



Wellbeing



Whilst all students are at Whitchurch High School, we hope they take full advantage of all the opportunities to learn, grow and develop as a young person. To do this means that all students need to develop an understanding of the things that they need to do to keep themselves healthy in mind, body, and spirit, taking responsibility for their own personal wellbeing.

At Whitchurch High School, we pride ourselves on the strong pastoral care available for all students. Each year group is supported by a Progress Leader and an assistant Progress leader, who oversee progress and wellbeing, and a non-teaching Progress Assistant, whose role is to liaise with students, parents, and staff to support students throughout their time in school.

On the Lower School site, there is a dedicated Wellbeing Intervention Teacher who provides ELSA support, Anger Management and is available for one-to-one support for those students in need. Mirroring the wellbeing intervention on the Lower School site, within the Upper School site, there is a qualified THRIVE practitioner who is the KS4/5 Wellbeing Officer. The role of the Wellbeing Officer is to oversee the wellbeing support on the upper school site by operating a referral-based support system and mapping the support to the individual needs of pupils. This is done with a multi-agency approach working closely with organisations in Cardiff but also offering one to one and group support with the Wellbeing Officer where the THRIVE approach is embedded to support the social and emotional developmental needs of pupils. To widen the support for pupils, the Wellbeing Officer can also offer support and guidance to the parents, carers and the community by offering family THRIVE courses.

On the Upper School site, a team of dedicated staff work with students to guide them through their GCSE years, careers and managing their studies. We also have a member of staff dedicated to supporting students with the transition process, between primary and secondary school, and from year 9 to 10.

Student wellbeing and progress is overseen by an Assistant Headteacher on each site, and our strong links with parents, the community and external agencies mean that students have a strong and effective support network throughout their time at Whitchurch High School.

Whitchurch High School has a strong anti-bullying policy and most of our student's state that they feel happy and safe in school, and that they know where to seek support should they encounter any problems. We understand that for students to succeed academically, their wellbeing is of utmost importance and that is why care, support and guidance is at the core of all that we do.

As a school we always strive to listen and guide students along the right path for them and appreciate that at times in their school career they may need some extra help and advice to get through difficult times. We provide an extensive webpage that simply offers advice and indicates who to seek help from if needed: <https://www.whitchurchhs.wales/Students/Wellbeing/>

If as students or parents you are concerned at any time regarding your or your child's wellbeing, please do not hesitate to contact us directly and we will do everything we can to help.

Learning for Life in a successful, inclusive and caring community

Dysgu Gydol Oes mewn cymuned lwyddiannus gynhwysol a llawn gofal



Curriculum Overview

Our curriculum across all key stages is broad, balanced, relevant, and differentiated, with its overall purpose being to create ambitious and capable learners who are ready to learn throughout their lives. Our curriculum covers 6 main areas of learning and experience helping to create healthy, confident, enterprising, creative, ethical, and informed individuals who are ready to play a full part in life and work.



6 Areas of Learning and Experience

- Expressive arts
- Health and wellbeing
- Humanities
- Languages, literacy, and communication
- Mathematics and numeracy
- Science and technology

Literacy, numeracy, and digital competence are developed, and the Welsh dimension considered through all subject areas.

Years 7 to 9: Students follow a broad curriculum which will help them to build on the progress they have made at primary school. Details of the specific subjects followed can be found on the school website under the curriculum tab.

Years 10 and 11: The curriculum is designed to meet the needs of individual students, allowing them to maximise their progress in core subjects and have flexibility in selecting their optional subjects. Details of the core and optional curriculum can be found on the school website under the curriculum tab.

Years 12 and 13: The majority of our year 11 cohort continue their studies in the sixth form at Whitchurch. The sixth form offers a vast array of qualifications at all levels providing academic rigor, pastoral support and guidance to give students the qualifications and personal development needed for success in any chosen field. Strong links are forged between the school and selected universities. For details of the courses on offer, the application process and details of entry requirements please visit the school website.

Students of all abilities are supported in following an appropriate curriculum to help ensure that they meet their full potential. Further details of the learning pathways in place for our students and the advice and guidance programme can be found in the 11-18 learning pathways policy which is available on the school website in the Governors Policy section.

