

Southern International School Wellbeing & PSHE Curriculum: Journey on a page 2024/2025

<p>Year 7 KS3 Oxford Wellbeing Curriculum</p> <ul style="list-style-type: none"> ● Autumn 01 – Sleep, Stress and Diet ● Autumn 02 – Immune system and body ● Spring 01 - Emotions and mindset ● Spring 02 – Digital citizenship ● Summer 01 - Resilience 	<p>Year 8 KS3 Oxford Wellbeing Curriculum</p> <ul style="list-style-type: none"> ● Autumn 01 – Sleep, Diet and Exercise ● Autumn 02 – Thoughts and emotions ● Spring 01 - Relationships ● Spring 02 – Communication ● Summer 01 - Community action 	<p>Year 9 KS3 Oxford Wellbeing Curriculum</p> <ul style="list-style-type: none"> ● Autumn 01 – Diet, relaxation and mindset ● Autumn 02 – Routines and healthy habits ● Spring 01 - Journaling and relationships ● Spring 02 – Communication and gratitude ● Summer 01 - Responsible and ethical decisions
<p>Year 10-11: KS4 PSHE Curriculum</p> <ul style="list-style-type: none"> ● Autumn 01 – Health & Wellbeing ● Autumn 02 – Health & Wellbeing ● Spring 01 - Relationships ● Spring 02 – Relationships ● Summer 01 - Living in the Wider World 	<p>Year 12-13: KS5 PSHE Curriculum</p> <ul style="list-style-type: none"> ● Autumn 01 – Health & Wellbeing ● Autumn 02 – Health & Wellbeing ● Spring 01 - Relationships ● Spring 02 – Relationships ● Summer 01 - Living in the Wider World 	
<p>Subject Curriculum Intent:</p> <p><i>The Oxford International Curriculum for Wellbeing is designed to teach students and teachers the skills of wellbeing and show them how to apply these in everyday life. It is an inclusive and practical programme that will leave no one behind. The key features of the Oxford International Curriculum for Wellbeing curriculum are that it is:</i></p> <ul style="list-style-type: none"> ● <i>Universal: All learners have the right to be happy and this will give them the knowledge and skills to assist them in that endeavour. Happiness has a large subjective element, so the curriculum will not prescribe exactly how students should lead their lives, rather it will give them tools to use that suit their needs, environment and culture.</i> ● <i>Evidence-based: This framework is based on robust empirical research from some of the best academic institutions around the world. Teachers and school leaders can be confident that the materials are based on a solid body of evidence.</i> ● <i>Challenging: A curriculum designed to improve student wellbeing is not meant to be easy. Students will study challenging material that will encourage them to continuously reflect and think deeply. The lessons and practices will stretch students and get them to step outside of their comfort zones.</i> • <i>Meaningful: The materials that young learners will encounter will be relevant and meaningful to them. The curriculum will help them learn and understand more about themselves, the people around them and the world at large.</i> ● <i>Supported: Alongside the curriculum, Oxford University Press will provide a complete support package of high-quality materials and training for teachers. This will equip them to deliver the wellbeing skills needed for today and in the future.</i> <p><i>At Southern International School, our PSHE (Personal, Social, Health and Economic) curriculum is a vital part of our students' education. This curriculum, inspired by the PSHE Association in the UK, provides important insights about themselves and the diverse world around them. Our school's curriculum is carefully designed to offer a well-rounded education that aligns with our unique environment. Through our approach, students gain access to important ideas and meaningful discussions, along with hands-on experiences.</i></p> <p><i>At the core of our beliefs is nurturing respect and understanding for every person's rights. Our commitment at Southern International School focuses on helping students understand themselves, build confidence, nurture emotional well-being, and develop resilience, all while forming positive relationships. We encourage them to recognize their own worth and appreciate the value of others, not just within our local community, but also on a wider national and global scale.</i></p> <p><i>Our mission includes fostering important character traits such as making good decisions, understanding risks, effective communication, and self-regulation. We encourage students to explore and value the diverse cultures and groups in our community, nurturing a positive attitude. Honesty and respect are key in all interactions, reflecting our consideration for others' needs and emotions.</i></p>		

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Aligned with this commitment, our aim is to give students a solid understanding of their health and well-being, both in terms of their mental and physical aspects. Equipping them with knowledge, skills, and values, we guide them through the changes of puberty. The information we share is tailored to suit each student's age and maturity. Ultimately, our goal at Southern International School is to prepare students effectively for adulthood, helping them navigate choices, responsibilities, encounters, and opportunities. This way, we enable them to grow into emotionally strong, fully developed individuals.

A spiral curriculum explained:

A spiral curriculum is a way of teaching that repeats and adds more to what students have already learned. Instead of learning things just once and moving on, a spiral curriculum brings back important ideas at different times while students are learning. This helps students understand things better because they get to learn about them in more detail as they grow. It's like building a puzzle, where each time you add a piece, the picture becomes clearer. The spiral curriculum understands that students learn better when they see things more than once, as it helps them remember and understand more deeply. This way of teaching helps students build a strong foundation of knowledge and get better at things little by little.

Why this a spiral curriculum is important when delivering Wellbeing and PSHE:

A spiral curriculum holds significant importance in the realm of PSHE (Personal, Social, Health, and Economic) and Well being education due to its ability to foster deep and lasting understanding. In PSHE, where topics encompass a wide array of critical life skills, values, and personal development, the complexity of the subject matter necessitates an approach that goes beyond mere exposure. A spiral curriculum's emphasis on revisiting and expanding upon core concepts allows students to encounter these essential life skills and principles at different stages of their cognitive and emotional development. This repetitive exposure enables students to absorb, internalize, and apply these concepts in increasingly nuanced ways, thus laying a strong foundation for responsible decision-making, positive relationships, emotional well-being, and other vital aspects of their lives. By intertwining and building upon these ideas throughout their educational journey, a spiral curriculum in PSHE equips students with not only factual knowledge but also the skills and attitudes necessary for navigating the complexities of the real world with confidence and competence.

