

Welcome to Health and Wellbeing

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



Belong - Care - Aspire - Succeed

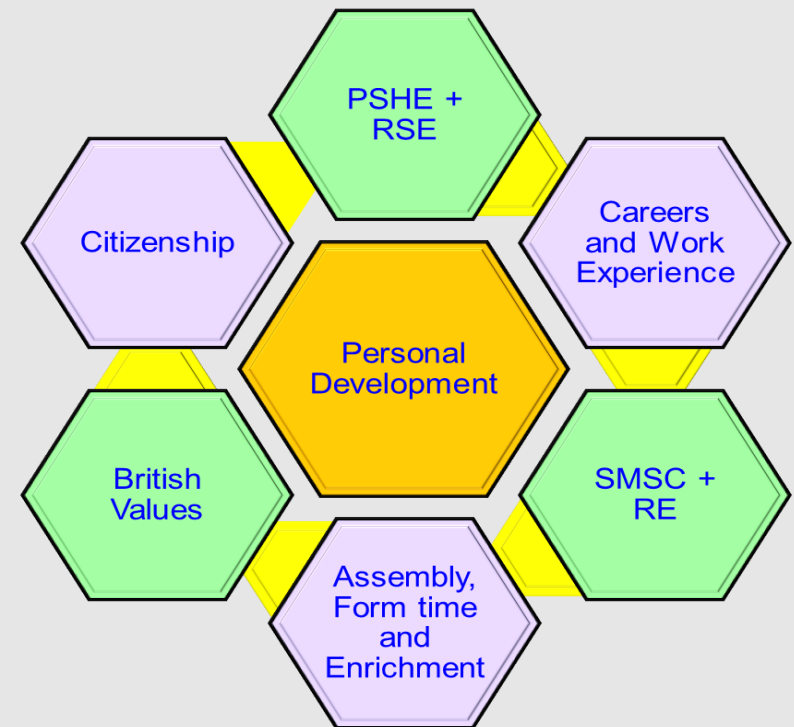
Focusing on Personal Development



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.

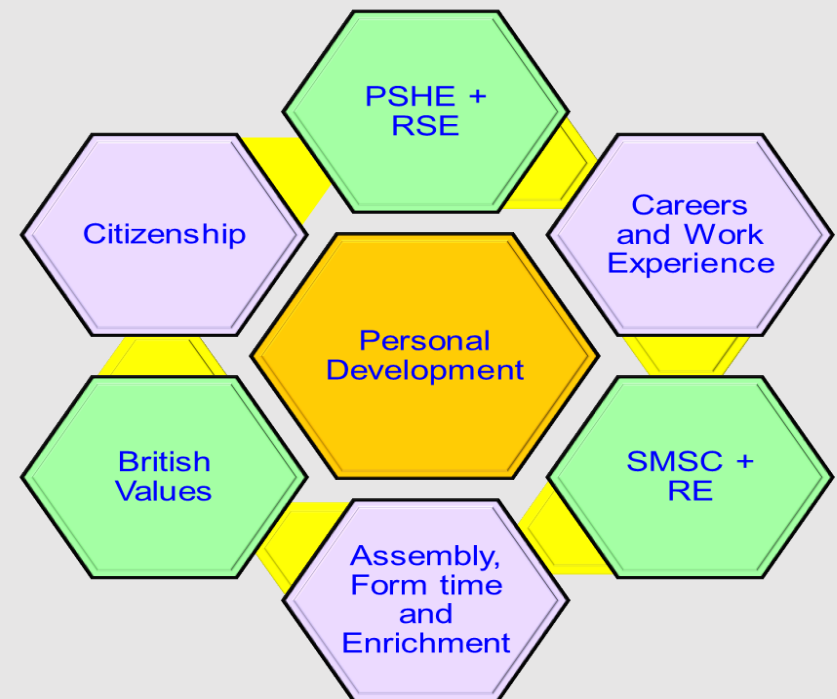
Remember – school isn't just about improving your academic ability; it is about you becoming a well rounded and responsible young adult. It supports your wellbeing; helps you understand the world around you and prepares you for life after Thornden.



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.



Year 8 Personal Development Quiz

Please rate each statement from 1 (Not at all) to 10 (Very much so). Complete this before Lesson 1 and again after Lesson 8 to show your progress.

