

Personal Development 2022-23

Subject Curriculum

Assemblies, Visiting Speakers

Freeze Timetable

Thought for the Week Programme/School Chaplain

Year group led themes

Key Stage 3

Who	When	What	How
Year 7		<ol style="list-style-type: none"> 1. Knife Crime, Gangs and Youth Violence. 2. Bullying/Peer on Peer Abuse 3. Drugs/Alcohol Abuse inc Smoking 4. Health – Mental 5. Knife Crime, Gangs and Youth Violence 6. Online Safety 7. Radicalisation and Extremism 8. Cyberbullying & internet Safety 9. Sexting 10. Healthy Diet 11. Homelessness 12. Health – Mental 13. County Lines, Criminal Exploitation 14. Child Sexual Exploitation 15. Hate Crime 16. Anti-Social Behaviour 17. My Mind Introduction 18. Healthy Body, Healthy Mind (2 parts) 19. Mindset Assessment Profiling 	<p>1 - Crime and punishment unit (RS)</p> <p>2-5 - Discussions as part of the online safety unit (ICT)</p> <p>6-9 Explains the risks and how to avoid them as part of the online safety unit (ICT)</p> <p>8 & 9 – Cumbria Police Assemblies</p> <p>10 – Curriculum covers understanding what a healthy diet is and why it is good. (Food Tech)</p> <p>11 - Linked to poverty when studying India and Uganda (Geography)</p> <p>12 - Linked to study and experience of contemplation - How are we unique?, What affects our sense of wellbeing?, How can we develop resilience?, How can we develop emotional literacy and understanding?, Why are mental health issues as important as physical health ones? and Handling disappointment (RS KS3 Carousel)</p> <p>13-16 - Cumbria Police Assemblies</p> <p>17-20 – Freeze Timetable, Wellness Curriculum</p> <p>21 - What are the indicators of positive relationships?, How might we celebrate diversity within relationships in regard to race, culture, age and sexuality?, What are the requirements of a healthy marriage?, How do portrayals of relationships in the media impact on expectations within a relationship?, What are the different forms of love and why are they built on trust?, Why might gender roles need to be negotiated within a romantic relationship?, Why might intimacy in a relationship be more important than sex? RS KS3 Carousel)</p> <p>22 – How to treat burns, cuts and splinters. How to conduct an eye wash (DT), Basic first aid to be covered through questioning within warm-up (or other part of the lesson). Brief discussion of</p>

