Ysgol Tŷ Monmouth Policy

Health and Wellbeing

POLICY STATEMENT

- Article 24 of the UN Convention on the Rights of the Child states Pupils have a right to the best health possible and to medical care and to information that will help you to stay well.
- At Ysgol Tŷ Monmouth our fundamental aim is to support the development of our Pupils' physical health, mental health, and emotional and social well-being. The Health and Wellbeing Area of Learning Experience provides a holistic structure for understanding health and well-being with the ultimate goal of developing Pupils' capacity to navigate life's opportunities and challenges.

Document Control			
Policy Code:	TŷM3c	Policy Owner:	Abbie Heard
Version:	25.09_v2.07	Policy Author(s):	Rhuanedd Deroy-Jones Natasha Smith
Date ratified:	November 2024		
Review Frequency:	Yearly		
Next review date:	November 2026	Ratifying Committee:	PRG

Document History (last 3 versions)			
Date of Issue	Version No.	Person(s) responsible for change	Nature of Change
September 2025	2.07	Anne Stephens	Quality Cycle Review
November 2024	2.06	Anne Stephens	Quality Cycle Review
September 2024	V2.05	Anne Stephens and Abbie Heard	Annual Review

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1. Scope

1.1 Introduction

1.1.1 The Health and Well-being Area of Learning Experience provides a holistic structure for understanding the themes within the topic. It is concerned with developing the capacity for Pupils to navigate life's opportunities and challenges. It supports Pupils to understand and appreciate how the different components of health and well-being are interconnected; and it recognises that good health and well-being are important to enable successful learning and lifelong experiences.

1.1.2 The focus on health and wellbeing will equip Pupils to make positive and educated decisions about their health, now and throughout their journey to become successful adults. Pupils will develop their understanding of the holistic nature of health and wellbeing, and how it impacts upon their ability to learn.

1.1.3 Teaching and learning opportunities will consider the five statements of what matters:

- Developing physical health and wellbeing has lifelong benefits.
- How we process and respond to our experiences affects our mental health and emotional well-being.
- Our decision-making impacts on the quality of our lives and the lives of others.
- How we engage with social influences shapes who we are and affects our health and well-being.
- Healthy relationships are fundamental to our well-being.

1.1.4 This is reflected in the curriculum maps, which form the long-term overview for planning and assessment.

1.1.5 Teaching and learning opportunities will be broad and balanced, but specific to the individual needs of the Pupils within each class. This approach will ensure the four purposes are also addressed in a meaningful way.

1.2 Objectives and Opportunities

1.2.1 The objectives are:

- To develop physical health and well-being; and its lifelong benefits.
- To develop Pupils' ability to co/self-regulate their emotions.
- To understand the benefits of physical activity on physical and mental health and wellbeing.
- To develop respect and co-operation, with an ethos of fair play.
- To understand how we process and respond to experiences that affect mental health and emotional well-being.

- To develop self-esteem, a sense of "self" and personal rights and responsibilities.
- To improve our decision-making and learn how it impacts our lives.
- To understand how we engage with social influences and develop healthy relationships.
- To develop preparatory skills for the world of work, including innovation, confidence, and communication.
- To be active citizens within the local and wider community.
- To explore, make and use personal hygiene products.

1.2.2 Ysgol Tŷ Monmouth will work toward these objectives by giving the Pupils a wide range of experiences and opportunities. This could include, but is not restricted to:

- A range of team and individual play and games.
- Regular movement breaks and individual sensory circuits.
- Fitness and sports activities, dependent on the needs and preferences of the Pupils, onsite and in the local community.
- Meaningful opportunities to reflect and evaluate lived experiences.
- Pupil Council / Pupil Voice.
- A range of planned activities to develop problem-solving and innovation.
- Emotional literacy activities, including access to the integrated therapy team.
- Co-ordination of visits from people in our local community.
- Cooking and other multi-sensory activities.
- Fun activities incorporating turn-taking and co-operation.
- Opportunity for mindfulness and meditation.
- Safety quizzes (for example on road safety, relationships, or online safety).
- Opportunities to act safely in the wider community.
- Hygiene and product development.
- Opportunities to understand and develop skills related to first aid.
- Providing an individualised approach to relationships and sexuality education.

1.2.3 These experiences will support Pupils at Ysgol Tŷ Monmouth to:

- Think, express and act for themselves.

- Develop positive values and citizenship.
- Develop confidence, self-esteem, and independence.
- Be respectful citizens.
- Understand and value own skills and preferences.
- Develop social and communication skills.
- Be able to co-operate, share and interact with others, in a range of situations.
- Extend experiences beyond school, and into the local community.
- Understand the importance of a balanced diet and to make healthy choices.
- Understand the importance of regular exercise on both body and mind.
- Understand how personal skills and qualities are useful in the world of work, and the community.
- Participate in a wide range of roles in preparation for adult life.

