



Health and Wellbeing

Report planning bank: health and wellbeing

Exam-style report task

The school nurse wants a report on a student wellbeing workshop. Write a report about the workshop.

In your report, you should describe what students found useful, explain how the workshop supported wellbeing, and suggest improvements for future workshops.

Here are some comments from students to help you:

'The stress advice was easy to use.'

'The breathing activity helped me relax.'

'The timetable was not clear.'

'The group discussion felt too short.'

Write about 120 to 160 words.

Plan your report

Use the comments to organise your report. Add details, examples and one idea of your own.

Section	Ideas / Useful language
Introduction	(What? Who? Where? When?)
What students found useful	<p>Idea: stress advice was easy to use Detail / example:</p> <p>Extra idea: calm study tips gave students practical ideas Detail / example:</p> <p>Idea of your own: Detail / example:</p>
How wellbeing was supported	<p>Idea: breathing activity helped students relax Detail / example:</p> <p>Idea of your own: Detail / example:</p>
Improvements	<p>Issue: timetable was not clear Why / effect: Suggestion:</p> <p>Another issue: group discussion felt too short Why / effect: Suggestion:</p>



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Exam-style report task

Your principal wants a report on a school fitness challenge. Write a report about the challenge.

In your report, you should describe the most successful activities, explain how students benefited, and suggest how the challenge could be improved.

Here are some comments from students to help you:

'The step-count competition was motivating.'
'I felt more energetic during the week.'

'Some activities were too competitive.'
'Not everyone had a phone to count steps.'

Write about 120 to 160 words.

Plan your report

Use the comments to organise your report. Add details, examples and one idea of your own.

Section	Ideas / Useful language
Introduction	(What? Who? Where? When?)
Successful activities	<p>Idea: step-count competition was motivating Detail / example:</p> <p>Extra idea: team walks made exercise more social Detail / example:</p> <p>Idea of your own: Detail / example:</p>
How students benefited	<p>Idea: students felt more energetic Detail / example:</p> <p>Idea of your own: Detail / example:</p>
Improvements	<p>Issue: activities were too competitive Why / effect: Suggestion:</p> <p>Another issue: not everyone had a phone to count steps Why / effect: Suggestion:</p>



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Exam-style report task

Your principal wants a report on a sleep advice session. Write a report about the session.

In your report, you should describe the most useful advice, explain how students might improve their routines, and suggest improvements for future sessions.

Here are some comments from students to help you:

'The phone-free bedtime advice was helpful.'

'I understood why sleep affects concentration.'

'Some slides were hard to read.'

'The session needed more real examples.'

Write about 120 to 160 words.

Plan your report

Use the comments to organise your report. Add details, examples and one idea of your own.

Section	Ideas / Useful language
Introduction	(What? Who? Where? When?)
Most useful advice	<p>Idea: phone-free bedtime advice was helpful Detail / example:</p> <p>Extra idea: routine checklist gave students clear steps Detail / example:</p> <p>Idea of your own: Detail / example:</p>
How routines might improve	<p>Idea: students understood sleep affects concentration Detail / example:</p> <p>Idea of your own: Detail / example:</p>
Improvements	<p>Issue: slides were hard to read Why / effect: Suggestion:</p> <p>Another issue: needed more real examples Why / effect: Suggestion:</p>



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Exam-style report task

Your principal wants a report on a healthy break-time trial. Write a report about the trial.

In your report, you should describe what students liked, explain how the trial affected wellbeing, and suggest improvements for next term.

Here are some comments from students to help you:

'The outdoor games were popular.'
'It helped me feel calmer before lessons.'

'The equipment ran out quickly.'
'There was not enough space in the playground.'

Write about 120 to 160 words.

Plan your report

Use the comments to organise your report. Add details, examples and one idea of your own.

Section	Ideas / Useful language
Introduction	(What? Who? Where? When?)
What students liked	<p>Idea: outdoor games were popular Detail / example:</p> <p>Extra idea: music-free quiet area suited some students Detail / example:</p> <p>Idea of your own: Detail / example:</p>
How wellbeing was affected	<p>Idea: students felt calmer before lessons Detail / example:</p> <p>Idea of your own: Detail / example:</p>
Improvements	<p>Issue: equipment ran out quickly Why / effect: Suggestion:</p> <p>Another issue: not enough space in the playground Why / effect: Suggestion:</p>