		<p>20. Mind Training Part 1 Growth & Fixed Mindset (2 parts)</p> <p>21. Relationships</p> <p>22. Basic First Aid</p>	<p>treatments (or some aspects of these methods). Sport links as follows; Rugby/Trampolining – Concussion, Swimming – CPR, Fitness – Dehydration, Netball/Football – Sprains/Strains, Hockey – Bruises/Cuts (P.E), How to use the eye wash, treating burns and cuts (Science), Treating cuts, burns, electric shocks and bruising from slips (Art)</p>
Year 8		<p>1. Democratic Processes</p> <p>2. Discrimination - The Importance of Identifying and Combatting</p> <p>3. Health – Diet</p> <p>4. Democratic Processes</p> <p>5. Homelessness</p> <p>6. Drugs/Alcohol Abuse inc Smoking</p> <p>7. Protecting the environment</p> <p>8. Bullying/Peer on Peer Abuse</p> <p>9. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination</p> <p>10. County Lines, Criminal Exploitation</p> <p>11. Cyberbullying & Internet Safety</p> <p>12. Child Sexual Exploitation</p> <p>13. Hate Crime</p> <p>14. Anti-Social Behaviour</p> <p>15. Health – Mental</p> <p>16. Relationships</p> <p>17. Basic First Aid</p>	<p>1 - During study of To Kill a Mockingbird, either in the autumn or the spring term. (English)</p> <p>1 – King Vs Parliament, the English Civil War, Execution of Charles I, the Glorious Revolution, the extension of the franchise (History)</p> <p>2 - This is a focus for Year 8 throughout the year and through a range of literature texts. Racial and gender discrimination are covered mostly. (English)</p> <p>2- Discrimination against immigrants in twentieth century Britain (History)</p> <p>3 – Continuation of year 7 (Food Tech) & main components of a healthy diet. What makes for an unhealthy diet and its impact on health (Science).</p> <p>4 - Capitalism and communism in the China topic. (Geography) and via the Young Leaders Award Vulnerable people topic (RS)</p> <p>5 - Linked to poverty when studying India and Uganda (Geography)</p> <p>6 - Alcohol – risk factor for impaired liver and brain function. Effects of both on an unborn baby. Year 8: drugs – recreational and medicinal and their effects; alcohol – effect on health and behaviour; smoking – effect on health.</p> <p>6. Jen Marrs (SHADES) workshop programme</p> <p>7 - Students look at a range of artist’s including Banksy- where we discuss the illegal element of his work and hence how he is defacing our environment versus how he is making valid points about life, war, poverty, hope et (Art)</p> <p>2&8 - Compose music for an anti-bullying advert and as part of this discuss the impact of bullying and the emotions that someone being bullied might feel, Homophobic bullying discussed also (Music)</p> <p>9 - World Leaders and their impact on the world (RS)</p> <p>10-14 – Cumbria Police Assemblies</p> <p>15 - How are we unique?, What affects our sense of wellbeing?, How can we develop resilience?, How can we develop emotional literacy and understanding?, Why are mental health issues as important as physical health ones? and Handling disappointment (RS KS3 Carousel)</p> <p>16 - What are the indicators of positive relationships?, How might we celebrate diversity within relationships in regard to race, culture, age and sexuality?, What are the requirements of a healthy marriage?, How do portrayals of relationships in the media impact on expectations within a relationship?, What are the different forms of love and why are they built on trust?, Why might gender</p>

			<p>roles need to be negotiated within a romantic relationship?, Why might intimacy in a relationship be more important than sex? RS KS3 Carousel)</p> <p>17 - How to treat burns, cuts and splinters. How to conduct an eye wash (DT), Basic first aid to be covered through questioning within warm-up (or other part of the lesson). Brief discussion of treatments (or some aspects of these methods). Sport links as follows; Rugby/Trampolining – Concussion, Swimming – CPR, Fitness – Dehydration, Netball/Football – Sprains/Strains, Hockey – Bruises/Cuts (P.E), How to use the eye wash, treating burns and cuts (Science), Treating cuts, burns, electric shocks and bruising from slips (Art)</p>
<p>Year 9</p>		<ol style="list-style-type: none"> 1. Health – Diet 2. Drugs/Alcohol Abuse inc Smoking 3. Knife Crime, Gangs and Youth Violence 4. Radicalisation and Extremism 5. Democratic Processes 6. Discrimination - The Importance of Identifying and Combatting 7. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination 8. LGBT Relationships 9. Bullying/Peer on Peer Abuse 10. Cyberbullying & internet safety 11. Hate Crime 12. Poverty 13. Rule of Law 14. County Lines, Criminal Exploitation 15. Child Sexual Exploitation 16. Anti-Social Behaviour 17. Health – Mental 18. Relationships (inc Sexual) 19. Basic First Aid 	<ol style="list-style-type: none"> 1 - Continuation of year 7&8 (Food Tech) 2 - Discussed when looking at male life expectancy in Russia (Geography). 3 - Conflict in London (Geography) 4 - Conflict topic studying 9/11 (Geography) and Human Rights – Censorship topics (RS) 4 – Topic on Terrorism – what it is, types of, how to combat and freedom fighters (History) 5 - Students study a unit on protest songs in which we discuss politics and the democratic process (Music) 5 – Civil Rights in the USA (History) 6, 7 & 8 - Students study a unit on protest songs in which we discuss discrimination and a unit on ‘Music that changed the world’ where we discuss representation (Music) 8 – The Holocaust – included Nazi persecution of homosexual men (History) 9 - In Human Rights Unit – Prejudice and Discrimination (RS). Also Human Rights Unit – prejudice and discrimination (RS) 10 - Human Rights Unit on Media and censorship (RS). Also Cumbria Police Assemblies 11 - Human Rights Unit – prejudice and discrimination and Good and Evil Units (RS). Also Cumbria Police Assemblies 12 - Human Rights – Wealth and Poverty topic (RS) 13 - Human Rights – personal conviction units (RS) 14-16 - Cumbria Police Assemblies 17 - How are we unique?, What affects our sense of wellbeing?, How can we develop resilience?, How can we develop emotional literacy and understanding?, Why are mental health issues as important as physical health ones? and Handling disappointment (RS KS3 Carousel) 18 - What are the indicators of positive relationships?, How might we celebrate diversity within relationships in regard to race, culture, age and sexuality?, What are the requirements of a healthy marriage?, How do portrayals of relationships in the media impact on expectations within a relationship?, What are the different forms of love and why are they built on trust?, Why might gender