Statement	1	2	3	4	5	6	7	8	9	10
I understand what personal development means and how it applies to life beyond school										
I understand what makes a balanced, healthy diet and why it matters										
I know what the consequences of unhealthy lifestyle choices can be										
I can explain the physical and mental health benefits of regular exercise										
I understand what eating disorders are and how they affect mental and physical health										
I know where to get help if I or someone I know is struggling with an eating disorder or body image										
I understand how social media and peer pressure can impact mental health										
I know how to stay safe on messaging apps and group chats										
I can recognise signs of cyberbullying and know how to report it										
I know what peer pressure is and can identify ways to respond to it in a healthy way										
I understand how to reduce my screen time and look after my mental wellbeing when online										
I feel confident in how to live a healthier lifestyle physically and emotionally										
I know who I can talk to in school if I need help or feel worried										



**This is your
Home
Learning. It
has been
shared with
you on
Satchel.
Please make
sure it is
completed by
next week**

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Do Now

Lesson 2: Balanced diets, nutrition and healthy eating choices



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Saskia had decided to make her parents breakfast in bed. She made them toast with chocolate spread, a hot chocolate each and a bowl of chocolate cookies (for afters).

‘Well, I love chocolate, but perhaps this isn’t the most balanced meal I’ve ever eaten.’ Commented her dad.

Discuss: What do we mean when we talk about a meal or diet being ‘balanced’?



Why is it important we learn about healthy eating in PSHE?

I think it's important we learn about healthy eating in PSHE because...

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Balanced diets, nutrition and healthy eating choices



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Learning outcomes:

Describe the role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices.

Explain what might influence decisions about eating a balanced diet and strategies to manage eating choices.

Balanced diet - a diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health.

There are a lot of new key terms today – but you may know a fair few of them already. Match up the key words to their definitions on your starter sheet and add foods to your table. You can do this in pairs.



Key word:	Link up: (draw an arrow)	Nutrition type definition:	Foods in this group:	An example of how this nutrition type can actively benefit our own bodies. If you're not sure, leave it and we'll come back to it later.
Carbohydrates		Your body uses protein to build and repair tissue.		
Protein		This aids digestion and helps keep you regular with your stools.		
Vitamins and minerals		This stores our energy, keeps us warm and helps protect our organs.		
Fibre		These provide your body with energy, such as glucose and sucrose.	Cereals, grains, crackers, pasta, potato, bread.	Eating pasta for lunch can help you have the energy to walk home from college.
Fats		These essential nutrients do hundreds of things, e.g. help your immune system, help convert food to energy.		

Balanced diets, nutrition and healthy eating choices



A balanced diet gives your body the nutrients it needs to stay healthy and active.

Why is a balanced diet important?

Provides energy for learning, sport and daily life.

Supports growth, development and a healthy immune system.

Helps keep bones, muscles and organs healthy.

Nutrient	Why We Need It	Examples
Carbohydrates	Main source of energy	Bread, rice, pasta, potatoes
Protein	Growth and repair of muscles and tissues	Meat, fish, eggs, beans
Healthy Fats	Energy and brain function	Nuts, avocados, olive oil
Vitamins & Minerals	Support body functions and immunity	Fruit, vegetables, dairy products
Fibre	Helps digestion and gut health	Wholegrains, fruit, vegetables

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Balanced diets, nutrition and healthy eating choices



Making Healthy Food Choices

Healthy Eating Habits

Eat a variety of foods from all food groups.

Aim for at least 5 portions of fruit and vegetables each day.

Choose wholegrain foods and drink plenty of water.

Limit foods high in sugar, salt and saturated fat.

Benefits of a Balanced Diet

Maintains a healthy weight.

Improves concentration and energy levels.

Reduces the risk of illnesses such as heart disease and type 2 diabetes.

Supports long-term physical and mental wellbeing.

Think About It

- 1.Which nutrient provides most of our body's energy?
- 2.Why is protein important for growth and repair?
- 3.What are two benefits of eating plenty of fruit and vegetables?
- 4.How can a balanced diet improve your health in the future?

Discussion Questions



1. What influences the food choices young people make?
Consider taste, cost, convenience, family habits and social media.
2. Why do people sometimes choose unhealthy foods even when they know the risks?
Think about peer pressure, cravings, availability and lifestyle.
3. How balanced is a typical teenager's diet?
What foods or nutrients might be missing?
4. What healthy eating habit could you adopt this week that would benefit your future health?
Consider small, realistic changes you could make.

Balanced diets, nutrition and healthy eating choices



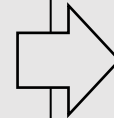
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Write down everything you ate yesterday. Can't remember? Make it up based on what you know you eat on a typical day (but be truthful).

Now, colour code your food diary according to the food groups, to see how balanced it really is.

Now go back and complete the final column of your table using the information from your pack.

From what you have learned so far, would you say that generally speaking, you eat a balanced diet?



group:	An example of how this nutrition type can actively benefit our own bodies. If you're not sure, leave it and we'll come back to it later.
Meats, fish,	
found in most cereals.	
Minerals can be found in fruit and especially leafy green vegetables.	
Crackers, bread.	Eating pasta for lunch can help you have the energy to walk home from college.
Found in milk, cheese, yogurt. Contains a lot of calcium, which is healthy.	

