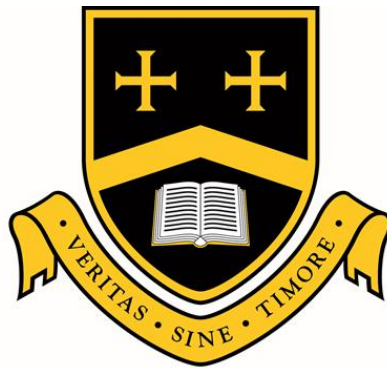


# Wellbeing (PSHCEE) programme



CATERHAM  
SCHOOL

---

Policy Author:	Rebecca Mugridge
Reviewed:	September 2025
Next review:	September 2026

## **School Purpose Statement**

Caterham School is one of the leading co-educational schools in the country. We are committed to providing an environment in which all pupils are challenged to be the best they can be and one in which pastoral care and well-being underpin academic, co-curricular and sporting excellence. The majority of our pupils are day pupils but we are also a thriving boarding community, which we believe enriches the educational opportunity and experience for all. We believe in providing an education for life for all Caterhamians and we seek to ensure that the learning experience at our school blends the best of tradition with the exciting opportunities provided by new technology. Learning how to learn is a key facet of a Caterham education and is in our view an essential skill for life in the twenty-first century. We believe that a truly excellent school is about more than academic achievement alone: it is also about developing a passion for learning, a capacity for independent and critical thinking, self-awareness and resilience, self-confidence without arrogance and genuine interests that extend beyond the confines of the classroom.

At Caterham School we focus on developing the whole person, aiming to ensure that each pupil leaves here ready for the challenges of life at university and beyond and understanding their responsibilities towards others. We want our pupils to leave Caterham well equipped to engage positively with a rapidly changing world as accomplished problem solvers and innovators, confident in their ability to lead and with a clear appreciation of and respect for the views and potential of others. In so doing we remain true to our founding principles and values.

## **Introduction**

Our approach to SMSC is holistic, and occurs through a whole school, community wide approach to wellbeing which is integral to the education we offer, underpinning all aspects of school life and inspired by a Christian world view which serves as an ever present backdrop to the life of the school. The education provided by the School is not only about the gaining of knowledge and the acquiring of essential skills, important though they are, but about the personal development of each individual, in its fullest sense. Our wellbeing curriculum provides opportunities that encourage our pupils to be mentally and physically healthy, to have a sense of their spirituality, to have the necessary awareness to make healthy decisions, to engage positively with local, national and global communities and be ready for their futures.

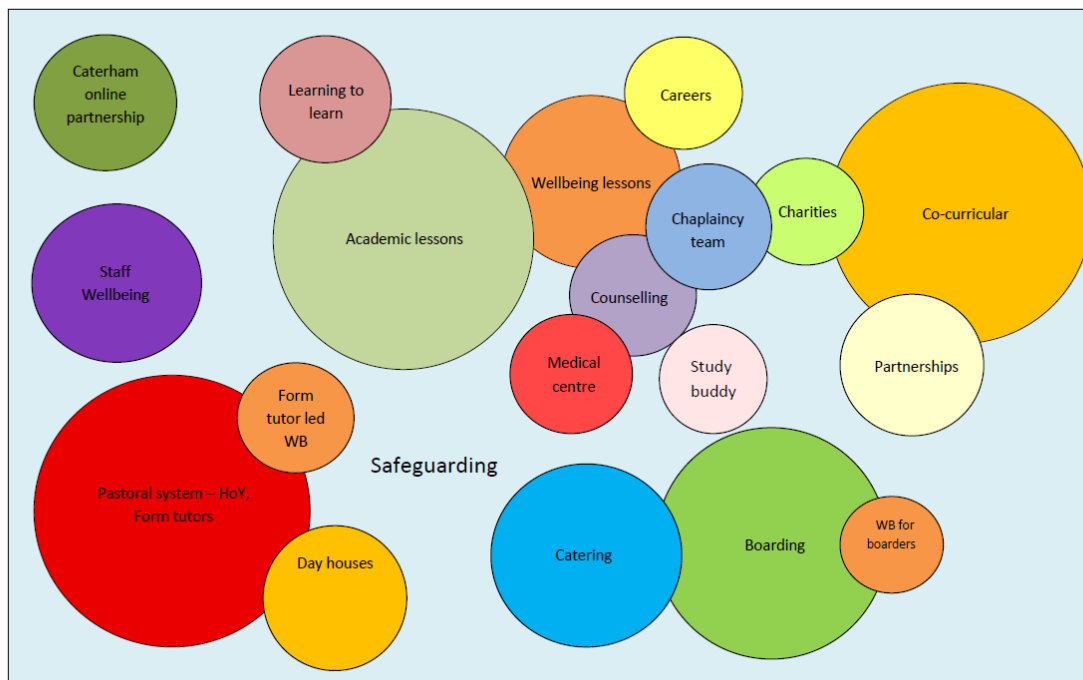
This policy works in conjunction with following policies, procedures and documents:

