

Holy Family Catholic School

Curriculum Overview Year 7 – PSHCE



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	RSE: <ul style="list-style-type: none"> respectful relationships, consent and boundaries friendships 	https://www.poehealth.org/how-to-set-boundaries-and-practice-consent/
Half Term 2 (Nov-Dec)	RSE: <ul style="list-style-type: none"> peer pressure, avoiding gangs anti bullying PSD Drop Down Day: Online Safety	https://www.youtube.com/watch?v=tG52x8gNE Get Safe Online The UK's leading Internet Safety Website
Half Term 3 (Jan-Feb)	Health and Wellbeing <ul style="list-style-type: none"> puberty personal hygiene physical and emotional changes 	https://kidshealth.org/en/teens/puberty.html https://www.healthline.com/health/parenting/stages-of-puberty
Half Term 4 (Feb-Mar)	Health and Wellbeing <ul style="list-style-type: none"> mental health sleep positive body image healthy eating cancer prevention 	YoungMinds Mental Health Charity For Children And Young People YoungMinds https://www.nhs.uk/live-well/
Half Term 5 (Apr-May)	Living in the Wider World <ul style="list-style-type: none"> community breaking down stereotypes Equality Act 2010 	https://www.youtube.com/watch?v=l4MWWEAww2g https://www.walthamforest.gov.uk/Help-Advice-Stonewall
Half Term 6 (Jun-Jul)	Living in the Wider World <ul style="list-style-type: none"> prejudice and discrimination Islamophobia Homophobia PSD Drop Down Day: Multicultural Britain	Help & Advice Stonewall For Young People - Race Equality (tackling-racism.co.uk)

Examples of Home Learning Tasks	<ul style="list-style-type: none"> Documentaries, podcasts and articles to develop understanding and knowledge of what has been covered in lesson Participation in local community events and activities Use of timetables and diaries to regulate emotions, eating, physical activities and study
Assessment Tasks, Methods & Frequency	<ul style="list-style-type: none"> In-class discussions every lesson Reflection sessions every half term
Equipment that Students Need	Normal school equipment-pencil case, journal, reading book. Work booklet will remain in school

Parent / Carers can help their child by:	<ul style="list-style-type: none"> Engaging in conversations about what they are learning in PSD Promoting good study and lifestyle habits Reporting any concerns or worries to the school and encouraging your child to do the same
Useful Websites	https://careers.startprofile.com/page/home-page https://www.nspcc.org.uk/ https://ed.ted.com/
Extra-Curricular Activities & Career Opportunities	<ul style="list-style-type: none"> Range of extra-curricular activities offered. All students will be expected to be involved in at least one START profiles

Who Can I Contact?	Head of PSHCE	Mr Tommy Freeman
	Teachers of Year 7 PSHCE	Year 7 Tutors

Holy Family Catholic School

Curriculum Overview Year 8 – PSHCE



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	RSE: Respectful relationships, consent & boundaries, healthy friendships, being positive, peer pressure & influence and avoiding gangs.	<ul style="list-style-type: none"> • Boundaries and consent • Healthy vs unhealthy relationships
Half Term 2 (Nov-Dec)	Online Safety: Gaming, cyber bullying, grooming, virtual reality and social media.	<ul style="list-style-type: none"> • NSPCC online safety • Get safe online
Half Term 3 (Jan-Feb)	RSE: Gender & sex, love, assertive consent, sexuality and homophobia.	<ul style="list-style-type: none"> • Boundaries and consent
Half Term 4 (Feb-Mar)	Mental Health: Sleep, self-esteem, body changes, body image, healthy eating and cancer prevention.	<ul style="list-style-type: none"> • NHS mental health • Young minds
Half Term 5 (Apr-May)	Multicultural Britain: Community, identity, nature vs nurture, the equality act and breaking down stereotypes.	
Half Term 6 (Jun-Jul)	Diverse Communities: Prejudice and discrimination, challenging Islamophobia, homophobia in schools and society, transition points in life.	<ul style="list-style-type: none"> • Discrimination, diversity and rights •

