

Oxford  
*International  
Curriculum*

# Wellbeing Support for Parents and Carers



OXFORD

# What is the Oxford International Curriculum?

The Oxford International Curriculum offers a new approach to teaching and learning, placing joy at the heart of the curriculum by fostering wellbeing and developing global skills for students' future academic, personal and career success.

## What is the importance of wellbeing?

The Oxford International Curriculum recognises that your child's success is linked to both academic performance and emotional wellbeing. Wellbeing supports the practice of healthy habits of body and mind to enhance the lives of students inside and outside the classroom, giving them skills they can apply in their lives today and in the future. The curriculum addresses:

- ◆ Taking care of the body
- ◆ Taking care of the mind
- ◆ Taking care of relationships
- ◆ Taking care of the self and the world

"There is strong evidence internationally that whole-school approaches to promoting wellbeing can have a positive effect on academic attainment."

*Dr. Ariel Lindorff, Department of Education, Oxford University, drawing on research undertaken as part of an impact study conducted across a wide range of countries. Find out more at <https://oxfordimpact.oup.com/home/wellbeing-impact-study/>*

# What do schools think of the Oxford International Curriculum?

"The Oxford International Curriculum really does bring out the best in students... providing students with opportunities for mindfulness and growth mindset from early childhood."

*EtonHouse International School,  
Bahrain*

"We strongly believe our OIC students will have their knowledge, skills, thinking and character nurtured to their fullest potential, not only for academic achievement today, but also for their long-term success and happiness in work and in life."

*Marie Curie Hanoi School, Vietnam*

"We have seen real change in pupil self-confidence as the curriculum purposefully supports the development of curiosity, critical thinking, empathy building, good decision making and self-determination."

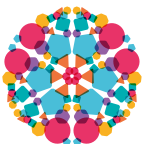
*Heathfield International  
School, Laos*

"We are so happy that now global skills and wellbeing are a part of our curriculum. We are extremely happy with the Student Books and Workbooks from Oxford University Press."

*Damara International, India*

"Not only have our students developed all four language competencies exceptionally, far beyond their peers, but they have also had countless opportunities to form and harness critical thinking, creativity and problem-solving skills through Global Skills Projects and Wellbeing."

*Đoàn Thị Đình Primary School and  
IEG Global, Vietnam*



See all the schools who are currently part of our growing Oxford International Curriculum community:

[www.oxfordprimary.com/OIC-schools](http://www.oxfordprimary.com/OIC-schools)

# How can you support your child's wellbeing at home?



## Listen

Ask your child how they're feeling regularly and encourage them to share their emotions. The more you do this, the more your child will feel comfortable opening up to you.



## Talk

Having conversations with your child about their experiences and interests is a great way to promote wellbeing by fostering open communication, and may even inspire them to strive for success.



## Encourage

Give your child praise and encouragement for their efforts and successes. Helping children to recognise their character strengths is a great way to build their confidence and appreciate the uniqueness they bring to the world.



## Play

Young people are naturally imaginative, creative and playful. Playing inside and out are essential to a child's emotional and physical development.



## Discover

Teaching your child new skills and trying new experiences with them will support the development of a growth mindset – the belief that you can learn and attain more academically by working hard.



## Sleep

It is important for primary school children to get 10–12 hours of sleep per day. A clear and consistent bedtime routine is key, including no screen time one hour before bed and a 'wind-down' routine, such as quiet reading or story time before lights out.

\* For more, please visit: <http://www.oxfordprimary.com/OIC-wellbeingandglobalskills>