- SMSC Policy
- Safeguarding Policy
- RSE Policy
- Fundamental British Values Statement
- Behaviour Policy
- Anti-Bullying Policy
- Equality, Diversity and Inclusion Policy
- Teaching and Learning Policy
- The Online Safety Policy
- Drugs, Alcohol and Tobacco Policy

- Careers Education, Information, Advice and Guidance Policy
- PSHCEE Schemes of Work

This policy works in conjunction with *Keeping Children Safe in Education*, DfE, 2025 and the Equality Act 2010.

A whole school approach to  
Wellbeing at Caterham school



### Wellbeing lessons (PSHCEE)

Years 7, 8, 9, 10 & 11 each receive a 35 minute timetabled lesson per week of Wellbeing. Year 12 and 13 have weekly tutor sessions and a rolling set of Forums designed to meet the needs of these pupils across the two years of their Sixth Form. Forums are preceded and debriefed with tutor discussions.

Wellbeing lessons are delivered by tutors and selected staff and the course is overseen by the Head of Wellbeing. Where appropriate they receive specialist training to enable them to deliver the content confidentially and knowledgeably. Where a Wellbeing class is not led by a tutor, the teacher is expected to familiarise themselves with underlying concerns and issues of pupils in the class. The Wellbeing curriculum is designed to cover the five strands of Wellbeing, building and expanding on topics as pupils' progress through the school. Lessons can, and are, adapted to meet the needs of those in the class with topics adapted as necessary to respond to current trends.



All members of teaching staff plus members of bursarial staff receive pastoral training such as Mental Health awareness to equip them to offer support, identify concerns and signpost as appropriate.

Below are details of the Wellbeing curriculum schemes of work for 2025-26:

### **First Year**

#### **Online Acceptable Use Policy**

#### **Keeping Safe Online**

**Living in the Community** (Friendship, Dealing with Difficult Feelings & Resolving Conflict, Anti-bullying, Character Strengths, Social Media Etiquette)

**Relationships & Puberty** (Physical and Emotional)

#### **Fake News and Social Media**

**Anti-discrimination** (Prejudice & Discrimination, Stereotyping, Protected Characteristics, Offensive Language & Microaggressions, Banter versus Bullying)

#### **Looking after yourself during exams**

#### **The Power of Conversation**

#### **Keeping Safe online over the Summer**

### **Second Year**

#### **Online Acceptable Use Policy**

**Operating Safely Online** (Bullying, Self-image, Sharing Images, 'Sadfishing', Social Media debate)

## **Resilience**

**Wilberforce Campaign & Human Rights** (Universal Declaration of Human Rights, Amnesty International, Refugees & Displacement, Modern Day Campaigning)

## **Careers**

**Democracy and British Values**

**Friendships**

**Calmness & Mindfulness Strategies**

**Looking after yourself during exams**

**The Power of Conversation**

**Keeping Safe online over the Summer**

## **Third Year**

**Online Acceptable Use Policy**

**Relationships and Sex Education** (Puberty, Identity, Healthy Relationships, Contraception, Consent and Respect, Pornography, Indecent Images, Sextortion and Exploitation)