Examples of Home Learning Tasks	<ul style="list-style-type: none"> • Create your own kindness calendar • Keep a food and exercise diary of the week to check you are exercising for at least 30 minutes and eating five portions of fruits & vegetables each day • Write out an evening routine timetable to help you get into good sleep habits
Assessment Tasks, Methods & Frequency	<ul style="list-style-type: none"> • In class regular discussions • Weekly reflection on what students have learnt and what questions they still have about each topic
Equipment that Students Need	<ul style="list-style-type: none"> • Normal school equipment - pencil case with all the required stationary and school journal

Parent / Carers can help their child by:	<ul style="list-style-type: none"> • Discussing current news stories • Reading together (any reading source - newspaper, reading book, magazine) • Asking students what they learnt at school that day and asking for details of what was learnt, rather than one word answers • Taking mobile phones and electronic devices out of children's bedrooms whilst they sleep • Encouraging good habits (e.g. correct uniform, punctuality, manners, online etiquette) and explaining why that is important • Report concerns to school and encourage your children to do the same
Useful Websites	<ul style="list-style-type: none"> • NSPCC • BBC Newsround • NHS
Extra-Curricular Activities & Career Opportunities	<ul style="list-style-type: none"> • All students should engage in at least one extra-curricular club offered by school every week • START profile

Who Can I Contact?	Head of PSHCE	Miss Emily Pearce (e.pearce@holyfamily.waltham.sch.uk)
	Teachers of Year 8 PSHCE	Year 8 Tutors - Ms Amunikoro (8A), Mr Wynter (8An), Ms Oseke (8E), Ms Yeboah (8I), Mr Myers (8P), Ms Duffy (8R), Ms Oloafe (8S)

Holy Family Catholic School

Curriculum Overview Year 9 – PSHC



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	Online safety <ul style="list-style-type: none"> Staying safe online Social media Career choices 	<ul style="list-style-type: none"> NSPCC online safety Get safe online
Half Term 2 (Nov-Dec)	Living in the Wider World/ Study skills <ul style="list-style-type: none"> The dangers of county lines Time/ Stress management Revision skills 	<ul style="list-style-type: none"> County lines https://www.ucas.com/undergraduate/student-life/study-skills-guides
Half Term 3 (Jan-Feb)	RSE <ul style="list-style-type: none"> Healthy relationships Sexual harrasment Consent Relationships/partners 	<ul style="list-style-type: none"> Boundaries and consent Healthy vs unhealthy relationships
Half Term 4 (Feb-Mar)	Mental Health <ul style="list-style-type: none"> Self esteem Changes with your body Self-care Media and airbrushing 	<ul style="list-style-type: none"> NHS mental health Young minds Dove campaign
Half Term 5 (Apr-May)	Multicultural Britain <ul style="list-style-type: none"> Identity Nature/Nurture Steotyping/Discrimination Challenging Islamophobia HIV/AIDS 	Help & Advice Stonewall For Young People - Race Equality (tackling-racism.co.uk) JustLikeUs
Half Term 6 (Jun-Jul)	Safety <ul style="list-style-type: none"> Extertimism Terrorism Anti-semetism Prisons/punishments Politics 	Anti-terrorism

Examples of Home Learning Tasks	Barclays Life Skills, and START profile.
Assessment Tasks, Methods & Frequency	Review of learning at the end of each term.
Equipment that Students Need	2 Black pens, pencil, highlighter and a calculator.

