



Wellbeing

Here at the British International School of Houston, we aspire to transform the lives of each of our students. Our learning programme consists of five key elements that offers a rich and balanced learning experience that meets the needs of our students, develops them both academically and holistically and prepares them fully for anything.

We view our Wellbeing programme as absolutely key and pivotal as we seek to transform the lives of our students. Through our Wellbeing programme our students have the opportunity to develop essential life-skills that will ensure they go on to lead happy, healthy and fulfilling lives.

Whilst there is a PSHE programme of study that runs as a distinct part of our Wellbeing programme here at BIS Houston, we believe that Wellbeing is not something that can simply be lifted off a shelf and delivered in isolated slots during the week. Wellbeing to us is an ethos and a culture that permeates all aspects of our school community.

We are absolutely committed to ensuring that all members of our community are valued, looked after and given the opportunity to learn and grow. This includes our students, our staff and our parents.

Over the next few pages you will see an overview of both our whole school ethos on Wellbeing and the systems and processes we have in place to support our community. You will also see an overview of our PSHE programme in each phase of our school.

If you have any further questions about Wellbeing, please contact one of our Heads of School.



Wellbeing - Our central ethos

Our staff...

Our students...

Our Parents...

Wellbeing in our Primary School

Our PSHE Curriculum is centered around our students and their personal, social, emotional development. Our curriculum allows students to discover who they are and their place in the world by following a broad and balanced curriculum that is woven into daily lessons. Opportunities and experiences are carefully planned and teachers also embrace real world contexts and situations with supportive discussions. We believe that students learn from real experiences, in a safe environment.

Our Primary PSHE Curriculum is designed to ensure that students build on their skills, knowledge and understanding. Our units follow the objectives from the 2020 UK PSHE Association in units that are revisited and built upon every two years. Links are made to our IPC units and Science units ensuring learning is purposeful and relevant.

Our core values of Pride, Unity and Respect underpin our curriculum, interactions and approaches to learning. Our PSHE also embraces the attributes of the Leader Learner Profile and our Effective Learner Descriptors (Organised, Engaged, Productive and Reflective).

In PSHE lessons, students are encouraged to think deeply about important topics. Critical thinking, clear communication, open-mindedness and reflection are valued. Students take an active role through leading discussions, sharing their prior experiences and role play or scenarios.

Wellbeing in our Primary School continued

PSHE, Citizenship and Relationship Education:

Year 1 – TEAM, It's my Body, Aiming High, Money Matters, Be Yourself and Aiming High

Year 2 – Think Positive, VIPs, One World, Safety First, Growing Up

Year 3 – TEAM, It's my Body, Aiming High, Money Matters, Be Yourself and Aiming High

Year 4 - Think Positive, VIPs, One World, Safety First, Growing Up

Year 5 - TEAM, Aiming High, Money Matters, Be Yourself, Aiming High and It's my Body

Year 6 - Think Positive, VIPs, One World, Safety First, Growing Up and Respecting Rights

Wellbeing in our Middle School

At BIS Houston, the Middle School PSHE curriculum is aimed at promoting our students' growth and development as individuals and as members of a wider global community. Through PSHE, students will gain the knowledge, understanding, and skills needed to lead confident, healthy, and independent lives. Students will reflect on their experiences and understand how they are developing personally, socially, morally, and physically during this time of adjustment and transition to adolescence. Below is an overview of each of the units on our Middle School PSHE curriculum.

Digital Citizenship - The purpose of this unit is to educate our students on the safe and responsible use of any online medium, including social media. The topics covered will engage our students and show them how to connect with one another, empathize with each other, and utilize digital tools safely and respectfully. Students will gain valuable digital skills that will be useful throughout their studies.

Study Skills - This unit focuses on students developing a range of healthy study habits which will benefit them throughout Middle School and beyond. Students will gain an understanding of time management, collaboration, organization, note taking, goal setting, active listening, memorization techniques, and other beneficial tactics for their current and future studies. They will also learn a variety of revision strategies to aid their progress into High School and prepare them for future examinations.

Relationships - This unit is a very key area for this time of adolescent development. Students will learn about the physical, emotional, and social changes they are going through during this time in their lives. Topics include bullying behavior awareness, healthy friendships, healthy relationships, respectful communication, empathy, and many other important areas.

Wellbeing in our Middle School continued

Global Citizenship - This unit will encourage students to consider various perspective as they explore topics that impact the wider community. Students will investigate the impact of pollution, explore animal endangerment and extinction, and learn about social issues and discrimination.

Wellbeing - This unit will help students to gain an understanding of the importance of taking an active approach to managing their wellbeing. Topics include mindfulness, stress management, health and nutrition, the importance of physical exercise, positive coping strategies to manage mental health, peer pressure, substance use, and healthy decision making.

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Wellbeing in our High School

The High School PSHE Curriculum is delivered to enable students to grow and develop as young individuals, PSHE develops the knowledge, skills and attributes of students enabling them to meet the challenges of life and to maximise life's opportunities.

Through PSHE, our students grow and develop as individuals and as members of a wider global community. Students are encouraged to take responsibility for their own learning, to develop a positive attitude and be active citizens within their local community. PSHE has been described as 'learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives, now and in the future.' BIS Houston view PSHE as an opportunity to provide the future leaders of tomorrow with the skills they need to up grow up as healthy, well-balanced individuals who are capable of making informed decisions in their future lives.

