is the Wellbeing Curriculum?
(PSHE/RSE/RSHE)**



Pillars of Wellbeing



What is the Wellbeing Curriculum?

- The Wellbeing Curriculum is made up of lessons delivered weekly in Years 7-9 and fortnightly in Years 10 – 13. The content of these lessons is based around the five pillars of wellbeing: Emotional, Career, Social, Financial and Physical.
- **Emotional**: stress management, self-worth, boundaries in relationships, positive mental health, romantic relationships.
- **Career**: career pathways, GCSE choices, A-Level choices, apprenticeships, raising aspirations, goal setting, employability skills, online presence, personal brand, work experience.
- **Social**: community, diversity, challenging extremism, prejudice, bullying, friendships, families, online safety
- **Financial**: saving, borrowing, opening a bank account, credit scores, gambling, online scams.
- **Physical**: puberty, first aid, unwanted contact, harmful substances, contraception, sexual health, body image, diet, exercise, pregnancy.



Pillars of Wellbeing





RELATIONSHIPS AND SEX EDUCATION

Families

Respectful relationships

Online Safety and Awareness

Being Safe

Intimate and Sexual Relationships
including sexual health



HEALTH AND WELLBEING

Mental Wellbeing

Wellbeing Online

Physical Health and Fitness

Healthy Eating

Drugs, Alcohol, Tobacco and Vaping

Health protection and prevention and
understanding the healthcare system

Personal Safety

Basic First Aid

Developing bodies

Getting ahead of the new 2026 DfE RSHE

AI Literacy



Guidance

Incel Culture

Deepfake Images

Misogyny

Personal safety: fire, travel, water, roads and railway

Endometriosis

Knife crime

Menopause

Access to healthcare services



Conflict Resolution

Menstrual and gynecological health

Scams, Fraud, Sextortion



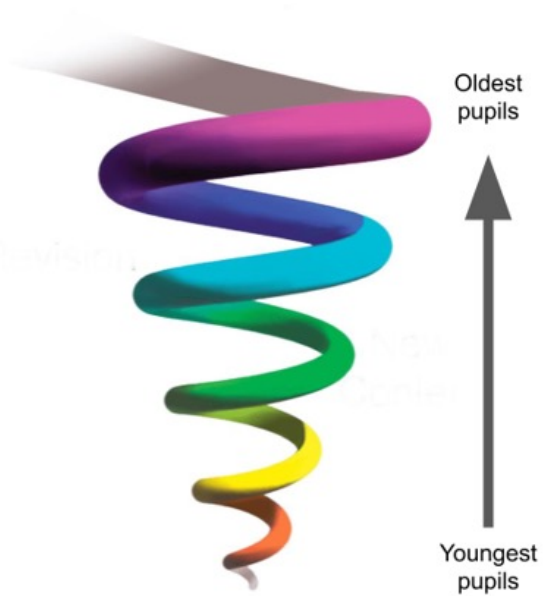


Week	III	IV	Removes	LV (Week A)	UV (Week A)
1	What is Wellbeing?	What is Wellbeing?	The Teenage Brain	INSET	Good working habits in an exam year
2	Transition: Good Working Habits	External Speaker: Sextortion	Social Media Detox for Wellbeing		
3	Friends	Careers - Debunking stereotypes	Good mental health and coping strategies	KS4 Transition	Apprenticeships
4	Bullying	Careers - Careers of the future	Resilience and reframing failure		
5	Conflict Management	Body image	Healthy Eating	Growth Mindset	Young people's working rights and responsibilities
6	Life Online: Trolls	Body image - impact of social media	Tattoos and Piercings		
7	Life Online: Digital Literacy (safety online)	Body image (cosmetic alteration)	Internal Speaker: Self screening	Reframing Stress	Getting ready for mocks: revision timetables and study skills
8	Life Online: Digital Literacy (Scams and Phishing)	What matters to you?	You are what you drink		
9	Protected Characteristics	Democracy - protests and petitions	Internal Speaker: Substance Abuse (drugs)	Fertility	Microaggressions
10	Disability Awareness	UK Political System	County Lines		
11	Disability/BSL	UK Political System	Gangs and Knife Crime	Routes into Parenthood	Mob mentality and Criminal Behaviour
