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Welcome to Health and Wellbeing

***Personal Development
Thornden School
Safeguarding Curriculum***

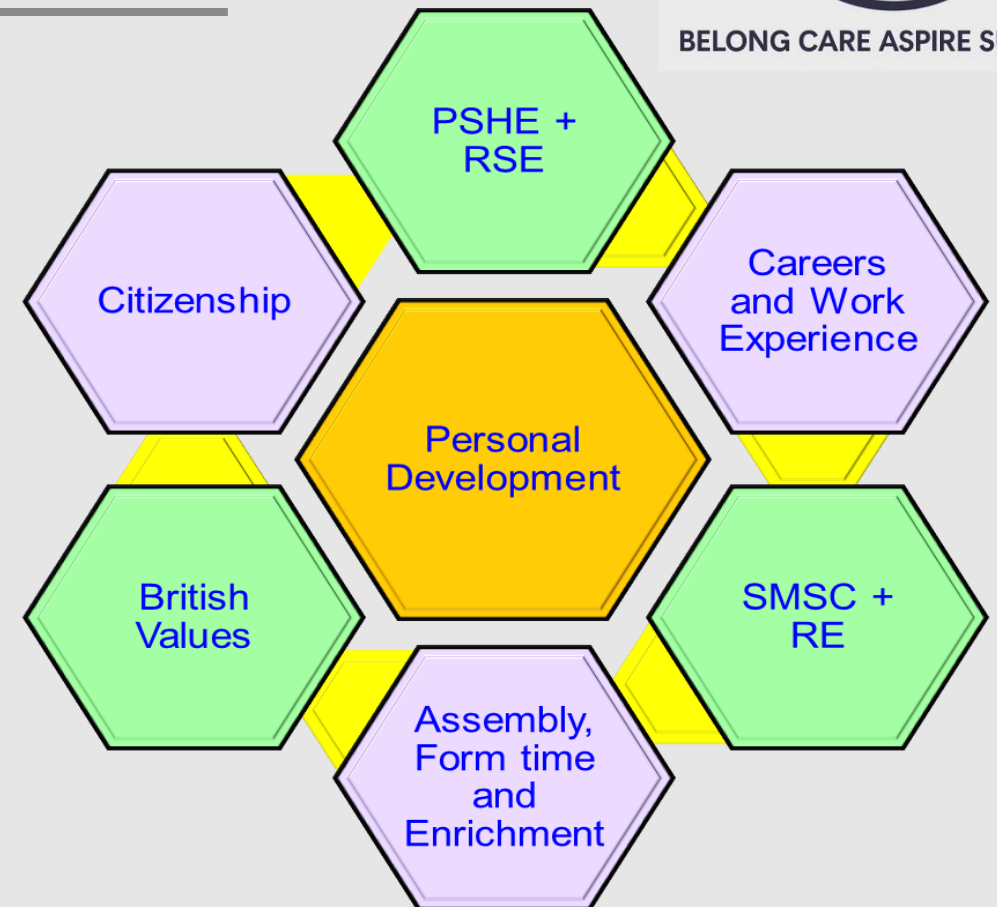
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Focusing on Personal Development



You may hear the term 'Personal Development' used in quite a few subjects. Personal Development is an umbrella term for how we develop our personal qualities and attributes throughout school.

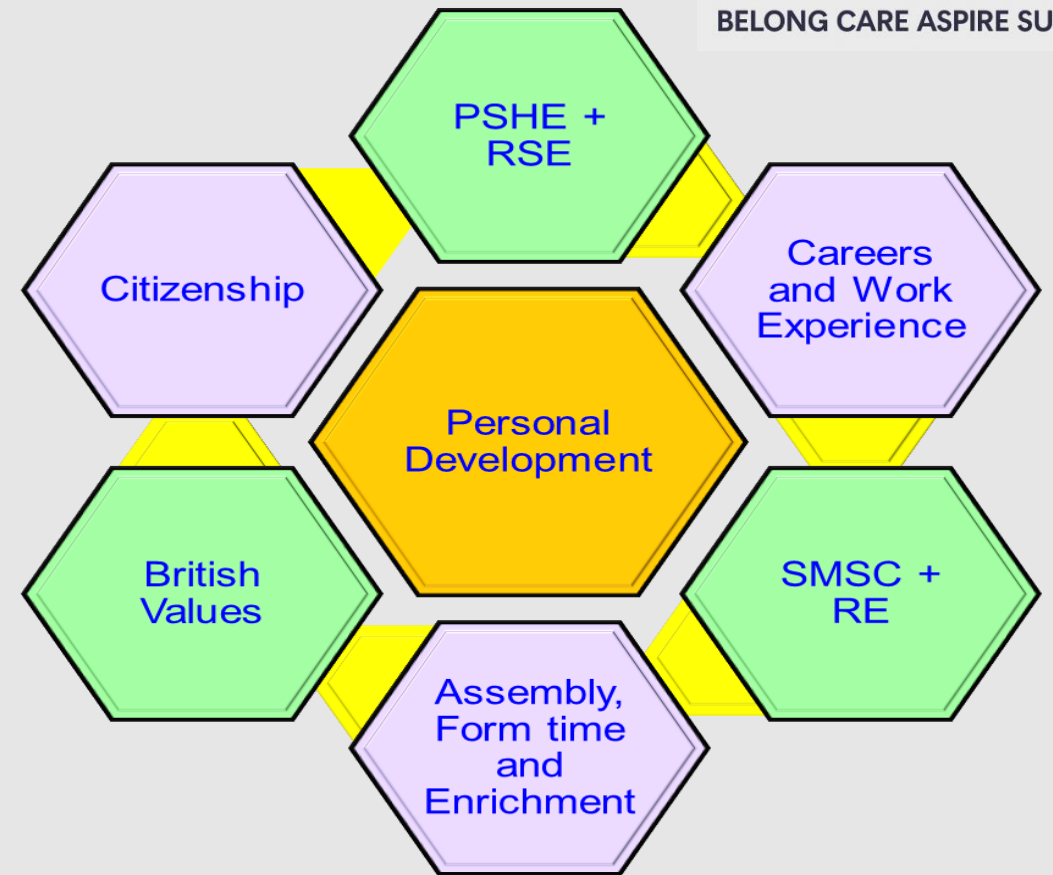
Remember – school isn't just about improving your academic ability; it is about you becoming a well rounded and responsible young adult. It supports your wellbeing; helps you understand the world around you and prepares you for life after Thornden.



