

HALF TERM 1 THEME: BODY AND MIND		Year 7	Year 8	Year 9	Year 10	Year 11
Date	Assembly	Managing puberty	Mental health awareness	Peer pressure, alcohol, drugs	Health including mental health	Self esteem and stress
5/9/2022	Welcome back : Ready to Learn and starting strong	Coping with change	Coping with change	Coping with change	Coping with change	Coping with change
12/9/22	Queen Elizabeth II: Duty and Service	Talking about your emotions - uncertainty	Healthy lifestyle looking after yourself emotions	Peer pressure	15th September Opening WEX with EBP booked in.	Strategies for dealing with pressure
19/9/2022		Happiness and how it links to connections with others	Common types of mental illness	The effects of smoking and how to quit	Mental illness focus on anxiety – importance of sleep	Maintaining self esteem under pressure
26/9/2022	Ready to Learn: Healthy lifestyles to help us thrive	Healthy lifestyle general	Recognising early signs of poor mental health	Alcohol legal limits and risks	Importance of friendship in managing mental health	The impact of 'bad' relationships on your mental health
3/10/2022 Black History Month  6 <sup>th</sup> Oct World Poetry Day	How can our physical health impact our mental health?	Puberty – body changes	How your physical health can impact your mental health	The links between drugs and mental health	Sparsholt College talk	What constitutes sexual harassment and violence
10/10/2022	Routines- establishing great ones to allow myself to thrive- link to healthy mind and body	Good hygiene routines	Understanding how what you do can impact your health	Online gambling, legalities and risks	Stigmas surrounding health issues	Coercive control
16/10/2022	Looking after yourself- finding what you love	Good self-care routines inc sleep	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share