

**Redbridge High School**  
**Emotional Well-Being Curriculum**



Emotional well-being is central to the education entitlement of all students at Redbridge High School and permeates all aspects of life at school. At Redbridge High School we aim to enable the pupils to become healthy, independent and responsible members of society. Through this curriculum area, we help to develop pupils' sense of self-worth. Pupils are taught about relationships, respect for others, right and responsibilities. They learn to appreciate what it means to be a positive member of a diverse multicultural society. Pupils are taught to know and understand what constitutes a healthy lifestyle and to be aware of safety issues. They learn to make informed choices regarding personal, financial, economic, career and social issues.

Pupils are encouraged to take part in a range of practical activities that promote their emotional well-being including charity fundraising, planning of special events, participation in school assemblies, participation in our annual school productions and school dance competitions.

The 'School Council' provides an opportunity for elected members to discuss school wide issues. Students are offered the opportunity to hear visiting speakers, such as health workers, police and representatives from the local church who are invited into school to talk about their role in creating a positive and supportive local community.

When required, Education for Personal Relationships is also taught discreetly in small group sessions which take place with the school's Pastoral and Learning Support Worker.

Emotional well-being		
Informal	Semi-formal	Formal

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<p style="text-align: center;">Relationships with others          (family, friends, others)          Celebrations          Culture          Heritage          Transitions          Understanding and Managing Emotions          Personal Strengths          Making choices          Trying new things          My future          My voice</p>	<p style="text-align: center;">Relationships with others          (family, friends, others)          Celebrations          Culture          Heritage          Transitions          Understanding and Managing Emotions          Personal Strengths          Making choices          Communicating choices          Trying new things          My future          My voice          Appropriate behaviour          Sex education</p>	<p style="text-align: center;">Relationships with others          (family, friends, others)          Celebrations          Culture          Heritage          Transitions          Understanding and Managing Emotions          Personal Strengths          Making choices          Communicating choices          Trying new things          My future          My voice          Appropriate behaviour          Sex education          Drugs and alcohol education</p>
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