Why Do We Learn Health and Wellbeing at School?



At Thornden School we teach Health and Wellbeing education empowers students to understand and manage the physical, emotional, and mental challenges they may face during adolescence and beyond. It promotes informed decision-making around lifestyle choices such as sleep, nutrition, physical activity, and managing stress. Students explore the importance of mental health, how to develop resilience, and how to access support when needed. The topic also helps students identify and respond to unhealthy behaviours, including addiction and risk-taking. Health and Wellbeing education supports students' ability to thrive in school and life, builds self-awareness, and plays a vital role in safeguarding by encouraging proactive, healthy habits and a positive sense of self.





Lesson 2: Health and Wellbeing

Introduction Lesson



Rob has had some bad luck recently. His scooter broke, his gerbil died, he completely messed up his maths test and he's just watched England crash out of the World Cup.

'The most important thing in your life is your health – and at least you have that, Rob.' His mom tells him.

Discuss: Do you agree with Rob's mom, that the most important thing in your life is your health?



We hear the term 'Health and Wellbeing' in a lot. But what does it actually mean?

CLUE: Physical

CLUE: Mental

CLUE: Balance

Learning outcomes:

Describe the benefits of physical activity, healthy food, exercise for physical and mental health.

Explain the difference between health and wellbeing and why they are both so important.

Health - a person's mental (psychological) or physical condition. Or can be good or poor.

Wellbeing – the state of being comfortable, healthy, or happy. You can have a good or poor state of wellbeing.



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Having a healthy lifestyle involves taking care of ourselves in a variety of ways. We can divide these into three categories



Exercise and sleep	Diet and nutrition	Medical care and hygiene

<https://www.youtube.com/watch?v=0aNNYEUARAK>
<https://www.youtube.com/watch?v=1cIOO0qLARA>
<https://www.youtube.com/watch?v=8ENI6yhTahg>
https://www.youtube.com/watch?v=g2gVzVIBc_g

As you watch the clips, add five pieces of advice on how to be healthy to each column on your tables.
 Now number each of the factors 1-5 in each column based on how easy you believe they are for you to achieve personally (5 most hard, 1 most easy).

Exercise and sleep	Diet and nutrition	Medical care and hygiene

Health and Wellbeing Introduction Lesson



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How much of a healthy lifestyle would you say you lead?
Even the most dedicated of us can always find room for improvement!

Today we will all focus on personal improvement as we will be creating our own personalised Healthy Life Plans.

You don't need to show fellow students your personal plan – this is for you only and you should only share it if you feel comfortable to.



Exercise and sleep:			
What I'm happy with:	What I'd like to work on:	My goal:	How I will achieve my outcome:
Diet and nutrition:			
What I'm happy with:	What I'd like to work on:	My goal:	How I will achieve my outcome:
Medical care and hygiene:			
What I'm happy with:	What I'd like to work on:	My goal:	How I will achieve my outcome:



Medical care and hygiene:			
What I'm happy with:	What I'd like to work on:	My goal:	How I will achieve my outcome:
<p>My teeth – they are healthy as I clean them well twice a day.</p> <p>I always take my epilepsy medication on time and never forget to take it.</p>	<p>I'd like to start flossing to improve my dental hygiene and wash my hands thoroughly before cooking so I don't accidentally spread germs.</p>	<p>Floss once every day for two weeks.</p> <p>Wash my hands before preparing every meal.</p>	<p>Set a reminder on my phone to floss every morning.</p> <p>Put a post-it note on the cupboard in the kitchen, until it becomes a habit.</p>



Stuck for ideas? Here are a few more key terms to spark ideas:

MUSCLE MASS	MEDICATION
WEIGHT LOSS	ALCOHOL
WEIGHT GAIN	VAPING
RUN FURTHER	5 A DAY
EARLIER NIGHTS	HOME COOKING

Let's look at an example together of how to fill this in.

Exercise and Sleep			
What I am happy with:	What I'd like to work on:	My Goal:	How I will achieve my goal:
Diet and Nutrition			
What I am happy with:	What I'd like to work on:	My Goal:	How I will achieve my goal:
Medical Care and Hygiene			
What I am happy with:	What I'd like to work on:	My Goal:	How I will achieve my goal:

Health and Wellbeing Introduction Lesson



'It's more important to be happy than it is to be healthy.'

**Do you agree or disagree?
Maybe you can see both sides,
or maybe you think you can't
really have one for long
without the other!**

You may agree, disagree or be able to see both sides. Use all your completed tasks from today to help you.

'It's more important to be happy than it is to be healthy.'



How do you report something you are concerned about?

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know



How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

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Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.


Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>

 *Remember: Asking for help is a strength, not a weakness.*

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