			<p>roles need to be negotiated within a romantic relationship?, Why might intimacy in a relationship be more important than sex? RS KS3 Carousel)</p> <p>8 & 18 – Jen Marrs (SHADES) workshop - Sex, Sexuality and Social aspects of sexuality such as masculinity, LGBT themes, peer pressure, stereotyping of sexual behaviour, responsibility and consent</p> <p>19 - How to treat burns, cuts and splinters. How to conduct an eye wash (DT), Basic first aid to be covered through questioning within warm-up (or other part of the lesson). Brief discussion of treatments (or some aspects of these methods). Sport links as follows; Rugby/Trampolining – Concussion, Swimming – CPR, Fitness – Dehydration, Netball/Football – Sprains/Strains, Hockey – Bruises/Cuts (P.E), How to use the eye wash, treating burns and cuts (Science), Treating cuts, burns, electric shocks and bruising from slips (Art)</p>
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Key Stage 4

Who	When	What	How
Year 10		<ol style="list-style-type: none"> 1. Bullying/Peer on Peer Abuse 2. Cyberbullying & internet safety 3. Domestic Abuse 4. Drugs/Alcohol Abuse inc Smoking 5. Faith Abuse 6. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination 7. Forced Marriage 8. Gender Based Violence 9. Hate Crime 10. Health – Relationships inc Sexual 11. Health – Mental 12. Rule of Law 13. Health & Diet 14. Drugs/Alcohol Abuse inc Smoking 15. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination 	<p>1 – Modern novel choices; DNA, Lord of the Flies, Blood Brothers contain this is a major theme as well. as Victorian novels (eg Great Expectations, Pride and Prejudice). Covered extensively (English). Also dealt with in lessons and in personal investigations (Art)</p> <p>2 - Through exam fiction and non-fiction material (English). Also dealt with in lessons and in personal investigations (Art). Also Cumbria Police Assemblies</p> <p>3 - Tackled in a range of poems studied at KS4 and novels - Great Expectation. (English)</p> <p>4-9 - Touched on through exam fiction and non-fiction material – class and teacher dependant (English)</p> <p>9 - Dealt with in lessons and in personal investigations (Art). Also Cumbria Police Assemblies</p> <p>10 - Conversations around this topic occur at when studying the ‘Love and Relationships’ poetry (English)</p> <p>11 - Managing exam/revision stress – leading on to a bigger picture of mental health (ICT)</p> <p>12 - Discussion and shared knowledge of subject-related legal issues as part of curriculum (ICT)</p> <p>13 - Curriculum covers understanding what a healthy diet is and why it is good. (Food Tech)</p> <p>14 – Taught that smoking increases the risk of disease – lung disease and lung cancer. (Science). Also dealt with in lessons and in personal investigations (Art)</p>