PSHE is required to be age appropriate and within the High School we deliver a PSHE programme that tackles the challenges and needs of teenage students between the ages of 14-18. Key elements of the PSHE provision in this area of the school are relationships and sex education as well as learning about physical, mental and emotional health.

Within PSHE in High School we enable students to develop their skills in time management and exam and study techniques as they prepare to move onto the next stage of their education or move into the working world.

As an international school, the setting and requirements of our students differ significantly from schools teaching a national curriculum within their country of origin, as such a framework designed specifically for international schools is required.

Over the next two pages you will see the core themes for our High School PSHE programme and an outline for each year group. For further information, please contact the respective Head of Year or the Head of Secondary School.

Wellbeing in our High School continued

Personal, social, health and economic Education

CORE THEME 1: HEALTH AND WELLBEING

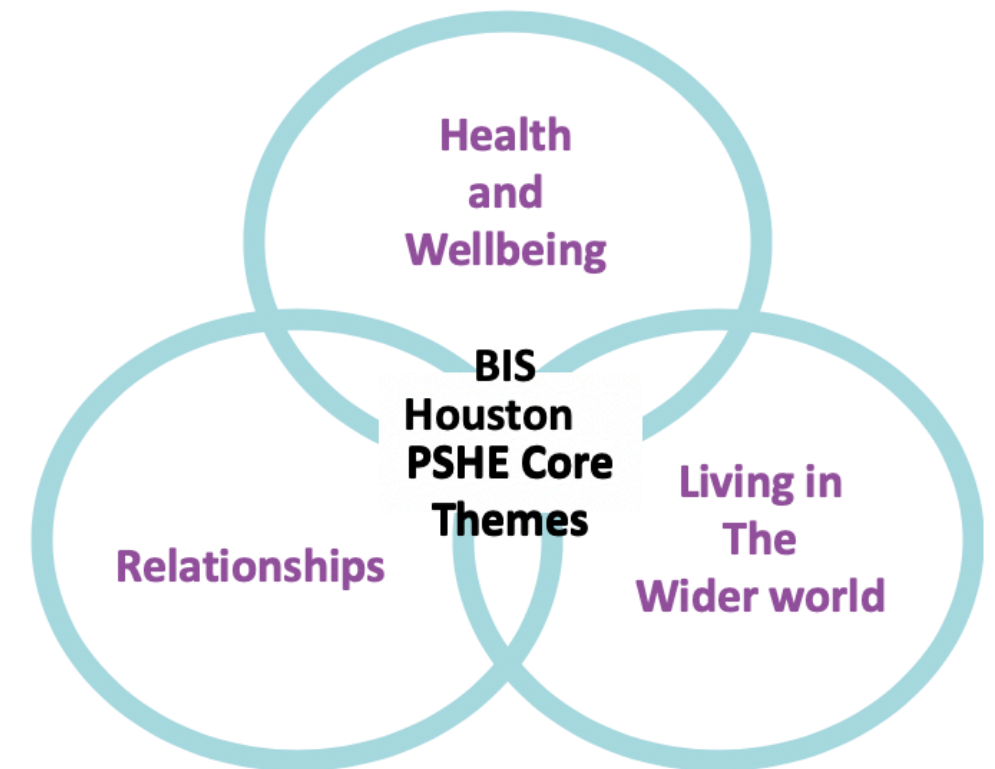
This core theme focuses on:

1. How to manage transition to increasingly independent living
2. How to maintain physical, mental and emotional health and wellbeing
3. How to assess and manage risks to their own and others' health and safety
4. How to identify and access help, advice and support including in new settings and situations
5. How to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity;
6. Mental and emotional health and wellbeing; and sexual health
7. How to respond in an emergency including administering first aid
8. The influence of the media on lifestyle

CORE THEME 2: RELATIONSHIPS

This core theme focuses on:

1. How to develop and maintain a variety of healthy relationships within a range of social/cultural/educational and employment contexts and to develop parenting skills
2. How to recognise and manage emotions within a range of relationships
3. How to manage risky or unhealthy/negative relationships, including all forms of harassment and abuse (including online)
4. The concept of consent in a variety of contexts
5. Respecting equality and being a productive member of a diverse community
6. How to identify and access appropriate advice and support in new locations or communities



CORE THEME 3: LIVING IN THE WIDER WORLD (ECONOMIC WELLBEING, CAREERS AND THE WORLD OF WORK)

This core theme focuses on:

1. Rights and responsibilities as members of diverse communities, as active citizens and participants in the local and national economy
2. How to make informed choices and be enterprising and ambitious in life, education and work
3. How to develop employability, team working and leadership skills and develop flexibility and resilience
4. The economic and business environment
5. How personal financial choices can affect oneself and others, student finance, budgeting on a salary and about rights and responsibilities as consumers
6. How to live safely in an 'online' and 'connected' world

Wellbeing in our High School continued

Personal, social, health and economic Education

BIS Houston High School PSHE Programme

Year 10	Year 11	Year 12	Year 13
Career Pathways	Examination skills	Emotional Health & wellbeing	Economic wellbeing
Effective Communication	Sex & Relationships	Economic wellbeing	Emotional Health & wellbeing
Sex & Relationships	Healthy Lifestyle and wellbeing	Leadership development	University and career pathways
Personal identity	Leadership development	Examination skills	Examination skills
Healthy Lifestyle and wellbeing		University and career pathways	
		Life skills	
		Service work & the wider world	