12	Multiculturalism and valuing differences	Party Planning	Poverty and the Welfare State	Follow Up: Parenting Costs	
13	Neurodiversity	Party Election	External Speaker: Happiness, Positivity and gratefulness	Unplanned pregnancy and choices	Loneliness and social anxiety
1					
2	Prejudice	Language and Meaning	Community and the importance of volunteering		Follow Up: Community and Support Networks
3	Discrimination	Gender: Equality, Sexism and LGBTQ+ rights	Internal speaker: Charity Project launch	Finance: Responsible Finances and Avoiding Debt	Internal speaker: Suicide Prevention
4	The media's role in hate crime	Masculinity	Charity Project Planning		
5	Families	Healthy Relationships	Charity Project Planning	Cybercrime: Financial exploitation and online fraud	Honour violence
6	Changes in families: divorce, separation and remarriage	Romance and Falling in love	Charity Project Planning		
7	Marriage	Managing breakups	Charity Project Planning	Sextortion	Virginity testing and Hymenoplasty
8					
9	Alternatives to marriage	Navigating friendships and conflict	Charity Project: House Final		
10	Forced and arranged marriages	Dealing with peer influence	Charity Project: Final	Gambling	Self care in exam season
11	Personal hygiene including dental health	Avoiding pressure to vape	Immigration		
12	Puberty: Boys' Puberty	Avoiding pressure to sext	Radicalisation	Careers: The changing job market	Interview Skills
13	Puberty: Periods and Menstruation	Pornography and our brains	Radicalisation		
14	Study Skills	Study Skills	Study Skills	Preparing for Work Experience: CV	Summer beyond exams: parties and travel
1					
2	Looking after my body and mind: Healthy eating	First Aid Training	Misogyny and Manosphere		
3	Sugar, Processed food and disease	Digital Literacy: Deepfakes and AI	Algorithms and Sub-cultures (Incel culture)	Drugs: Prescription drugs, antibiotics and nitrous oxide	
4	Looking after my body and mind: Healthy exercise	Digital Literacy: Extreme Views	Over-reliance on online relationships and SM validation		
5	Looking after my body and mind: Sleep and stress	Finance: Opening a bank account	Online Reputation	Menstrual and Gynaecological Health and the Menopause	
6	Looking after my body and mind: Harmful substances	Finance: Budgeting	AI: A new world		
7	Looking after my body and mind: Harmful substances: Scams, gaming and a gateway to irresponsible spending		AI: Chatbots, complacency and malicious use	RSE: Readiness for Sex and role of pleasure	
8					
9	My body: My rights (Idea of consent)	Looking after my body: Vaccines	Healthy Relationships	Online Dating	
10	My body: My rights (FGM)	Organ Donation	Consent	RSE: Stalking, Sexual Harassment and the Law	
11	My mind: Tips for dealing with anxiety	Appropriate and legitimate health services	Healthy Sex: Contraception		
12	Being the best version of me	My body and my rights: FGM	Healthy Sex: Contraception	RSE: Porn, ethics and dangers	
13	Summer Fun: Safety on road, rail and water	My mind: Tips for dealing with anxiety	Healthy Sex: STIs		
14	Letter to Future Self		Health Advice Services	RSE: Coercive control and gaslighting	

