



The Wellness Project

The aim of The Wellness Project is to gain an understanding of the many factors which may affect your wellbeing as you enter adulthood and beyond.

Over the course of the year students will participate in a range of classroom and practical activities to develop their knowledge of the following topics.

- Students will spend time understanding the importance of good sleep and explore strategies to help improve this.
- They will learn how stress impacts the body and how the five ways to wellbeing could be implemented to reduce this.
- Nutrition is an important component of our health and students will gain an understanding of what makes a balanced diet.
- Understanding the impact hormones have on your body is vital as teenagers move into adulthood. Students will be encouraged to 'know their body' and what is normal for them.
- Loneliness is something that can affect many people at different times of our lives; we will explore when these times might occur and what we can do to prevent students feeling isolated.
- Students will have the opportunity to learn basic self defence skills and techniques that they can implement to keep themselves safe.