Target Setting We believe that setting targets is an important factor in helping students make the progress that will allow them to reach their potential. The school uses written and verbal targets on a day-to-day basis that allow students to make the steps required to achieve better in their subjects. These will be found in their books as they work through the school year. In addition, the school use the information from prior stages of students' education to set appropriate but challenging targets for students to achieve throughout their time with us. These targets are based on teacher assessments, national test results, external examination results, as well as the expertise of our teachers.



Additional Learning Needs

From September 2021 there has been the introduction of ALNET, **The Additional Learning Needs and Education Tribunal (Wales) Bill**. This was passed by the National Assembly for Wales on 12 December 2017 and became an Act on 24 January 2018 after receiving Royal Assent. This will create the legislative framework to improve the planning and delivery of additional learning provision.

In summary:

1. All pupils with Additional Learning Needs (ALN) will have an Individual Development Plan (IDP), not a statement of SEN.
2. Teachers are expected to use universal provision to assist pupils who have ALN.
3. Universal Provision is; Strategic Seating plans, Effective Questioning, Checking in with the pupil.
4. Strategies that are useful for eFSM, EAL are useful for ALN. Universal Provision will support all these learners.
5. Teachers can find out if a pupil has an ALN using SIMs.
6. There will be a monitoring register for pupils with Dyslexia etc who may not be classed as having ALN. This will be emailed out by Laura Morgan, please check it thoroughly.

Please contact Laura Morgan (ALNCo) if you have any concerns about a pupil with ALN, or you think may have an ALN.

There is an SRB (Student Resource Base) in the school. This is called Ty Calon Centre Please contact Paul Morgan in relation to any matter regarding the Ty Calon Centre.

Teaching Assistant Support

Whitchurch High School has a large team of Teaching Assistants. Operating as a team, they provide support to students in the Special Resource Base and in mainstream classes. Their role is to support identified students in order to raise student achievement.

They work with individuals in classes and in small groups both in and out of the classroom, depending on their level of expertise. Some TAs are trained to deliver specific intervention strategies such as speech, language and communication support and support for students with specific learning difficulties, as well as those with numeracy, literacy, behavioural, emotional or social difficulties. TAs keep detailed records of the support undertaken which is reviewed by the Additional Learning Needs Co-ordinator (ALNCO) and the school leadership.





Whitchurch High School Special Resource Base (Ty Calon)



At Whitchurch High School we take great pride in our SRB. Which SRB you choose will be one of the most important decisions you will have to make for your child as a parent.

You will want your child to be happy, safe, cared for and challenged. Ty Calon provides a caring, creative, and challenging environment where this will be achieved.

Placement at Ty Calon is agreed through Cardiff County as it is a County wide provision.

Students within the Resource Base will benefit from

- An enhanced student/teacher ratio.
- Access to teachers experienced/qualified to teach students with learning difficulties.
- Access to a suitably differentiated curriculum which takes into account the varied additional learning needs and preferred learning styles of the students.
- Use of enhanced resources to aid the students' learning such as Teaching Assistants and specialist equipment and resources.
- Enhanced supervision at breaks and beginning and end of day as needed.

All staff within TY Calon work to encourage, establish, and maintain positive relationships by demonstrating to students that they are welcome, liked, and respected.

An unconditional acceptance is vital to each student's success in the school. The warmth of environment, security and level of mutual respect and trust achieved between staff and students will have a significant impact upon the lives of the children at the school.

A calm and consistent positive approach is adopted, promoting confidence and self-esteem, providing a secure environment, and demonstrating appropriate and acceptable ways of expressing emotion.





Applications to our Specialist Resource Base (Ty Calon) are not managed by the school – these applications must be made through the Local Authority who allocate these places.

Whitchurch is a heavily over-subscribed school, and we fill all places in each year group every year. However, a small number of spaces sometimes become available during the school year. All in-year applications are sent directly to the school. Information on how to apply during the school year is available online, or by contacting the Admissions Manager school online or by phone.

Whitchurch High welcomes students from across the city to join our sixth form. Details on admissions criteria and the courses available for study are updated on our school website during the course of the school year.

Academic Standards

At Whitchurch High, we are rightly proud of the academic success of all our students. Students at the school achieve excellent results in GCSE, BTEC, AS and A Level. The latest Welsh Government data shows that the school significantly outperforms expected outcomes for students achieving 5 GCSEs at A*A, 5 GCSEs at A*C, and for English, Maths and Science GCSE.

