

## Colour Coding:

Introduction to PSHE (Relationships)	Life Skills (Health and Wellbeing)	Healthy Lifestyles (Health and Wellbeing)	Careers Education Information Advice and Guidance (Living in Our Wider World)	Study Skills	British Values (Living in Our Wider World)	Salisbury Bid Education Challenge (Living in Our Wider World)
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## PSHE Sessions 2023/24:

Date (WB)	Year 7	Year 8	Year 9	Year 10	Year 11
<b>1<sup>st</sup> Half Term, from week 1 beginning:</b>					
6 <sup>th</sup> Sept	SJCS PSHE Introduction	Positive Mental Health 1: What are attitudes to mental health?	Options: What do I need to consider?	Gambling Awareness 1: Recap group ground rules and managing risk	First day back so no PSHE lesson (tutor time)
18 <sup>th</sup> Sept	What kind of students do we want at St Joseph's? Random Acts of Kindness	PMH2: What is emotional wellbeing and resilience?	British Values: Democracy revisited	GA2: How can we manage impulsive behaviour?	CEIAG Lesson 1 – Post-16 Options; what do I need to consider?
1 <sup>st</sup> Oct	RAOK/dilemmas	PMH3: What is digital resilience?	BV2 and 3 : How does democracy work in the UK?	GA3: How can we help people who have developed problems with gambling?	CEIAG 2: Which option is best for me?

16 <sup>th</sup> Oct	How does media influence us?	PHM4: Healthy coping strategies	BV2 and 3 : How does democracy work in the UK?	GA4: How can we challenge the gambling industry?	CEIAG 3: Labour Market Information and career pathways talk – Stuart ShimminTaylor, DWP
<b>2<sup>nd</sup> Half Term</b>					
6 <sup>th</sup> Nov	Important people in my life	What is a Healthy Lifestyle? recap	BV3: What do MPs actually do?	Healthy Lifestyle: Positive Mental Health 1	CEIAG 4: Mock review and Intended Destinations (Round 1)
20 <sup>th</sup> Nov	Staying safe online	What are the blockers to a Healthy Lifestyle?	Finance Matters 1: Money Matters <sup>1</sup>	Healthy Lifestyle: Positive Mental Health 2	Study Skills with Mr Rooney
4 <sup>th</sup> Dec	Healthy Start Recap: Lifestyle	Alcohol Awareness 1: Why do some choose to drink?	FM2: Budget Battles	Positive Mental Health 3	Study Skills with Mr Rooney
18 <sup>th</sup> December	Healthy Start 2: Healthy Eating	AA2: How many units?	Finance Matters 3	Health and Wellbeing audit	Academic/CEIAG review of Year 11 so far
<b>3<sup>rd</sup> Half Term</b>					
15 <sup>th</sup> Jan	Healthy Start 3: Healthy Sleep	AA3: What are the physical and social effects of drinking?	Education Challenge 1 (Chamber of Commerce/Salisbury Bid Competition)	CEIAG 1: Skills and Qualities	Mocks – revision – silent/group study
29 <sup>th</sup> Jan	Healthy Start 4: Healthy Sleep Strategies	AA4: Alcohol and the Law	Education Challenge 2	CEIAG 2: Work Experience introduction	Re-introduction to British Values

<b>4<sup>th</sup> Half Term</b>					
19 <sup>th</sup> Feb	CEIAG: What is CEIAG?	AA5: The effects of drinking too much	Education Challenge 3	CEIAG 2: The World of Work Programme	British Values – recap tolerance
4 <sup>th</sup> March	CEIAG 2: My skills and qualities/Introduction to Careerpilot	Healthy Lifestyle 1: Who smokes?	Education Challenge complete and hand in	CEIAG 3: Mock Interview Prep / Career Pilot	Positive Mental Health for exam season i
18 <sup>th</sup> March	CEIAG 2: My skills and qualities/Introduction to Careerpilot	Healthy Lifestyle 2: What is the cost of smoking?	Healthy Lifestyles: facts about vapes...	CEIAG 4: Top tips for an Interview	Positive Mental Health for exam season i
<b>5<sup>th</sup> Half Term</b>					
15 <sup>th</sup> April	CEIAG 3: Bob's Jobs, A-Z of jobs	Healthy and unhealthy friendships	Healthy Lifestyles legal and illegal drugs <sup>2</sup>	Learning Matters: Retrieval Practice	Financial awareness session
29 <sup>th</sup> April	Introduction to British Values	British Values: The Rule of Law 1	Basic First Aid	Learning Matters 2: ROC stars top tips	CEIAG destinations/clarification session
13 <sup>th</sup> May	How to revise 1: active revision	BV, Rule of Law: The Criminal Justice System	Learning Matters: Retrieval Practice	British Values recap and reintroduction	Revision/ CEIAG session
<b>6<sup>th</sup> Half Term</b>					
3 <sup>rd</sup> June	Do, review: active revision 2.	Positive attitudes: Learning skills	Learning Matters: What is active revision and how do we do it?	British Values: Tolerance 2	Revision/exams

17 <sup>th</sup> June	British Values: Democracy	CEIAG 1: Careers Exploration and Options Log	Positive Mental Health	WEX final prep/ post-16 Options intro	Revision/exams
1 <sup>st</sup> July	British Values: tolerance	CEIAG 2: The Buzz Test	Positive Mental Health	Y10 Work Experience Week TBC	No longer in school
15 <sup>th</sup> July	Year 7 PSHE audit	CEIAG 3: What do I already know about GCSEs?	Year 9 PSHE audit	Year 10 PSHE/WEX Audit	No longer in school