Nagoya International School
Wellbeing - Grade 11-12 Overview 2025-26

Course Aims:

The NIS Secondary Wellbeing Programme (Grades 11–12) is designed to support students through the increasing academic, emotional, social, and practical demands of the Senior High School Programmes and post-secondary transition years. The programme combines structured wellbeing lessons, dedicated Wellbeing Days, restorative practices, reflection opportunities, and responsive pastoral support to help students develop resilience, balance, independence, and healthy relationships.

The programme intentionally balances academic well-being with practical life readiness, emotional health, and relationship development. Lessons and wellbeing experiences are adapted according to student needs, examination schedules, cohort dynamics, and emerging wellbeing concerns. Homeroom teachers and wellbeing staff collaborate to ensure students are supported both proactively and responsively throughout the school year.

Grade 11 wellbeing focuses heavily on building sustainable routines, effective study habits, emotional regulation, stress management, and self-awareness as students transition into the rigours of senior school academics. Dedicated Wellbeing Days provide students with practical workshops and reflective opportunities around topics such as sleep hygiene, nutrition, time management, relationships, mindfulness, gratitude, and balancing academic demands with personal wellbeing.

Grade 12 wellbeing emphasizes transition to adulthood and post-secondary life. Students revisit and deepen their understanding of wellbeing topics through the lens of independence, university preparation, consent, relationships, personal safety, financial literacy, restorative practices, and maintaining healthy support systems. The programme encourages students to reflect on their growth, legacy, and future aspirations while equipping them with practical strategies for navigating adulthood successfully.

Across Grades 11–12, students engage with four core wellbeing strands:

- **Academics** – study habits, resilience, reflection, time management, productivity, and balancing academic pressure
- **Practical Life** – independent living skills, nutrition, routines, financial literacy, and transition to adulthood
- **Relationship & Sexuality Education** – consent, boundaries, communication, healthy relationships, and personal safety
- **Social Emotional Learning** – stress management, mindfulness, gratitude, emotional wellbeing, restorative reflection, and identity development

The wellbeing curriculum aims to ensure that students leave NIS not only academically prepared, but emotionally resilient, socially responsible, reflective, and equipped with the practical skills needed for life beyond school.

Strands by Year:

Grade	Academics	Practical Life	Relationship & Sexuality	Social Emotional
Grade 11	Study habits, IB workload management, time-blocking, resilience, reflection, SMART goals, productivity systems, balancing academics and life	Healthy eating, sleep hygiene, empowering routines, meal planning, self-care, organization, balancing independence and responsibility	Consent, boundaries, communication, changing relationships, autonomy, navigating relationships after high school	Mindfulness, gratitude, stress management, coping tools, reflection, emotional regulation, restorative reflection, wellbeing action planning
Grade 12	Exam preparation, study routines, goal setting, balancing pressure, post-secondary transition planning, self-management and reflection	Independent living skills, budgeting, cooking, shopping, financial awareness, university preparation, sustaining healthy habits	Consent, sexual boundaries, personal safety, relationships, communication, restorative practices, navigating adulthood and independence	Mental health awareness, identity, family relationships, stress management, resilience, leaving a legacy, gratitude and reflective practice