For many years, students' outcomes at A Level have placed the school in the top 25% of schools across the UK at A Level and AS Level according to the ALPs organisation. Very high numbers of students go on to attend the Russell Group universities each year.

However, we are most proud of the progress each student makes in achieving their own potential at all levels of the school. We are proud to instil standards that ensure each student has strong learning foundations to make a success of their lives, whatever that may be.



Sixth Form

Our sixth form is one of the largest school sixth forms in the UK with students studying a range of academic courses. Alongside the level 3 subjects we offer here in years 12 and 13 we also work collaboratively with schools in our local vicinity to offer additional level 3 subjects, so increasing their option choice and maximising their potential. We believe that the schools' specialism in providing courses, its excellent support services together with an environment which meets the needs of our learners, affords them all the opportunities to be successful future citizens. Here at Whitchurch, we work hard to provide an intermediary step between school and higher education with the students' focus being on reaching their maximum potential in all areas. Whitchurch Sixth form has a proven track record of helping students to secure places at the most prestigious universities around the world including Oxford, Cambridge, and the Russell Group universities in the UK. We are pleased that many of our alumni keep in touch and act as role models for younger students to follow.

Rugby Academy



Whitchurch's Rugby Academy identifies and develops talented young athletes from the ages of 15 to 19 and engages them in an elite, high-performance development programme. The main aim of our academy is to develop individual players in an enjoyable and challenging environment where they regularly play high performance fixtures in both the fifteen a side and seven a side game.

These will include home base fixtures against schools and the elite Welsh college sides. Cross border fixtures also include the prestigious St. Josephs Rugby Festival Ipswich, Colston's Rugby Festival, Millfield School, Blundell's School as well as seven a side visits to Fylde National Schools & Colleges Competition and Rosslyn Park National School's Competition.

Whitchurch's Rugby Academy continues to provide an opportunity for elite rugby players to develop and uncover their potential. In close tandem with this pathway it is our desire to encourage and enhance an enjoyment and passion for the game of rugby union. Our Academy works closely in partnership with Cardiff Blues Rugby Football Club in what is one of several key stages of player development in the Welsh RFU's World Class Performance Plan.

The primary and central purpose is to develop better Welsh players by developing their potential, enabling them to have an opportunity to have a playing career in professional rugby.

Many of our players have achieved the accolade of representing Wales at Under 16, Under 18 level and at National Level.





School Uniform

All students in Years 7, 8, 9, 10 and 11 are expected to wear the uniform as listed below:

All clothing must be clearly marked with learner's name

All learners in Years 7, 8, 9, 10 and 11 are expected to wear the uniform as listed below.

School Blazer - charcoal grey with gold piping and embroidered school badge. The school blazer is **optional** and can be worn instead of (or with) the school jumper or cardigan.

School Clip on Tie

Years 7, 8 and 9 royal blue and gold.

Years 10 and 11 maroon and gold.

The school tie is compulsory for all learners. It is available from YC Sports.

School Jumper/Cardigan – charcoal grey V neck with gold collar and embroidered school badge. If learners choose not to wear a school blazer, then the school jumper or cardigan is compulsory. These items are available from YC Sports.

Shirt – conventional white collared school shirts are compulsory for all learners. They must be plain white with no motifs or logos, have a short or long sleeve, must not be fitted, must be able to be worn with the school tie with the top button of the shirt comfortably fastened at all times, and must be tucked in.

Trousers/Shorts – these must be full length and plain black, tailored trousers. Black tailored shorts may be worn instead of long black trousers. No other shorts will be allowed. High fashion items are not permitted e.g., jeans, denims, cords, bootlegs, leggings, hipsters, combats, pinstripes, skinny fit. No dangling or coloured belts, motifs, splits, rivets, exposed zip or button fly.

Skirt – skirts are optional but if worn must be knee length or below and plain black. No high fashion items e.g., mini, ankle length, leather, suede, denim, combat, tight fit, etc. No dangling or coloured belts, motifs, large splits, rivets or exposed zips. If wearing a skirt, it should be accompanied with plain black tights or socks.