1.3 Self-Regulation and Co-Regulation

1.3.1 This area of learning experience includes a focus on Pupils' social and emotional wellbeing. Developing this is key to building Pupils' resilience and self-esteem to become healthy, confident individuals. We recognise that many of our Pupils have developing self-regulation skills due to their individual needs. Developing social and emotional literacy skills is integral in supporting our Pupils to prepare for and access learning; and therefore, underpins all that we do.

1.3.2 We use a range of evidence-based approaches to support self- regulation through a process of co-regulation. We use a range of strategies informed by assessment. This includes Motional, the Multidisciplinary Team process and input from the Integrated Therapy Team (Appendix A).

2. Cross-Curricular Responsibilities

2.1 Literacy

2.1.1 The development of communication skills is fundamental within the curriculum at Ysgol Tŷ Monmouth. The development of literacy and communication supports Pupils to express their emotions, make decisions, navigate relationships, and make needs and choices clear. Pupils will have opportunities to explore a range of literature, to support emotional literacy skills and develop positive mental health, confidence, and self-esteem. Consequently, Pupils will increase their ability to identify with their sense of "self", and act safely.

2.1.2 Pupils will also have the opportunities to develop their ability to follow instructions, take turns and interact through physical education.

2.1.3 As Pupils progress, the further development of writing skills will support Pupils to express themselves; and communicate information about themselves. This may also overlap with vocational skills (writing a CV, for example).

2.2 Numeracy

2.2.1 Numeracy will be a key component of the health and wellbeing curriculum, as Pupils will learn to exchange money for ingredients, and follow recipes and measurements to prepare nutritious food. Pupils will learn about sequencing, timing, space, shape, and measure through physical activities; and will develop their understanding of time and routine to apply to healthy habits (appropriate screen time, for example).

2.3 Digital Competence

2.3.1 Life for young people is increasingly influenced by and spent online. It is vital for Pupils at Ysgol Tŷ Monmouth to develop an understanding of the pros and cons of being online, and to be educated about the risks of the online world, in order that they can develop safe behaviour, and positive physical and mental health and wellbeing. Pupils will have the opportunity to increase their awareness of rules (including law) regarding online safety and social media.

2.3.2 Pupils will be supported to develop a balanced view and use of the electronic world, recognising their responsibilities online, how to keep themselves safe, and using up-to-date technology to support their learning and development.

3. Integral Skills

3.1 Creativity and Innovation:

3.1.1 Learning opportunities at Ysgol Tŷ Monmouth will be practical and creative, and supportive of Pupils' right to express their individual opinions and preferences; whilst also understanding the opinions and preferences of others in a safe and respectful way. Pupils will be encouraged to explore ideas through multi-sensory opportunities, with the support of a range of therapeutic strategies. Pupils will apply creativity and innovation through cooking, physical activities and art and design. Pupils will have opportunities to create their own experiences, products, and ideas, thereby supporting innovative thinking as they progress through the stages of the curriculum.

3.2 Critical Thinking and Problem-Solving.

3.2.1 Pupils will develop critical analysis, evaluation, and appraisal skills by having opportunities to problem-solve and risk assess. This may be through the planning of community access sessions, involvement in physical activities or discussions about Relationships and Sexuality Education, for example.

3.3 Personal Effectiveness

3.3.1 Within this area, Pupils will develop their emotional intelligence through the integrated therapeutic approach delivered across the curriculum. This will support Pupils' understanding of how to recognise feelings, manage conflict and develop and sustain healthy relationships.

3.3.2 Pupils will also have the opportunity to plan, prepare and participate in whole school, class, and individual celebrations, developing their ability to recognise the achievements of themselves and others with goodwill and team spirit.

3.3.3 Pupils will be part of whole school decisions, including policy and planning development and student council. This will allow for opportunities to practice making decisions in a protected environment, where mistakes are supported as learning experiences.

3.4 Planning and Organising

3.4.1 Pupils will help to set their own goals for health and wellbeing, and they will be encouraged to plan for achievement, and self-reflect on their success. The level of planning and organisation from Pupils will vary according to individual needs and ability.

3.4.2 Pupils will be encouraged to enter into a dialogue about their strengths and areas for development. They will be supported through this process to develop the ability to self-reflect, plan, and evaluate, both individually and as part of a team. Within this, Pupils will be supported to develop strategies to show positive and healthy behaviour for both their physical and mental well-being.