		<ol style="list-style-type: none"> 16. Health – Fitness 17. Health – Relationships inc Sexual 18. Obesity 19. Bereavement 20. Child Sexual Exploitation 21. Democratic Processes 22. Discrimination - The Importance of Identifying and Combatting 23. Domestic Abuse 24. Forced Marriage 25. Gender Based Violence 26. Inappropriate Sexualised Behaviour 27. LGBT Relationships 28. Sexting 29. Sexual Violence and Harassment 30. Teenage Relationship Abuse 31. Trafficking 32. County Lines, Criminal Exploitation 33. Anti-Social Behaviour 34. Personal safety on nights out 35. Basic First Aid 	<p>15 - Stem cell use - Evaluate the practical risks and benefits, as well as social and ethical issues, of the use of stem cells in medical research and treatments. (Science). Also dealt with in lessons and in personal investigations (Art)</p> <p>16 - Cardiovascular disease (Science)</p> <p>17 - HIV and gonorrhoea – biology of it, long and short term symptoms. How to avoid the spread of the disease. (Science)</p> <p>18 – Linked to the cardiovascular disease unit (Science)</p> <p>19 - 31 - Dealt with in lessons and in personal investigations (Art) Also covered through devised and scripted work, plus seeing relevant live theatre, students may have opportunities to research, explore, consider, present and reflect on this (Drama).</p> <p>20 – Cumbria Police Assemblies</p> <p>21 – Emancipation of the slaves 13th-15th amendments USA (History)</p> <p>26 & 29 – Jen Marris (SHADES) workshops - Sex, Sexuality - Characteristics of healthy (intimate) relationships including topics such as sexual harassment and violence and strategies to identify and manage sexual pressure – resisting and not pressuring others</p> <p>32-34 - Cumbria Police Assemblies</p> <p>35 - How to treat burns, cuts and splinters. How to conduct an eye wash (DT), Basic first aid to be covered through questioning within warm-up (or other part of the lesson). Brief discussion of treatments (or some aspects of these methods). Sport links as follows; Rugby/Trampolining – Concussion, Swimming – CPR, Fitness – Dehydration, Netball/Football – Sprains/Strains, Hockey – Bruises/Cuts (P.E), How to use the eye wash, treating burns and cuts (Science), Treating cuts, burns, electric shocks and bruising from slips (Art)</p>
<p>Year 11</p>		<ol style="list-style-type: none"> 1. Bullying/Peer on Peer Abuse 2. Cyberbullying & internet Safety 3. Domestic Abuse 4. Drugs/Alcohol Abuse inc Smoking 5. Faith Abuse 6. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination 7. Forced Marriage 8. Gender Based Violence 9. Hate Crime 10. Health – Relationships inc Sexual 11. Health – Mental 12. Rule of Law 	<p>1 – Modern novel choices; DNA, Lord of the Flies, Blood Brothers contain this is a major theme as well. as Victorian novels (eg Great Expectations, Pride and Prejudice). Covered extensively (English). Also dealt with in lessons and in personal investigations (Art)</p> <p>2 - Through exam fiction and non-fiction material (English). Also dealt with in lessons and in personal investigations (Art). Also Cumbria Police Assemblies</p> <p>3 - Tackled in a range of poems studied at KS4 and novels - Great Expectation. (English)</p> <p>4-9 - Touched on through exam fiction and non-fiction material – class and teacher dependant (English)</p> <p>9 - Dealt with in lessons and in personal investigations (Art). Also Cumbria Police Assemblies</p> <p>10 - Conversations around this topic occur at when studying the ‘Love and Relationships’ poetry (English)</p> <p>11 - Managing exam/revision stress – leading on to a bigger picture of mental health (ICT)</p> <p>12 - Discussion and shared knowledge of subject-related legal issues as part of curriculum (ICT)</p>

