



# Brentwood School

## **SENIOR SCHOOL WELLBEING (PSHE) POLICY**

At the core of our Wellbeing (PSHE) programme is the School's motto and guiding principle, "Virtue, Learning and Manners." Personal, social, health and economic education (PSHE) helps to give pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens and actively promotes the fundamental British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs. At Brentwood School pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities. In doing so they learn to recognise their own worth, work well and with others and become increasingly responsible for their own learning. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral, social and cultural issues that are part of growing up. They also find out about the main political and social institutions that affect their lives, acquire a respect for public institutions and services and learn about their responsibilities, rights and duties as individuals and members of communities. Our Wellbeing curriculum develops character so that pupils can flourish in traits such as aspiration, resilience, tolerance, confidence, integrity, initiative, enabling them to become well-rounded citizens. They learn to understand and respect our common humanity, diversity and differences (whether differences of age, disability, gender reassignment or gender identity, race, religion or belief, sex, sexual orientation, marriage and civil partnership and pregnancy and maternity) so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning.

At Brentwood Senior School, PSHE is known as **Wellbeing** and is delivered in timetabled lessons or discrete calendared sessions, by a combination of teaching staff and PSHE specialists.

Parents are kept informed of the Wellbeing programme via the Headmaster's newsletter and Curriculum booklets on the School's website.

The broad areas covered by the programme include:

- Learning skills
- Citizenship
- Health education, including mental health, smoking, alcohol, drug misuse and sex education
- Economic and Financial Education
- Spiritual, Moral, Social and Cultural dimensions

The School also offers parents the opportunity to attend evening meetings to keep them informed about issues covered in the Wellbeing programme and to enable them to get more information directly from experts in the various areas.