Parent / Carers can help their child by:	<p>Speak to their child about these important conservations and ask them questions about what they have learnt.</p> <p>Going through your child phone and telling me to put their phone away during bedtime.</p>
Useful Websites	https://tender.org.uk - https://www.nspcc.org.uk - https://www.mind.org.uk - https://www.annafreud.org - https://www.letstalkaboutit.nhs.uk/relationships-sex-education-support/ - https://careers.startprofile.com/page/home-page - https://barclayslifeskills.com/metpolice
Extra-Curricular Activities & Career Opportunities	<ul style="list-style-type: none"> All students should engage in at least one extra-curricular club offered by school every week START profile

Who Can I Contact?	Head of PSHCE	V A Osei vosei@holyfamily.waltham.sch.uk
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Holy Family Catholic School Curriculum Overview Year 10 – PSHCE



	Curriculum Content	Sugg Activities	Extension
Half Term 1 (Sept-Oct)	RSE - Online image based abuse, Respectful relationships, consent & boundaries, healthy friendships.	https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education	
Half Term 2 (Nov-Dec)	Study Skills - Revision techniques, compartmentalising, wellbeing, creating timetables.	https://www.ucas.com/undergraduate/student-life/study-skills-guides	
Half Term 3 (Jan-Feb)	Online Safety - Gaming, cyber bullying, grooming, virtual reality and social media.	https://nationalonlinesafety.com	
Half Term 4 (Feb-Mar)	Revisiting Study Skills/RSE - Thinking hard techniques, impact of online representations of relationships.	https://www.bigtalkeducation.co.uk/rse-information-and-support-for-schools/sre-rse-history/	
Half Term 5 (Apr-May)	Work Experience - What is work? Why do we need to work? What do we need to get a job?	https://www.prospects.ac.uk/jobs-and-work-experience/work-experience-and-internships	
Half Term 6 (Jun-Jul)	Work Experience and the Wider World - Life skills, British Values.	https://barclayslifeskills.com	

Examples of Home Learning Tasks	Barclays Life Skills, and START profile.
Assessment Tasks, Methods & Frequency	Review of learning at the end of each term.
Equipment that Students Need	2x Black pen, ruler, pencil, calculator.

Parent / Carers can help their child by:	Having frank and honest conversations about a range of topics.
Useful Websites	https://tender.org.uk - https://www.nspcc.org.uk - https://www.mind.org.uk - https://www.annafreud.org - https://www.letstalkaboutit.nhs.uk/relationships-sex-education-support/ - https://careers.startprofile.com/page/home-page - https://barclayslifeskills.com
Extra-Curricular Activities & Career Opportunities	<ul style="list-style-type: none"> All students should engage in at least one extra-curricular club offered by school every week. Duke of Edinburgh, Sports Club, Diversity and Inclusion, STEM club. START profile

Who Can I Contact?	Head of PSHCE	Mr Ben Sayer
	Teachers of Year 10 PSHCE	Year 10 Tutor Team.

	<p>Living in the wider world</p> <ul style="list-style-type: none"> - Perfecting revision techniques & being exam ready 	<ul style="list-style-type: none"> - NHS - Give Blood - NHS - Testicular Cancer - NHS - Prostate Cancer - NHS - Breast Cancer - NHS - Ovarian Cancer - NHS - Cervical Cancer <ul style="list-style-type: none"> - Liaise with HoDs to recommend revision techniques for specific subjects & resources
Half Term 6 (Jun-Jul)	Public Exam Period	

Examples of Home Learning Tasks	<ul style="list-style-type: none"> - Create a revision timetable & revision cards for each assessment cycle - START profile - CGP's Free Online 10-Minute Tests -
Assessment Tasks, Methods & Frequency	<ul style="list-style-type: none"> - In class/ form discussions with tutors during form time - Assessment through questionnaires on Google forms half termly - Self assessment against the learning outcomes of topic
Equipment that Students Need	<ul style="list-style-type: none"> - Standard school equipment - PSD folders (to remain in school)

