

# Wellbeing

At Parkstone we believe that to effectively manage wellbeing students need to have access to a toolkit which is central to effective learning and preparation for a successful independent life.

**Remember! In an emergency, always dial 999 or 112**

Did you know the 112 number works anywhere in the UK and across Europe and automatically sends your exact location to your nearest operator?



These tools are developed in Wellbeing lessons and our Time to Talk sessions.



Click on the image to link to the specific Year group curriculum booklets for full details of our programme.

Our Wellbeing programme incorporates the statutory Relationship, Sex, Health Education, and an understanding of the wider world. It is a spiral curriculum, building a strong toolkit for students.

Wellbeing Curriculum  
2023-2024  
[Click here.](#)

Talk to someone.

Connect

Be kind to yourself.

Be active.

Positive Coping Strategies.

A calm space

Developing a  
Wellbeing Toolkit

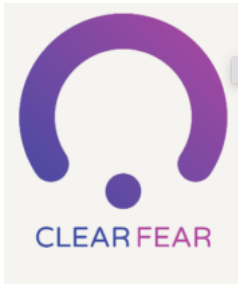
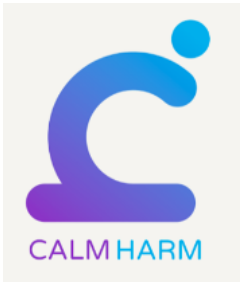
Breathe

Flexible Thinking Skills

Give to others.

**The following resources can help you or support someone to develop a wellbeing toolkit.**

Recommended Apps - click on the icon for further information.



In school Wellbeing support – who can I speak to: -

