



Radnor House  
celebrating every individual

## Wellbeing

As part of our ongoing commitment to supporting the Mental Health and Wellbeing of our young people, the RH Wellbeing course delivered to pupils in Y10 is a series of sessions aimed at building awareness of positive psychology practices and wellbeing theory. Pupil happiness is paramount and this is an opportunity for them to begin to explore concepts and tips to help them in their path to achieving it.



The course has been constructed by Lucy Clewley and is based on theories of leading figures in this field; including the wellbeing theory promoted by Dr Martin Seligman and the teaching ideas advocated by experienced wellbeing practitioners, Ian Morris and Mark Nicholson. The content has been chosen and adapted to best serve the needs of our pupils.

The course structure is as follows:

1. Introduction to the course and the meaning of happiness and wellbeing;
2. Goal setting and a discussion of the merits and potential pitfalls associated with it;
3. Identifying their signature strengths;
4. Exploration the concept of flow and how to achieve it;
5. Consideration of the benefits of gratitude, altruism and forgiveness (including the merits of random acts of kindness);
6. Consideration of the link between physical and mental wellbeing and how to improve and maintain our physical health;
7. Discussion of ways to improve levels of resilience and optimism;
8. Exploration of admiration and the merits of role models.

Lessons will include mindfulness-inspired moments of strong silence to truly consider the issues at hand and as a calming way to start the week. There will also be discussions and activities for pupils to experience the concepts first hand. Pupils will be encouraged to share their thoughts, feelings and opinions on a regular basis with their ideas driving the lessons forward.

### Radnor House

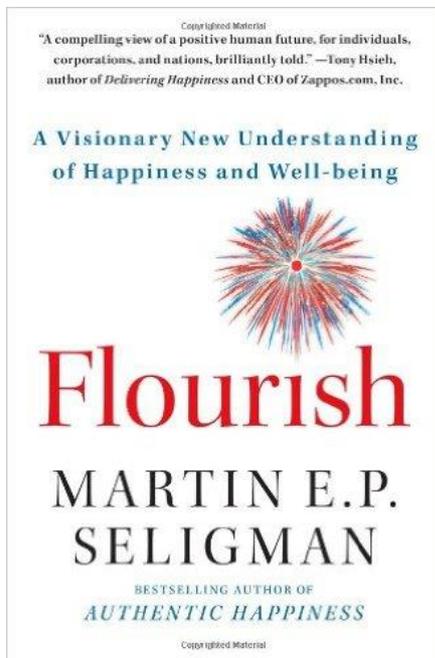
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Head Rosie Gill Senior Deputy Head Stephen Carrington

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Pupils will be set a weekly home learning practice in order to fully immerse themselves in the programme. They will then be given the opportunity to feedback how they found these practices at the start of each lesson. In order to support them with this, pupils will have a wellbeing journal containing some interesting quotations and tasks which would make excellent discussion points at home.

### Life Issues

This course has been designed by John Winterburn with the intention of providing an opportunity for pupils to engage further with current affairs and issues that they have largely yet to meet. This will contribute to the ongoing social, moral and cultural education that our pupils are provided with and will provide an unparalleled opportunity for pupils to begin to challenge their own views and opinions.

Lessons will develop as the course is taught in order to reflect current news stories, but topics will include the Israel Palestine

conflict, the US election, Euthanasia and Black Lives Matter.

The lessons will be heavily discussion focused, with pupils being given time to debate any contentious viewpoints that present themselves in the news.

Some of the lessons will include articles and video clips that address challenging and mature themes but all have been carefully selected to support the learning in the session. If you have any concerns and would like further information on any of the topics covered, please contact John Winterburn.

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