Parent / Carers can help their child by:	<ul style="list-style-type: none"> - Open conversations with their children - Check their child's social media platforms - Encourage their child to report any concerns affecting them or others.
Useful Websites	<ul style="list-style-type: none"> - SHARP reporting system <p>Supporting young people's wellbeing and mental health</p> <ul style="list-style-type: none"> - mind.org.uk mentalhealth.org.uk rethink.org samaritans.org - nhs.uk/oneyou/every-mind-matters actionforhappiness.org - mhfe.org.uk/ Young Minds Mentally Healthy School <p>Revision</p> <ul style="list-style-type: none"> - Revision world
Extra-Curricular Activities & Career Opportunities	<ul style="list-style-type: none"> - START Careers platform - Speakers for schools - Extra-Curricular Activities at Holy Family

Who Can I Contact?	Head of PSHCE	Ms SJ St Aimie - s.aimie@hollyfamily.waltham.sch.uk
	Teachers of Year 11 PSHCE	Year 11 Pastoral Team Ms SJ St Aimie Ms S. Scott Mrs T. Osborne Ms D. Asante Mrs H. Crabtree Ms S. Hampshire Ms A. Traore Dr C. Wilkinson Ms V. Forbes Mr F. Uddin Mr P. Norman Mrs C. Cameron-Marques Mr A. Morrone Ms S. Paschalides

Holy Family Catholic School

Curriculum Overview Year 12 – PSHCE



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	<ul style="list-style-type: none"> ● RSE RSE: Healthy relationships and recognising harmful behaviour RSE: Victim Blaming RSE: Sexual Harassment in society RSE: Online sexual images and bullying <ul style="list-style-type: none"> ● Careers Careers: CV Writing Careers: Interview Preparation Careers: What is an Entrepreneur?	Year 12 Victim Blaming Sexual Assault Centre Of Edmonton PSHE GCSE Sexual harassment - Part 1 The Bar BBC Teach UCAS Application: How to Apply Our Career Shapers
Half Term 2 (Nov-Dec)	<ul style="list-style-type: none"> ● Positive wellbeing Positive Well being: Resilience and growing up Positive Well being: Promoting emotional well being Positive Well being: Sleep hygiene and mental health Positive Well being: Fears and Anxiety Positive Well being: Dealing with anxiety Positive Well being: Dealing with depression	Year 12 SLEEP HYGIENE - ITS IMPORTANCE & METHODS TO PRACTICE GOOD SLEEP HYGIENE How We Cope With Anxiety & Stress MTV's Teen Code
Half Term 3 (Jan-Feb)	<ul style="list-style-type: none"> ● Health and Wellbeing Health & Wellbeing: Healthy Eating Health & Wellbeing: Immunisation and Vaccinations Health & Wellbeing: Poor Diet: Tooth Decay Health & Wellbeing: Eating Disorders Health & Wellbeing: Stress Management	Year 12 https://www.nhsinform.scot/healthy-living/immunisation/why-immunise/benefits-of-immunisation Dealing with an Eating Disorder BBC Teach
Half Term 4 (Feb-Mar)	<ul style="list-style-type: none"> ● Safety and Health Safety and Health: Addiction Safety and Health: Alcohol Safety Safety and Health: Drugs and their effects Safety and Health: Drugs Education: MDMA Safety and Health: What is cancer	Year 12 Alcohol, health and well-being GCSE Biology - What is Cancer? 'Benign' and 'Malignant' Tumours Explained #43
Half Term 5 (Apr-May)	<ul style="list-style-type: none"> ● Personal Finance Personal Finance: Taxes and the UK Personal Finance: Banks and Money Personal Finance: Types of employment and paperwork Personal Finance: What is debt? Personal Finance: Income and State Benefits Personal Finance: Role of trade unions	Year 12 https://www.investopedia.com/best-finance-books-for-teens-5095590 https://www.youtube.com/watch?v=sNvTXNebzZg
Half Term 6 (Jun-Jul)	<ul style="list-style-type: none"> ● British Values Critical thinking and fake news Exploring Britishness and British values LGBT and British values What are human rights?	Year 12 http://www.doingsmsc.org.uk/british-values/ LGBT History Month 2022 Assembly - Your Journey of Life https://www.youtube.com/watch?v=WJsUfck01J