**Substances, Stimulants & Support** (Choices, Risks & Resilience, Smoking & Vaping, Cannabis, Drugs & the Law, Risks & Effects, Managing Risks & Supporting Friends)

**Physical Wellbeing** (Exercise, Sleep, Nutrition, Mindset & the Digital Self, Female Wellbeing, Male Wellbeing, Minimising Stress and Fuelling for Exams, Revision Techniques and Top Tips)

**Keeping Safe online over the Summer**

## **Fourth Year**

**Online Acceptable Use Policy**

**Operating Safely Online** (Fake News & Editing, Sextortion and Deep Fakes, Tech Clean Up, Online Gambling)

**'It Happens' Seminar**

**Emotional Literacy and Mental Health Awareness**

**Menopause Awareness and Fertility Health in Men and Women**

**Careers** (16+ pathways)

**Anti-discrimination** (Prejudice & Discrimination, Stereotyping, Protected Characteristics, Offensive Language & Microaggressions, Banter versus Bullying)

**Citizenship** (British Citizenship & Democracy, UK Parliament & Laws, Global Citizenship, Diverse and Multifaith Society)

**In the News**

**Conversation, Language, Ally**

**Minimising Stress and Exam Performance**

**Beginner's First Aid**

**Keeping Safe online over the Summer**

## **Fifth Year**

**Online Acceptable Use Policy**

**Relationships & Sex Education** (Relationships & Consent, Pornography & Ethics, the Dangers of Explicit Images, How to Report Issues)

**Priority Pyramids** (Options in Sixth Form focus)

**Financial Literacy** (Payslips & Wages, Budgeting, Student Finance, Student Loans, Barclay Life Skills)

**Mock Preparation**

**Reflection and Visualisation**

**Careers** (Personal Branding, CVs)

**Mindfulness** (Breathing Techniques & Strategies)

**Keeping Safe & Party Culture** (How to Stay Safe at Parties & Festivals)

## **Sixth Form forums**

Formal wellbeing sessions occur in the sixth form and generally involve some lead in material delivered by tutors, an expert speaker during a double period and follow up activities, once again with tutors.

**Sixth Form Forums include a range of topics designed to meet the needs of our community. Forums have included topics such as:**

The Jump from GCSE  
Driving safety  
Mental Health awareness  
Drugs and risk management  
LGBT issues  
Operating safely and effectively online  
Gender equality  
Eating Disorders  
Future Relationships  
EDI in the workplace  
Motivational speakers

## **Wellbeing for boarders**

We have extra responsibilities towards our boarding pupils who have particular needs and have some additional wellbeing sessions across the year including on topics such as listening skills, healthy eating, sexual health and drugs & alcohol. These sessions take place outside of the school day and have a relaxed atmosphere, meeting in small groups according to need, age and gender.

## **Curriculum**

All curriculum subjects and all teachers can and do contribute to personal development through the way staff interact with pupils during lessons and also through cross-curricular links. However, certain subjects such as P&T, Wellbeing, English, Theatre Studies, History, Geography, PE and Biology by their subject matter have a particular contribution to make.

## **Careers**

All pupils in the school have access to careers advice and Clare Brown, our Head of Careers, oversees the programme and how it fits within the Wellbeing framework. Further information on the school's approach and commitment to careers education and guidance can be found in the Careers Education, Information, Advice and Guidance Policy.

## **The Wellbeing Hub**

The Wellbeing Hub is a platform for all staff, pupils and parents to sign up access free advice on many areas of Wellbeing life. There are 'Top Tips' pages from 'How to host teenage parties' to 'How to help young people to revise', as well as webinars, podcasts, articles and information pages that are all expert led with up-to-date information on current laws and topical issues. These resources are highlighted in the weekly newsletter sent to parents when appropriate, and pupils are directed here during Wellbeing lessons. We encourage traffic to the platform so that parents and pupils alike can use it to explore the website, hopefully finding valuable information independently, in addition to asking their tutors and teachers for guidance.

We will also be hosting a parent webinar on Tuesday 9<sup>th</sup> September about the Relationships and Sex Education Wellbeing Lessons, and on Wednesday 19<sup>th</sup> November an Online Safety Information Evening.

Updated RMG, September 2025