

Student Wellbeing Map

	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
PSHE	Puberty Mental health and emotional resilience Drugs Alcohol Smoking Cyber safety Bullying and discrimination Britishness Rule of law Police school education team at times Careers education	Conception and contraception Sexual health and consent Body image and eating disorders Cyber safety Sexting Child Sexual Exploitation Healthy and unhealthy relationships Drugs, alcohol and smoking Mental Health Democracy Finance Police school education team at times Careers education	Sexual Health and consent Young parenting Cyber safety Drugs and alcohol Healthy relationships Police school education team at times Safe night out Careers education Medical ethics Abortion, euthanasia Equal rights/equality and inequality Racism Sexism/sexuality	Personal wellbeing – sleep, diet, exercise Stress management Mental health Healthy and Unhealthy relationships Cyber safety Prevent Healthy relationships Teenage Cancer Trust Police school education team at times Personal finance Careers education	Study skills Careers Cyber bullying Internet Safety Yoga and relaxation Cancer awareness and Health education Sexual Health University Finance	
Tutor programme and assemblies examples – wellbeing is promoted throughout the tutor programme	Charity Some tutor activities e.g. Campaign for Kindness Cyber safety assemblies Helping hand assembly British Values	Charity Some tutor activities e.g. Campaign for Kindness Cyber safety assemblies Time 4 U assembly British Values	Charity Some tutor activities e.g. Campaign for Kindness Cyber safety assemblies Time 4 U assembly British Values	Charity Some tutor activities e.g. Campaign for Kindness Cyber safety assemblies Time 4 U assembly British Values	Charity Some tutor activities e.g. Campaign for Kindness Cyber safety assemblies Time 4 U assembly British Values	
Other curriculum-based examples – wellbeing is promoted throughout the curriculum	Healthy lifestyle (science) Benefits of exercise (sports) Eatwell plate/micro and macronutrients ,	Nutrients (science) Benefits of exercise (sports) Eatwell plate/micro and macronutrients, food hygiene (Food)	Disease prevention inc. lifestyle choices (Science) Benefits of exercise (sports) Understanding	Benefits of exercise and healthy lifestyles(sports) Genetic testing (Science) Understanding	Cardiovascular and respiratory disease, infectious disease (Biology) Effects of drugs (Chemistry) Understanding points of view (English)	

	food hygiene (Food) Victimisation and Bullying (Drama) Understanding points of view (English)	Understanding points of view (English)	points of view (English)	points of view (English)	
Academic support	Teachers Tutors Learning conversation HC Homework club	Teachers Tutors Learning conversation HC Homework club	Teachers Tutors Learning conversation HC Homework club	Teachers Tutors Learning conversation HC Homework club Revision and catch up sessions Exam preparation sessions	Teachers Tutors Learning conversation Sixth form team
In-school pastoral care	Tutor House team Pastoral mentoring Peer mentoring	Tutor House team Pastoral mentoring Peer mentoring	Tutor House team Pastoral mentoring Peer mentoring	Tutor House team Pastoral mentoring Homestretch mentoring – some Peer mentoring	Sixth form team Being peer mentors
External pastoral care accessible	School nurse Early Help drop-in CRUSH Mentor Link Safer School PSCO Reach 4 Wellbeing Kooth.com	School nurse Time 4 U Early Help drop-in CRUSH Mentor Link Safer School PSCO Reach 4 Wellbeing Kooth.com	School nurse Time 4 U Early Help drop-in CRUSH YMCA Mentor Link Safer School PSCO Reach 4 Wellbeing Kooth.com	School nurse Time 4 U Early Help drop-in CRUSH YMCA Mentor Link Safer School PSCO Reach 4 Wellbeing Kooth.com	Time 4 U Early Help drop-in CRUSH Mentor Link Reach 4 Wellbeing Kooth.com
Student Voice	House council Student surveys Youth council Learning ambassadors Student Welfare Committee – summer 17	House council Student surveys Youth council Learning ambassadors Student Welfare Committee – summer 17	House council Student surveys Youth council Learning ambassadors Student Welfare Committee – summer 17	House council Student surveys Youth council Learning ambassadors Student Welfare Committee – summer 17	House council Student Welfare Committee – summer 17
Information to parents	New parents welcome evening –	Newsletters Website	Newsletters Website	Exam preparation evening – managing	Newsletters Website

	pastoral support Newsletters Website			stress and healthy lifestyle Newsletters Website	
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