		<p>13. Health & Diet 14. Drugs/Alcohol Abuse inc Smoking 15. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination 16. Health – Fitness 17. Health – Relationships inc Sexual 18. Obesity 19. Bereavement 20. Child Sexual Exploitation 21. Democratic Processes 22. Discrimination - The Importance of Identifying and Combatting 23. Domestic Abuse 24. Forced Marriage 25. Gender Based Violence 26. Inappropriate Sexualised Behaviour 27. LGBT Relationships 28. Sexting 29. Sexual Violence and Harassment 30. Teenage Relationship Abuse 31. Trafficking 32. County Lines, Criminal Exploitation 33. Anti-Social Behaviour 34. Basic First Aid</p>	<p>13 - Curriculum covers understanding what a healthy diet is and why it is good. (Food Tech) 13 – Health through time (History) 14 – Taught that smoking increases the risk of disease – lung disease and lung cancer. (Science). Also dealt with in lessons and in personal investigations (Art) 15 - Stem cell use - Evaluate the practical risks and benefits, as well as social and ethical issues, of the use of stem cells in medical research and treatments. (Science). Also dealt with in lessons and in personal investigations (Art) 16 - Cardiovascular disease (Science) 17 - HIV and gonorrhoea – biology of it, long and short term symptoms. How to avoid the spread of the disease. (Science) 18 – Linked to the cardiovascular disease unit (Science) 19 - 31 - Dealt with in lessons and in personal investigations (Art) Also covered through devised and scripted work, plus seeing relevant live theatre, students may have opportunities to research, explore, consider, present and reflect on this (Drama). 20 – Cumbria Police Assemblies 29, 30 – Jen Marrs (SHADES) workshop - Sex, Sexuality and personal safety – context of festival safety and wider age related, social settings 32-33 - Cumbria Police Assemblies 35- How to treat burns, cuts and splinters. How to conduct an eye wash (DT), How to use the eye wash, treating burns and cuts (Science), Treating cuts, burns, electric shocks and bruising from slips (Art)</p>
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KS5

- PDV delivery through form time by form tutors
- [Assemblies, Visiting Speakers](#)
- [Thought for the Week Programme/School Chaplain](#)
- [Freeze Days](#)

Year 12 & 13	When	What	How
		<ul style="list-style-type: none"> • Bullying/Peer on Peer Abuse • Cyberbullying & internet Safety • Domestic Abuse • Drugs/Alcohol Abuse inc Smoking • Faith Abuse • Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination • Forced Marriage • Gender Based Violence • Hate Crime • Health – Relationships inc Sexual • Health – Mental • Rule of Law • Health & Diet • Drugs/Alcohol Abuse inc Smoking • Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination • Health – Fitness • Health – Relationships inc Sexual • Obesity • Bereavement • Child Sexual Exploitation • Democratic Processes • Discrimination - The Importance of Identifying and Combatting • Domestic Abuse • Forced Marriage • Gender Based Violence • Inappropriate Sexualised Behaviour • LGBT Relationships • Sexting • Sexual Violence and Harassment 	<p>Road Awareness Training - Cumbria Fire and Rescue</p> <p>Cumbria Police – Dave Mattinson – Internet Safety, hate crime, drugs, rule of law, bullying etc</p> <p>Northumbria University – Revision & study Skills</p> <p>CCOP – Growth Mindset Workshop</p> <p>CCOP - Resilience</p> <p>First Aid Training</p> <p>CADAS Jen Marris – Wellbeing, Drug and Alcohol Awareness</p> <p>Library Induction & Reading Challenge</p> <p>Memory Recall – Trinity Staff</p> <p>Sex, drugs and alcohol – follow up by 6th form pastoral team</p> <p>Homeless Prevention – Cumbria County Council</p> <p>School Chaplain</p> <p>Thought for the Week</p> <p>Pixl6 Resources – Form Tutors</p> <p>Lifestyle Impact – CCOP</p> <p>Lessons from Auschwitz</p> <p>Visiting guest speakers – e.g Arek Hersh, hate crimes, discrimination etc</p> <p>Mental Health – Kooth</p> <p>Aspirations, reach for the skies, making the most of your time, thinking positively – ex-students</p> <p>Employment Rights – UOC</p> <p>Organ Donation – John Leveson</p> <p>MindCon Conference</p>

		<ul style="list-style-type: none"> • Teenage Relationship Abuse • Trafficking • County Lines, Criminal Exploitation • Anti-Social Behaviour • Road Awareness Training • Literacy • Memory 	
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Thought for the Week Programme.

