

## Year 11 Wellbeing Programme

Students are embarking on an 8 week unit entitled “Physical and Emotional First Aid” which is an inquiry into personal, mental, and social health; human relationships including families, friends, and communities. There are two courses running concurrently each with half of the year group: Physical First Aid and Emotional First Aid. After the 4 week the groups will swap over. Each course will compliment the other in terms of the key concepts that are being explored, which are community and communication.

### Physical First Aid

Students will complete the Community First Aid course with Sarah Walker, one of our DC Health Professionals and another professional from First Aid International <http://www.firstaidinternational.co.uk>. When completed students will receive a 3-year certification that can be put on job applications and university applications. It is hoped that before graduation a refresher course can be offered to extend the certification. The course covers: Principles of First Aid, Scene Safety, Life Threatening Conditions, Basic Life Support including CPR – Adult and Introduction to Automated External Defibrillators (AED)’s and more.

### Emotional First Aid

Students will explore Maslow’s hierarchy of needs, identifying the importance of satisfying these needs in pursuit of human development and growth. What happens we Physiological Needs (sleeping, nourishment) are not met nor Love and Belonging (social belonging). The final week will be centred around the Wellbeing Wheel and how to have balance.