Examples of Home Learning Tasks	https://www.mooc.org/ https://www.superprof.co.uk/blog/extracurricular-activities-uni-application/ UCAS https://www.ucas.com/
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Useful Websites	https://www.mooc.org/ https://www.ucas.com/ https://www.superprof.co.uk/blog/extracurricular-activities-uni-application/ https://tsrmatters.com/blog/7-things-you-need-to-know-about-year-12-students/
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**Extra-Curricular
Activities & Career
Opportunities**

<https://www.mooc.org/>

Download the app - The Super Curricular

https://play.google.com/store/apps/details?id=com.AppInstitute.u70c2&hl=en_GB&gl=US

<https://www.superprof.co.uk/blog/extracurricular-activities-uni-application/>

<https://www.bfi.org.uk/bfi-film-academy-opportunities-young-creatives>

<https://www2.deloitte.com/uk/en/pages/careers/articles/early-careers-work-experience.html>

<http://www.uniq.ox.ac.uk/>

Who Can I Contact?	Head of PSHCE	Mrs Shivani Belgrave
	Teachers of Year 12 PSHCE	Year 12 Tutor Team

Holy Family Catholic School

Curriculum Overview Year 13 – PSHCE



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	Careers: UCAS RSE: Gender Stereotypes and the Impacts on Society RSE: Respect, Love and Relationships RSE: Sexual Consent RSE: Importance of Sexual Health	www.ucas.com https://that-guy.co.uk/about/
Half Term 2 (Nov-Dec)	RSE: Sexually Explicit Material Staying Safe: Drugs Classification Staying Safe: Festivals, Drugs and Nitrous Oxide Staying Safe: Cannabis products Staying Safe: Drugs education - Exploring GHBS	https://www.talktofrank.com/
Half Term 3 (Jan-Feb)	Personal Finance: Payment Methods Personal Finance: Budgeting Personal Finance: Borrowing money Personal Finance: Value for money Personal Finance: Understanding Foreign Currency Personal Finance: Understanding a Payslip/Managing a budget	https://www.moneyhelper.org.uk/en/family-and-care/talk-money/how-to-help-teenagers-manage-their-money#:~:text=One%20way%20to%20help%20teenagers,as%20school%20lunches%20or%20trips.
Half Term 4 (Feb-Mar)	Risk: Addiction Risk: Alcohol safety Risk: Knife Crime Risk: Deadline with Anger Risk: Cancer prevention Risk: Medical ethics-donation	https://www.nhs.uk/better-health/
Half Term 5 (Apr-May)	Emotional Wellbeing: Mental Health. Nature Vs Nurture Emotional Wellbeing: Looking after your health and well being Emotional Wellbeing: Physical Health Emotional Wellbeing: Improving Body Image Emotional Wellbeing: Stress Management Part 3 Emotional Wellbeing: Stress Management Part 4	https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/

Examples of Home Learning Tasks	https://www.mooc.org/ https://www.superprof.co.uk/blog/extracurricular-activities-uni-application/
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Useful Websites	https://www.mooc.org/ https://www.ucas.com/ https://www.superprof.co.uk/blog/extracurricular-activities-uni-application/ https://tsrmatters.com/blog/7-things-you-need-to-know-about-year-12-students/
Extra-Curricular Activities & Career Opportunities	https://www.mooc.org/ Download the app - The Super Curricular https://play.google.com/store/apps/details?id=com.AppInstitute.u70c2&hl=en_GB&gl=US https://www.superprof.co.uk/blog/extracurricular-activities-uni-application/ https://www.bfi.org.uk/bfi-film-academy-opportunities-young-creatives https://www2.deloitte.com/uk/en/pages/careers/articles/early-careers-work-experience.html http://www.uniq.ox.ac.uk/

Who Can I Contact?	Head of PSD	
	Teachers of Year 13 PSHCE	Year 13 Tutor Team