Occasionally, linked to key events/emerging issues, weekly themes may be subject to change.

w/c	Theme	Linked value	Assembly	Notes
				Term starts Weds 7th September
12/09/2022	A new chapter	All	HOYs	
19/09/2022	Our values: Hope	Hope	JHW	
26/09/2022	Our values: Community	Community	DSA	
03/10/2022	Our values: Trust	Trust	PCH	
10/10/2022	Our values: Endurance	Endurance	SMA	
17/10/2022	Our values: Compassion	Compassion	JLE	
24/10/2022				Half term
31/10/2022	Harvest	Trust	JHW	
07/11/2022	Remembrance	Endurance	TBC	Remembrance day 11th Nov
14/11/2022	Anti-bullying week	Community	PCH	Anti-bullying Week 14th-18th Nov
21/11/2022	Stand up, Speak out	Compassion	TBU	
28/11/2022	Advent	Hope	DSA	Advent Sunday: 27th Nov
05/12/2022	Celebration	Community	AHP	
12/12/2022	Christmas	Hope	HOYs	
19/12/2022				Term ends Tuesday 20th December
26/12/2022				
02/01/2023				Term starts Weds 4th January
09/01/2023				
16/01/2023	Resolutions	Endurance	JHW	
23/01/2023	Holocaust	Community	HOYs	Holocaust Memorial Day 27th Jan
30/01/2023	Diversity	Compassion	LWD	

06/02/2023	Courageous Advocacy	Community	TBU	
13/02/2023	Online safety	Trust	PCH	Safer Internet Day 14th Feb
20/02/2023				Half term
27/02/2023	Books/Reading/Literacy	Hope	AHP	World Book Day 2nd March
06/03/2023	Incredible women	Endurance	AGU	International Women's Day 8th March
13/03/2023	Lent	Community	SMC	
20/03/2023	Spring	Hope	HOYs	Spring equinox 21st March
27/03/2023	Easter	Community	JHW	Easter Sunday 9th April
03/04/2023				
10/04/2023				
17/04/2023				
24/04/2023				
01/05/2023	Exams	Trust	HOYs	
08/05/2023		Community	AHP	
15/05/2023	Mental health	Compassion	JSM	Mental Health Awareness Week 13-20 May
22/05/2023	Inspiration	Endurance	JLE	Pentecost Sunday 28th May
29/05/2023				Half term
05/06/2023	Environment	Hope	DMC	World Environment Day 5th June
12/06/2023		Hope	JHW	
19/06/2023	Pride	Community	JLE	Pride month throughout June
26/06/2023	Summer	Hope	SMC	Summer solstice 21st June
03/07/2023	Sport	Endurance	PCH	
10/07/2023	Rights and Responsibilities	Community	AGU	
17/07/2023	Science	Trust	JHW	Term ends Weds 19th July
24/07/2023	Looking forward, looking back	Hope	HOYs	

Year group themes

Year group specific themes (according to known or emerging needs) covered during special registration sessions, additional assemblies/workshops or organised visiting speakers

Linked to KCSIE – S, SH & V and equality themes

Key Dates:

Cumbria Police Assemblies (Margaret Sewell Hall)

W/C 17th Oct – Knife Crime

W/C 5th December – County Lines

W/C 23rd Jan – CSE/Online safety

W/C 14th March – ASB

W/C 24th April – Hate Crime

Jen Marris (SHADES) Workshops – (approx. x90 students at a time)