Shoes – these must be plain, completely black, low heeled school shoes. Sandals, soft or canvas shoes, boots, trainers, high tops, open backed shoes or open toed shoes are not acceptable.

Outdoor coat - these should be light coloured (better for road safety visibility) and can be worn to and from school. The coat should be logo free and be as plain as possible.

Articles of Faith – The school respects that articles of faith are worn but with due consideration for Health & Safety.

Jewellery - one small plain stud in each ear lobe only. One watch. No other jewellery permitted. Hairstyles must be appropriate to a school environment. Avoid: hair dyed in unnatural hair colours such as blue, green, pink etc; bands of colour; tramlines; shapes cut into hair, etc. Only plain hair accessories are permitted. Makeup – only discreet, foundation is allowed. Any other makeup or nail varnish is not permitted. Learners will be asked to remove makeup and nail varnish.



Sixth Form

Sixth Formers return to school voluntarily as their place of study and work. A privilege of membership of senior school deems that for sixth form students there is no longer a requirement to wear school uniform. However, as senior students there is a responsibility to dress as befitting a working environment and thus a dress code applies. This acknowledges student individuality yet ensures that students are well presented in the community and are role-models to students in Years 7-11.

For safeguarding reasons students need to ensure that they are wearing their school lanyard and that it is visible at all times.

Guidelines:

- Clothes should be worn that are appropriate for a place of study and work
- Casual clothing must be 'smart'
- Long trousers or jeans must be sufficiently neat and tidy – under no circumstances should they be "cut-off" or frayed.
- Shirts, T-shirts can be worn, but not bear any inappropriate logos or wording
- Hoods on tops must be always worn down
- Given the very nature of a working school, all students must dress respectfully, and thus shoulder-less tops, immodest necklines, low slung trousers or vest-type attire will not be accepted
- Midriffs should be covered
- Skirts should be of a respectable length
- Students may wear tailored 'Chino'-type shorts of discreet single colour, but other leisure shorts will not be accepted
- Hats/caps/sunglasses should not be worn when inside school buildings
- The school respects that articles of faith are worn, but we appreciate consultation, especially with consideration to health and safety
- If facial jewellery is worn, it must be a discreet stud type (up to August 2018) September 2018 onwards
- If facial jewellery is worn, it must be one small stud in each ear lobe only
- Hairstyles must be appropriate to a school environment. Avoid: hair dyed in unnatural hair colours such as blue, green, pink etc; bands of colour; tramlines; shapes cut into hair, etc.
- Discrete make-up allowed

ALL senior students play a valuable role as role models, and an appropriate dress code encourages younger students to assume high standards. Senior staff are the arbiters of what is acceptable.



School Day

YEAR 7	
P1	8.40 – 9.40
Break 1	9.40 – 9.55
P2	9.55 – 10.55
P3	10.55 – 11.55
Break 2	11.55 – 12.10
Lunch	12.10 – 12.40
P4	12.40 – 1.40
Break 3	1.40 – 1.55
P5	1.55 – 2.55
Reflection Time (DACW)	2.55 – 3.00

YEAR 8 AND 9	
P1	8.40 – 9.40
Break 1	9.40 – 9.55
P2	9.55 – 10.55
P3	10.55 – 11.55
Break 2	11.55 – 12.10
P4	12.10 – 1.10
Lunch	1.10 – 1.40
Break 3	1.40 – 1.55
P5	1.55 – 2.55
Refection Time (DACW)	2.55 – 3.00

YEAR 10 AND 12	
P1	8.40 – 9.40
Break 1	9.40 – 9.55
P2	9.55 – 10.55
P3	10.55 – 11.55
Break 2	11.55 – 12.10
Lunch	12.10 – 12.40
P4	12.40 – 1.40
Break 3	1.40 – 1.55
P5	1.55 – 2.55
Reflection Time (DACW)	2.55 – 3.00

YEAR 11 AND 13	
P1	8.40 – 9.40
Break 1	9.40 – 9.55
P2	9.55 – 10.55
P3	10.55 – 11.55
Break 2	11.55 – 12.10
P4	12.10 – 1.10
Lunch	1.10 – 1.40
Break 3	1.40 – 1.55
P5	1.55 – 2.55
Refection Time (DACW)	2.55 – 3.00