Nagoya International School
Wellbeing - Grade 6-10 Overview 2025-26

Course Aims:

The NIS Secondary Wellbeing Programme (Grades 6–10) is designed to support students academically, socially, emotionally, and developmentally through a responsive and relationship-centered advisory curriculum. The programme combines structured wellbeing lessons, restorative practices, service learning, digital citizenship, and social-emotional learning to help students develop resilience, empathy, communication skills, and self-awareness.

While there is a structured curriculum framework and planned sequence of lessons, Wellbeing and Homeroom teachers intentionally adapt lessons to meet the developmental and emotional needs of their students at the time. Lessons may be modified to suit shorter advisory periods, changing group dynamics, or emerging student concerns. The programme also responds proactively to current wellbeing issues within the grade level, reinforcing school values and supporting students through restorative conversations, reflective activities, collaborative games, and guided discussions.

The wellbeing curriculum aligns with school-wide initiatives such as Week of Belonging, Neurodiversity Awareness, and Mental Health Month through collaboration with counselling, wellbeing and homeroom teachers. Resources from restorative practices, Positive Psychology, and the PSHE Association are integrated throughout the programme.

Across Grades 6–10, students engage with four core wellbeing strands each year:

- **Academics** – organisation, study skills, reflection, goal setting, digital citizenship, and resilience
- **Practical Life** – life skills, health, nutrition, financial literacy, and independence
- **Relationship & Sexuality Education** – identity, consent, boundaries, communication, and healthy relationships
- **Social Emotional Learning** – emotional literacy, belonging, stress management, empathy, and wellbeing

The curriculum is developmental, allowing students to revisit and deepen their understanding of concepts over time while building the skills necessary to become reflective, responsible, and inclusive members of the NIS community.

Strands by Year:

Grade	Academics	Practical Life	Relationship & Sexuality	Social Emotional
Grade 6	Goal setting, digital citizenship, reflection, resilience, organisation, study habits, information literacy	Nutrition and sustainability, healthy routines, coping with transition, self-management	Identity and authenticity, puberty, healthy relationships, online safety, communication	Safe spaces, PERMA+, belonging, emotional awareness, stress management, empathy
Grade 7	Study skills, reflection, accountability, digital balance, productivity, communication skills	Nutrition and culture, self-esteem, gratitude, emotional regulation, healthy lifestyle habits	Friendships, consent, boundaries, puberty, respectful communication, emotional health	Belonging, positive self-talk, kindness, resilience, managing stress, empathy
Grade 8	Critical thinking, collaboration, project planning, digital literacy, resilience, reflection	Financial literacy, body image, communication and presentation skills, innovation and design thinking	Gender and sexuality, consent, healthy and unhealthy relationships, cyberbullying, positive language	Values and needs, confidence, emotional wellbeing, managing change, listening skills
Grade 9	Goal setting, behavioural change projects, project and time management skills, ethical decision-making, advocacy	Nutrition for performance, media literacy, drugs and alcohol awareness, independence skills	Sexual orientation, relationships, consent, pornography and sexting risks, online safety	Mental health support systems, emotional regulation, resilience, identity, communication
Grade 10	Reflection, resilience, academic preparation, transition skills, financial literacy, future readiness	Independent living, coping tools for stress, nutrition, practical adulthood skills	Consent and autonomy, attachment and love, contraception, pregnancy, healthy relationships	Managing expectations, confidence building, anxiety and stress management, restorative reflection