Year 8 Alcohol and Drugs Awareness

Day	Date	Year Gp	X or Y	Form Gp	Period	Time	SHADES Session
Monday	10th October	Year 8	Y	CCA & JKE	Period:1	8.45am	Drugs and Alcohol
Monday	10th October	Year 8	Y	LWD & MDA	Period:2	9.45am	Drugs and Alcohol
Monday	10th October	Year 8		LTH - to be confirmed	Period:3	11.00am	Drugs and Alcohol
Monday	10th October	Year 8	X	ELL & GMR	Period:4	12.30pm	Drugs and Alcohol
Monday	10th October	Year 8	X	JHA & LLO	Period:5	2.30pm	Drugs and Alcohol

Year 9 Sex, Sexuality and Social aspects of sexuality such as masculinity, LGBT themes, peer pressure, stereotyping of sexual behaviour, responsibility and consent.

Day	Date	Year Gp	X or Y	Form Gp	Period	Time	SHADES Session
Tuesday	11th October	Year 9	X	CLI & JMA	Period:1	8.45am	Sexual Health
Tuesday	11th October	Year 9	X	MRY & NWK	Period:2	9.45am	Sexual Health
Tuesday	11th October	Year 9	X	PMC to be confirmed	Period:3	11.00am	Sexual Health
Tuesday	11th October	Year 9	Y	DML & JBT	Period:3	11.00am	Sexual Health
Tuesday	11th October	Year 9	Y	RMO & SDT	Period:4	12.00pm	Sexual Health

Year 10 Sex, Sexuality - Characteristics of healthy (intimate) relationships including topics such as sexual harassment and violence and strategies to identify and manage sexual pressure – resisting and not pressurising others

Day	Date	Year Gp	X or Y	Form Gp	Period	Time	SHADES Session
Monday	12th September	Year 10	Y	Science to decide X 2 groups	Period:1	8.45am	Drugs and Alcohol
Monday	17th October	Year 10	Y	Science to decide X 2 groups	Period:1	8.45am	Drugs and Alcohol
Tuesday	18th October	Year 10	X	Science to decide X 2 groups	Period:1	8.45am	Drugs and Alcohol
Monday	31st October	Year 10	Y	Science to decide X 2 groups	Period:1	8.45am	Drugs and Alcohol
Tuesday	1st November	Year 10	X	Science to decide X 2 groups	Period:1	8.45am	Drugs and Alcohol

'My Mind' - Timetable Freeze Programme 2021-22

Year 7		
1	Mon 17 th Oct (P4)	My Mind Introduction
2	Mon 12 th Dec (P3)	Healthy Body, Healthy Mind Part 1
3	Mon 6 th Feb (P2)	Healthy Body, Healthy Mind Part 2
4	Mon 24 th Apr (P1)	Mindset Assessment Profiling
5	Tue 6 th June (P4)	Mental Toughness Part 1
6	Tue 4 th July (P5)	Mind Challenge

Year 8		
1	Mon 17 th Oct (P4)	Mental Toughness Part 2 Case studies
2	Mon 12 th Dec (P3)	Mental Toughness Part 3
3	Mon 6 th Feb (P2)	Feelings Introduction

4	Mon 24 th Apr (P1)	Emotions Part 1
5	Tue 6 th June (P4)	Emotions Part 2

Year 9		
1	Mon 17 th Oct (P4)	Mental Health Part 1
2	Mon 12 th Dec (P3)	Mental Health Part 1
3	Mon 6 th Feb (P2)	Mental Health Part 2
4	Mon 24 th Apr (P1)	Mental Health Part 3
5	Tue 6 th June (P4)	Stigma Personal Attitudes

Year 10		
1	Mon 17 th Oct (P4)	Positivity
2	Mon 12 th Dec (P3)	Self- Awareness
3	Mon 6 th Feb (P2)	Mental Health Part 1
4	Mon 24 th Apr (P1)	Mental Health Part 2
5	Tue 6 th June (P4)	Mental Health Part 3

