



WELLBEING (YEARS 7 TO 13)

The Wellbeing programme at the College seeks to help individuals develop their potential, work productively and creatively, build strong relationships with others, contribute to their community and establish life-long skills in managing and recognising their own sense of wellbeing.

In addition to the programme of lessons, the wellbeing of pupils is developed and protected through a number of avenues including: Safeguarding; the relationship with their Tutor and Head of Year; access to the College Counsellor, the Medical Centre, the work of the Chaplain, the work of the site staff (in particular with regard to security, safety and cleanliness), the Careers department, the Academic departments and the teaching staff, the co-curricular program, the boarding and day houses, and the youth drop-in sessions.

As well as the staff and support of the College staff, pupils are also supported through the partnerships and links with selected external agencies. Some of these currently include: Mental Health First Aid; the DISCOVER programme with the Maudsley and CAMHS; Digital Awareness UK; the Daniel Spargo-Mabbs Foundation; Mental Health Foundation; Red Thread; Stonewall; and METRO Charity anti-HBT Bullying.

Pupils and staff are also encouraged to develop their wider appreciation of and empathy towards the wellbeing of others through College-wide activities during national and international awareness weeks e.g. LGBT+ History Month; Internet Safety Day; World Mental Health Day; World AIDS day; Healthy Eating Week.

The Wellbeing programme

The programme helps our boys to grow and develop as individuals, as members of families and as members of the community. The lessons promote and encourage the six strands of wellbeing: healthy living, physical, emotional and spiritual wellbeing, and helping to prepare boys for their futures and to live successfully in community.

Boys in Years 7 to 11 have one 55 minute lesson of Wellbeing in their two-week timetable. This is delivered by their tutor. Lessons are often discussion-based although may contain role-play, group, individual activities and written work. Tutors work from a central Scheme of Work that includes long-term, medium-term and short-term planning to ensure that the core curriculum materials are being delivered.

There is brief training at the beginning of each term (and new unit of work, where required) – this takes place during the INSET day.

Wellbeing lesson resources are centrally stored in the on-line staff shared area on SharePoint.

Lower School

In the Lower School, Wellbeing lessons are designed to support pupils through early adolescence and in their transitions both from Primary school and into the Middle School. Examples of topics covered in the Lower School are: personal relationships, body awareness, citizenship, bullying, road safety, healthy eating, risky behaviours and online safety.

Boys also complete a short 'resilience' course and information skills projects designed to develop independent learning skills.

Middle School

These lessons are designed to support pupils as they deal with their middle teenage years and all the changes, anxiety and new experiences that these years bring. They also aim to prepare boys for becoming adults. It supports their awareness of their own emerging and altering identities (social, moral, spiritual and political) and their on-line identity.

The Year 9 lessons cover Drugs education, Sex and Relationship education and Healthy living. Pupils are taught in half-Form groups, as smaller class sizes are more appropriate for the discussion of these issues.

The Year 10 lessons are designed to allow the boys to gain the necessary knowledge and understanding to be informed citizens as they explore a number of topics such as British politics and racism through the medium of campaigning. They have the opportunity to engage with, and respond to, issues of significance in contemporary society, about which they may have to make informed decisions in the future. They also look at the representation of masculinity and explore a wider perspective of gender.

During the Year 11 lessons, pupils are prepared for adulthood through the completion of a unit on personal finance, containing themes such as obtaining credit and budgeting.

They also complete a careers course in which they take part in the COA Careers programme, find out about the work placement scheme, produce a curriculum vitae and practise interview skills. They are also supported with study skills and this is balanced with relaxation skills, such as mindfulness and readaxation.

Upper School

Upper School pupils have a pastoral period once a week – this starts off their week. This 55-minute lesson is divided between the delivery of assemblies; Higher Education (such as University applications; planning 'Gap' years); form tutor time; and Wellbeing.

Pupils in the Remove and Sixth Form hear lectures on Alcohol, Drugs and Safe Driving, and have a session with their Form with a sexual health nurse. They also have the option of participating in Liberal Studies courses such as 'Preparing for University'.

There is a focus on pupil-led assemblies to encourage pupils to explore wellbeing issues that are important to them and to have the opportunity to deliver this to their peers.

The Wellbeing prefect is also encouraged to work collaboratively with the Head of Wellbeing in the delivery of assemblies and College-wide wellbeing initiatives.

Pupils are also given a 'Looking after your Mental Health' card to carry with them at school and beyond Dulwich.