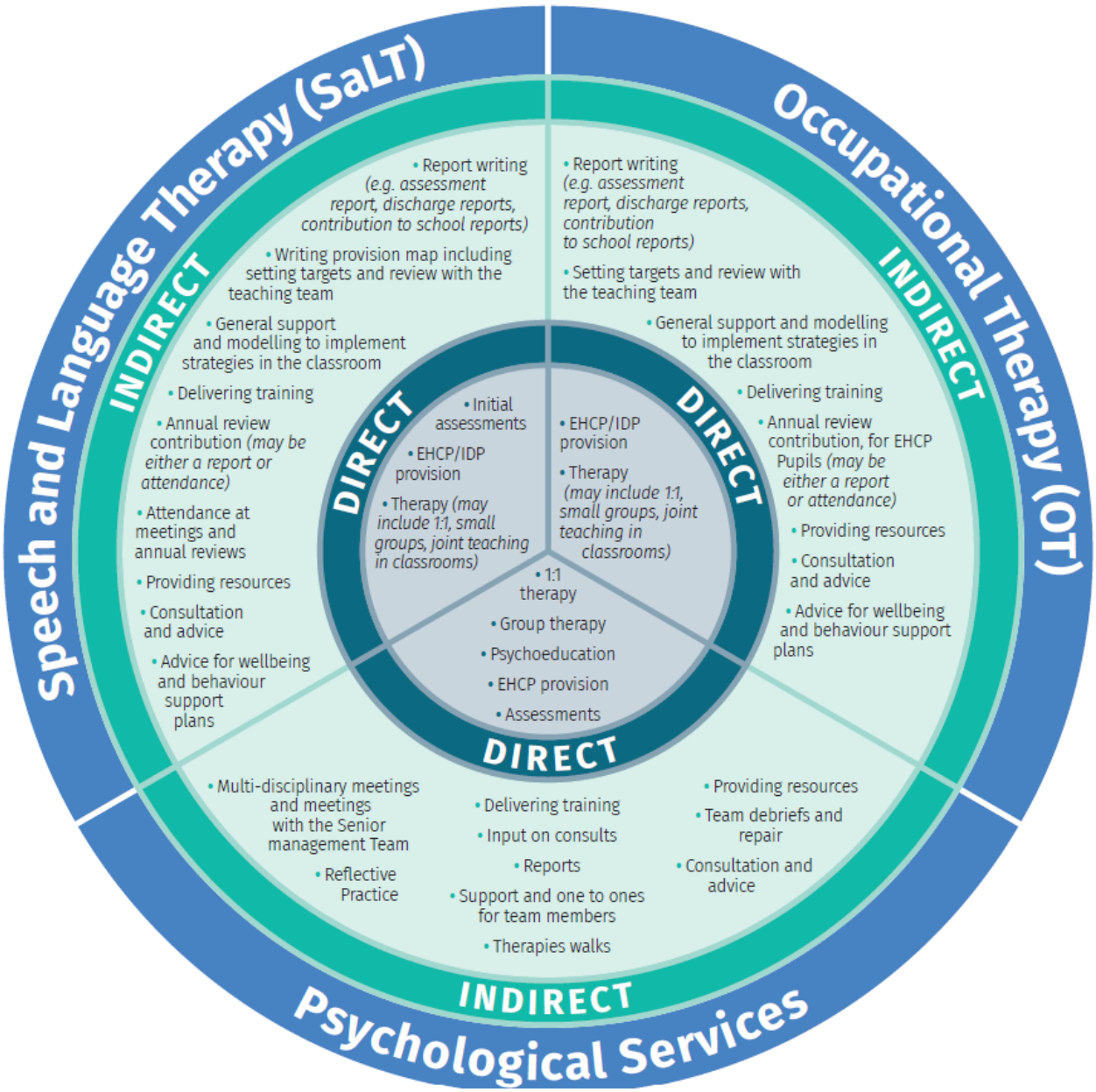
4. Monitoring and Review

4.1.1 The success of the health and well-being curriculum may be measured in the following ways:

- Increased participation and engagement, both formally (curriculum) and socially.
- Increase in the success rate of individual learning goals.
- Observation of positive Pupil behaviour and interaction.
- Termly showcase of Pupil's development.
- Small steps of progress as evidenced via Motional, B squared and other assessment tools.

4.2 Legislative Framework

4.2.1 This policy has been drawn up with regard to best practice and guidance from the below:

- The Curriculum and Assessment Act (Wales) 2021
- ALN Code of Practice Wales 2021
- United Nations Convention on the Rights of the Child 1989
- Education Act 2002
- Human Rights Act 1988
- Equality Act 2010

5. Appendix A: Integrated Therapy Input Infographic