



Health and Wellbeing

In the Health & Wellbeing Area of Learning and Experience (AoLE), we recognise the holistic nature of the disciplines and their fundamental interconnectivity.

At Porthcawl Primary, we want our learners to have the understanding and skills to maintain and enhance their physical, mental, social and emotional wellbeing. They will understand and appreciate the importance of good health and wellbeing in laying the foundations for becoming successful learners.

Across the Health & Wellbeing disciplines, learners will be provided with a range of experiences and tools to help them develop a healthy and happy body and mind. We aim to achieve this by creating a secure and happy environment where learners develop confidence, resilience, empathy and all the skills necessary to become healthy, confident individuals

<https://hwb.gov.wales/curriculum-for-wales/health-and-well-being/>