

SUBJECT OVERVIEW BY YEAR GROUP

CURRICULUM AREA: Health and Welfare

Health and Welfare play a fundamental part in the John Chilton School Curriculum. Elements of the curriculum area are detailed below.

These are not taught and studied in particular year groups but are delivered to pupils according to their need, age and stage of development.

The table below gives an idea of the types of offer provided. For further information about this subject area, see the relevant policy.

Area of Curriculum	Themes
Personal, Social and Health Education (PSHE)	<ul style="list-style-type: none">● In the Primary Department daily, short specific sessions to support behaviour for learning and healthy living happen in class groups or ability sets straight after morning play and before lunch. Pupils also attend specific groups to access SRE on a needs basis weekly.● In the Secondary Department, form time in the morning and afternoon is dedicated to personal and social skills. Different groups run weekly that pupils access on a need and ability basis. These include SRE, social communication skills and disability awareness. Drugs education is taught on a discrete day where pupils access a range of workshops.● Across the school on Friday afternoons pupils have reflection time in their class/form groups where they review the past week and think about work, attitude and events.
Sex and Relationships Education	<p>In the Primary Department:</p> <ul style="list-style-type: none">● Talking, listening and thinking about feelings and relationships● Name parts of the body, including male and female specific parts● Changes in the body related to puberty such as periods and voice breaking.● Personal hygiene and how to keep healthy● Protection from danger and asking for help and support <p>In the Secondary Department:</p> <ul style="list-style-type: none">● How a baby is conceived and born.● Relating to others and understand about sexual attraction● Sexual health and protection● Sexually transmitted diseases and contraception● Understand about sexuality and different relationships

	<ul style="list-style-type: none"> • Keeping safe and free from abuse; including FGM, Child Sexual Exploitation, teenage relationship abuse and e-safety such as sexting • The role of the media
Social, Emotional and Mental Health (SEMH)	<ul style="list-style-type: none"> • Positive wellbeing sessions on a group and individual needs basis. These are identified by staff, pupils, therapists and range from 1:1 special time to group “walk and talk”. • Specialist support from the SEMH team include disability awareness, emotional awareness, boosting self-esteem, anger management, anxiety assistance, coping with family stress and change.
Therapies	<ul style="list-style-type: none"> • Therapies are accessed on an individual needs basis according to the relevant outcomes outlined in pupil’s Statement of Special Educational Need/ Education, Health and Care Plan. The school based therapists advise on programmes, support and equipment needed to enable each pupil to achieve these outcomes. • Specialist 1:1 interventions from the therapists are given on a needs basis. Therapists oversee the provision of programmes and train school staff to deliver these on a regular basis. Pupils are grouped according to provision and need and access therapies on a regular basis through the week.