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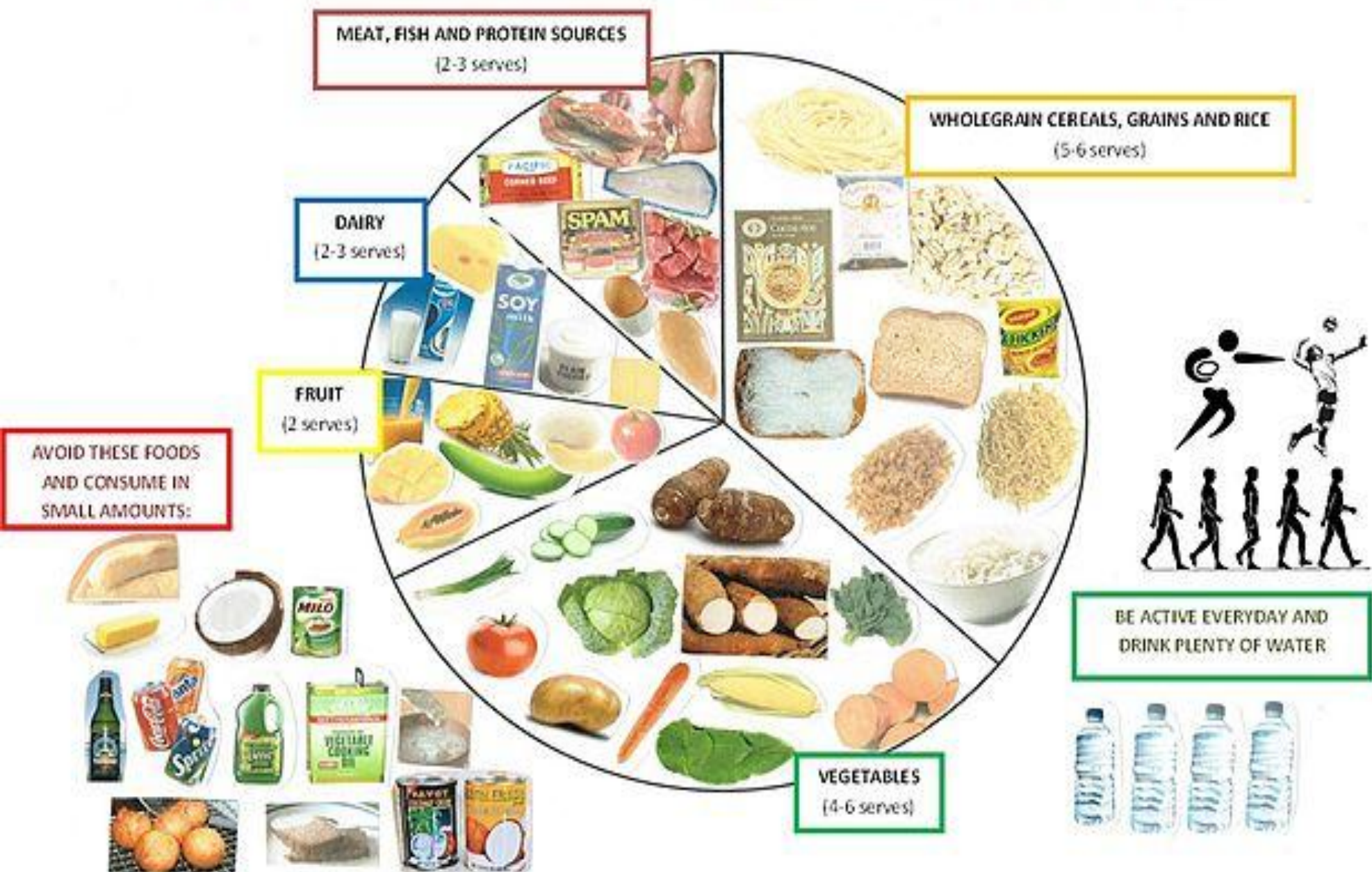
What did you eat yesterday?

Colour code each food into which are carbohydrates ,
proteins and fats



Breakfast	Break	Lunch	Dinner	Snacks	Drinks

FOOD GUIDE FOR HEALTHY EATING



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Useful, legitimate and appropriate helplines and charities:

[Young Minds](#). Child and adolescent mental health charity for teens

struggling with any subject. Call: 0808 802 5544

[Teen Line | Teens Support hotline - Connect, talk, get help!](#) Teen Line's highly trained teen listeners provide support, resources and hope to any teen who is struggling.

[SANE](#). National out-of-hours mental health charity offering emotional support, guidance and information. Call: 0300 304 7000 (4.30pm to 10.30pm)

<https://www.nutrition.org.uk/life-stages/teenagers/healthy-lifestyles-for-teenagers/top-healthy-eating-tips-for-teenagers/>

A site full of healthy eating and meal ideas for teenagers and young people



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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.



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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/>