**How is the
Wellbeing
Curriculum
delivered?**

Pillars of Wellbeing

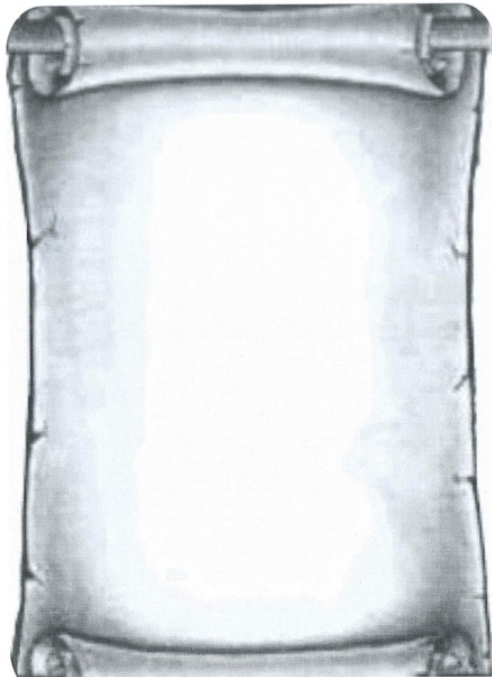






Head of Wellbeing Curriculum, Tutor, External Speakers

Wellbeing Lesson Code of Conduct



Lesson title		British Value		Protected Characteristic	
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Please remember to change the colour of your pen to add new knowledge/information as the lesson progresses!

How the Wellbeing Curriculum is **NOT** delivered....



Fear



Shock

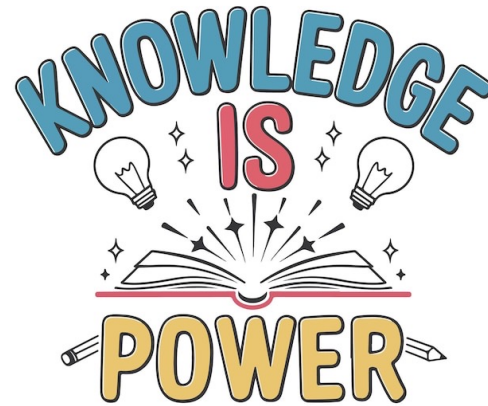


Normalising harmful
behaviour

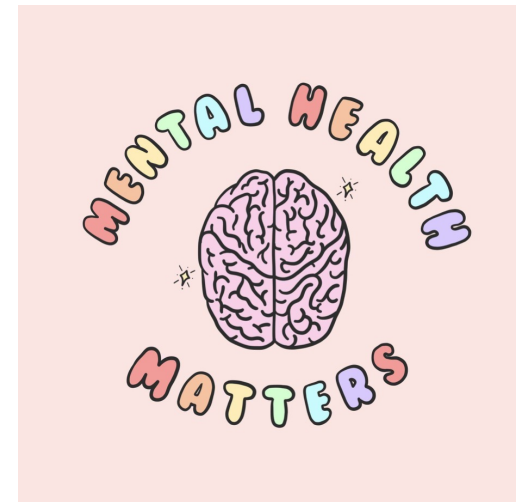
How the Wellbeing Curriculum **is** delivered....



**Promoting
healthy
norms**



**Equipping
with knowledge
and developing
skills**



**Building positive
attitudes**

Pillars of Wellbeing



Do parents have a role to play in the Wellbeing Curriculum?

