

# Wellbeing at Oakwood



## Curriculum Materials:

Our curriculum is based upon:  
The Aurora curriculum  
We reflect upon trends and themes for our school community, from the My Health My School survey to inform our lessons too.



## Curriculum Time:

We dedicate approximately one hour of learning each week to teaching wellbeing (PSHE).

## Wellbeing Overview

The Aurora curriculum aims to support children in learning about the emotional, social and physical aspects of growing up, relationships and sex education, in an age-appropriate manner. Our lessons encourage children to understand the importance of stable, loving relationships, respect, love and care. It enables young people to make responsible and informed decisions about their health and wellbeing. Units are organised to cover 'Health and Wellbeing', 'Relationships' & 'Living in the Wider World'.

*(Please note: relationships education is compulsory for all primary pupils but parents do have the right to withdraw their child from specific lessons on sex education and can do so by updating their Arbor consents).*

