Student Centre
Wellbeing
Terms 1 and 2

Skills Builder

Within the Student Centre we assess against the 8 employability skills. Students have the opportunity to demonstrate these skills across the school day, every day. There are certain parts of the curriculum where some of the skills are more of a focus e.g. Teamwork during coffee mornings. However, students will work on all 8 of the skills across the term and with the rest of the school on events such as Sport's Day and 'Children in Need'.

Enrichment

Aspirations Day careers fair: 12th October 2026
Weekly Wednesday enrichment clubs
Weekly optional Wednesday swimming (begins Wednesday 23rd September 2026)

Coffee Mornings

Friday 25th September 2026
Friday 23rd October 2026
Friday 27th November 2026
Friday 18th December 2026

Good Health and Wellbeing

Intent

Students will develop their understanding of how to live a healthy life. Students will have the opportunity to make choices that enhance their physical and emotional wellbeing. A particular focus will be placed on building fitness, healthy routines and interoception.

Implementation

Students will take part in sessions exploring good health, hygiene, personal care, and nutrition. As part of their accreditation, students will complete the Kitchen Hygiene unit, which includes personal hygiene, cleaning routines, and understanding how to keep safe when cooking.

There will be an increased focus on physical fitness. Students will participate in twice weekly sessions with a PE coach, and choose an enrichment club to join for the term, designed to boost wellbeing. Students will be given opportunities to do PE in the community and can opt in and out of weekly swimming at the leisure centre. PMLD students will participate in jacuzzi sessions and will have the chance to go to Hydrotherapy.

Mental health and emotional wellbeing will be supported through daily mindfulness routines, opportunities for interoception check ins, and structured discussion around feelings and personal experiences. Students will also be encouraged to take ownership of their own wellbeing and begin to recognise what helps them feel good.

Impact

Students will have developed a deeper understanding of the importance of a healthy lifestyle, both physically and mentally. They will have experienced a wide range of physical activities and built healthy habits around movement and self-care. Students will also have gained confidence in managing their hygiene, diet, and mental wellbeing, with strategies in place to support them both in and out of school.

Friendships, Relationships and Community

Intent

Students will develop their understanding of different types of relationships. They will develop friendships with their new classmates and work as a team. They will work with younger year groups to develop their leadership skills and sense of school community. They will develop the skills needed to interact respectfully and successfully within the local community and with their peers.

Implementation

Through PSHE lessons, students will explore what healthy friendships and relationships look like. There will be a focus on building and maintaining positive relationships, including communication skills, recognising feelings, and respecting boundaries. Daily interoception activities will support students to regulate emotions. Accreditation will focus on e-safety, developing skills and knowledge to navigate the online world.

Students will be supported to practise real-world interactions in various settings, including enrichment clubs, local community visits, work experience and daily social times. They will also take part in Duke of Edinburgh activities, which promote teamwork and social interaction. PMLD students will be given a wider range of opportunities to socialise in a group setting and with a wider range of peers from different age ranges across the school.

Students will have the chance to work with younger students across the school, developing their leadership skills and confidence.

Impact

Students will have built a deeper understanding of relationships as they move into adulthood. They will be better able to identify healthy and unhealthy relationships, communicate appropriately, and navigate different social situations with increasing confidence.

Independent Living Skills

Intent

Students will develop independence in their everyday living skills. They will have the opportunity to apply these skills in real-world scenarios and within the local community.

Implementation

Students will take part in travel training, using public transport, and navigating familiar and unfamiliar local towns. They will practise everyday tasks such as meal planning, budgeting, shopping, food preparation, and household cleaning.

As part of their accreditation, students will complete the Money unit. This will include learning how to identify and count different amounts of money to buy items, budgeting and shopping.

Students will also take part in enrichment clubs designed to promote independence, self-advocacy, and new hobbies. Clubs will include Sport, Hair and Beauty, Performing Arts, and other interest-based activities. These clubs will allow students to explore leisure activities they may wish to continue independently in the future. PMLD students will be encouraged to play an active part in physio sessions and build understanding of their personal care and routines.

Impact

Students will develop a clearer understanding of what independent living looks like, and the skills required to achieve it. They will have grown in confidence through practical experience and participation in enrichment, and they will be better prepared to take on responsibilities in everyday life and within the community.

Life and Employment Skills

Intent

Students will develop their knowledge of employment and the skills required to enter the workplace. Students will have the opportunity to undertake work experience this term.

Implementation

Students will explore different types of jobs, their own personal skills, and what roles may suit their interests. As part of their accreditation, there will be a strong focus on communication skills and how we communicate when we are talking to mentors, employers and members of the community.

Functional English and Maths will be embedded in all areas, particularly in preparation for employment. Students will engage in research, practice application tasks, and explore local job opportunities.

Students will also take part in enterprise projects, mock interviews, and work-related learning experiences and will have the chance to explore a range of different post-19 local provisions. They will be encouraged to give opinions on their future. They will be supported to reflect on their strengths, identify areas for development, and work towards realistic pathway options. PMLD students will develop independence in self-dressing for different environments, making choices and stating preferences.

Year 12 students will participate in weekly group work experience at Blenheim Palace while Year 13 and 14 students will begin individual work experience placements.

Impact

Students will have developed a greater understanding of the world outside of Fitzwaryn. They will have had opportunities to build and apply practical employability skills and consider possible future pathways. They will leave with meaningful experiences that prepare them for life beyond school.