Wellbeing
Hub and
Chigwell
Conversations



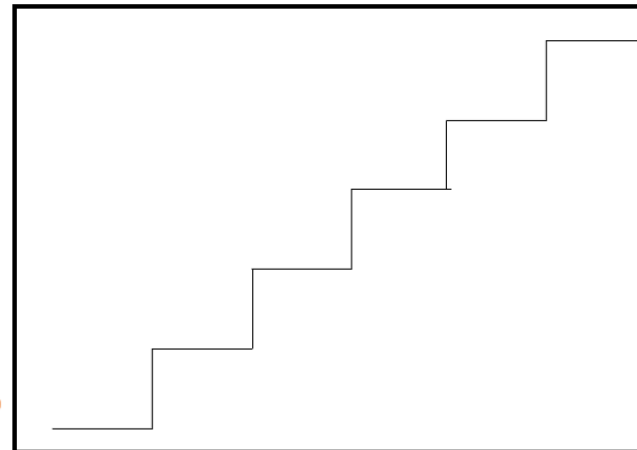


Discuss resources

- 3
Friendships get tricky. Puberty hits, emotions run high and people can change.
- 4
Communication is the key to resolving conflict.
- 5
★
Number these prompts in order of how helpful and realistic they are. It is most realistic and helpful, it is least realistic and helpful.
It is easier to refuse than to refuse than a parent.
One day we will be in senior together.
When the parent, the parent who says that is the most personally.
All your emotions with friends.
Your words are worth more and more.
Just remember people say they will only make your life miserable.
Why your conflicts are the sign and have them directly, only that all the best advice is to ignore.
The best way of handling conflict is to avoid them.
- 6
Conflict Escalator
We can make conflicts better or worse depending on how we handle them.
Avoiding
Pick someone
Argument behaviour
Escalate again
Avoid conflict totally
- 7
The Conflict Escalator.
You and your friend are having an argument about you not texting him/her back quickly enough. What behaviours could improve this argument? What would make it worse?
Better
Worse
- 8
The Office Shaper in July
- Discuss in pairs and then answer the questions in full sentences.
- Write a good or bad example of conflict resolution.

The Conflict Escalator

You and your friend are having an argument about you not texting him/her back quickly enough. What behaviours could improve this argument? What would make it worse?

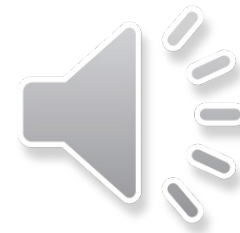
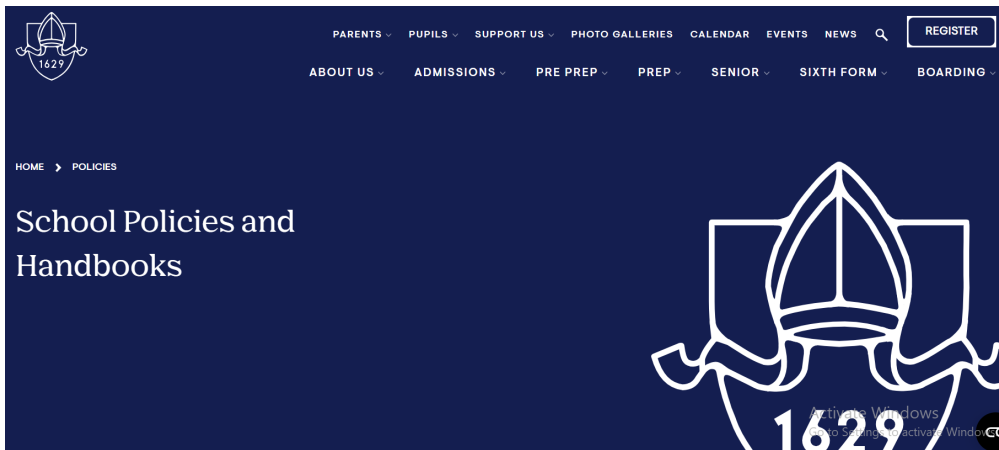


Worse

Better

Activate Windows
Go to Settings to activate

Policy Review



RSE STATEMENT

Download





Right to withdraw

- This is rare. No one from Chigwell has been withdrawn from sex education to date.
- Parents have the right to withdraw their child from **sex education** as part of Relationships and Sex Education (RSE), but **not from relationships education** at any school level. The withdrawal request should be in writing to the headteacher up to three terms before the child turns 16. After this point, the child can decide for themselves whether to opt into sex education lessons.
- It's important to understand that this is NOT a blanket withdrawal: Puberty, grooming, coercion, pornography, sexting, online safety etc are not sex education.





Right to withdraw

Chigwell School defines Sex Education as the teaching about the facts about the full range of contraceptive choices, efficacy and options available; choices in relation to pregnancy; how the different sexually transmitted infections, including HIV, are transmitted; the prevalence of STIs and the long- and short-term impact they can have on those who contract them and key facts about treatment.



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