

HALF TERM 1 THEME: BODY AND MIND			Year 7	Year 8	Year 9	Year 10	Year 11
Date	Assembly	Wellbeing	Managing puberty	Mental health awareness	Peer pressure, alcohol, drugs	Health including mental health	Self esteem and stress
9/9/2021 National school picture day International sudoku day	New year new me	What are Tricks?	Coping with change	Coping with change	Coping with change	Coping with change	Coping with change
16/9/2021 National Guacamole day International day for preserving the ozone layer	Jeans for Genes 14th -19th Emotions	Confidence	Talking about your emotions - uncertainty	Healthy lifestyle looking after yourself emotions	Peer pressure	16th September Opening WEX with EBP booked in.	Strategies for dealing with pressure
23/9/2021 Bi Visibility day International day of sign language	European day of languages 26th	Calm	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
30/9/2021 National love people day The big draw art education month	Art for wellbeing	Communication	Healthy lifestyle general inc eating	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
7/10/2021 National Frappe day National inner beauty day	How physical health related to your mental health	Creativity	Puberty – body changes	How your physical health can impact your mental health	The links between drugs and mental health	How stereotypes can be damaging	What constitutes sexual harassment and violence
14/10/2021 National dessert day World standards day	Routines	Character	Good hygiene routines	Understanding how what you do can impact your health	Online gambling, legalities and risks	Stigmas surrounding health issues	Coercive control
21/10/2021 Back to the future day	Self care	Self assess	Good self-care routines inc sleep	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share
CHALLENGE DAY 20 th Oct			All about me – puberty, self-care etc	EBP	Employability	Informed choices	Intervention + Shannon Reddin

HALF TERM 2 THEME: RELATIONSHIPS (year 11 Being a global citizen)			Year 7	Year 8	Year 9	Year 10	Year 11
Date	Assembly	Wellbeing	Different types of relationships	Respectful relationships	The negative side of relationships	Personal values within relationships	Exploring Post 16&18 options
4/11/21 Diwali	Positive relationships	Character	Different types of relationships and what makes a healthy one	First love – when to begin romance	Knowing when you are ready for a physical relationship	Positive characteristics of healthy relationships	Pathway choices
11/11/21 Veterans Day National Singles day	Remembrance	Creativity	How relationships/friendship can make you happy	Being treated with respect	What is coercive control?	Mental health in relation to sexual relationships	What college is the right one for me?
18/11/21 World Philosophy day	Family	Confidence	Why relationships are important in bringing up children	How can I tell if someone is trustworthy?	Porn a twisted reality	Intimacy without sex	Preparing your college/apprenticeship interview.
25/11/21 Thanksgiving	Trust	Calm	What is marriage including legal aspect and why people do it	Consent in romantic relationships – no means no	Strategies for managing sexual pressure	Keeping yourself safe re sex, alcohol and drugs - stis	My GCSEs and my chosen college
2/12/21 International day for abolition of slavery	World Aids Day (Actual on the 1st of DEC)	Communication	The alternatives to marriage and the law	Sexual harassment and assault	Confidently withdrawing consent	Illegal behaviour within relationships	Is University for me?
9/12/21 Anti-corruption day National Llama day	Toxic relationships	Recap	Forced marriage	Incels - what exactly are they?	Rape including within relationships Inc stealthing	Toxic masculinity to include incel culture	Talking about law and post 16 education.
16/12/21 Boston tea party Chocolate covered everything day	Christmas		Recap/discuss/share	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share	My career plans Recap/discuss/share

HALF TERM 3 THEME: Being a global citizen (year 11 Relationships)			Year 7	Year 8	Year 9	Year 10	Year 11
Date	Assembly	Wellbeing	Surviving the online world	Racism and respect for cultural diversity	GCSEs options, jobs and careers + finance	The world of work	Respect for your body
6/1/22 Epiphany day National cuddle day	Mind your language - rascism	Confidence and character	Is what you view online always real	Homophobia - watching your language, why it's not ok Inc online	What are GCSEs?	Think before you search – what's ok to Google	How STIs are spread and the importance of testing
13/1/22 National gluten free day		Calm Creativity	Unrealistic body image related to online (DOVE)	Awareness of racist language and the roots of it	Education path ways	The impact of viewing harmful online content inc online gambling + child images	Self examination and screening
20/1/22 National cheese day	Antisemetism	Confidence Communication	Identifying if your online behaviour may be harmful and how to report things	Anti-Semitism historically and now	What options do I have at Park?	Why do I need to do WEX?	Fertility and infertility the consequences
27/1/22 International holocaust remembrance day National chocolate day	Holocaust memorial day	Creativity calm	County lines intro	Privilege and what it means to be privileged	Digital footprint in relation to getting a job in the future	How to write a CV?	Choices around pregnancy including the right to NOT have children
3/2/22 Feed the birds day National golden retriever day	Queen's Platinum jubilee Mental health awareness week	Character Communication	Being British	'Honour' killings	Sharing images/films why not to	Communication for different situations	When pregnancy goes wrong
10/2/22	British politics	Recap	What are British Values	FGM	Viewing indecent images inc reporting and seeking help	Why does my GCSE matter?	Menopause and the impact it can have
17/2/22 Random acts of kindness day	Random acts of kindness		Recap/discuss/share	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share
Challenge day 16 th Feb			Britishness day	Quirky careers	Prison Me No Way	EBP	Intervention

HALF TERM 4 THEME: BODY AND MIND			Year 7	Year 8	Year 9	Year 10	Year 11
Date	Assembly	Wellbeing	My body my choice	Sexuality and diversity	Assessing risks	Positivity and role models	Strategies for coping with pressure
3/3/22 World hearing day National anthems day	The dark side of social media	Communication	Mindfulness	LGBTQ key terminology	The dangers of legal drugs	My carefully curated life... The dark side of social media	Coping with stress
10/3/22 National hug a dog day	LGBTQ	Calm	Unwanted touching (consent)	Why is LGBTQ still an issue?	When alcohol leads to risky behaviour	Body positivity despite the internet	Dealing with exam anxiety
17/3/22 St. Patricks day Evacuation day	Diversity	Character	What is sexual harassment?	Treating diversity with respect whatever your personal views	The law surrounding drugs possession	The influence of negative role models	Committing to self care
24/3/22 World tuberculosis day	Positive role models	Confidence	Physical respect for yourself and others	The law of equality – who is protected	Addiction and the consequences	The influence of positive role models	Using physical activity to promote well being
31/3/22 Cesar Chavez Day World backup day	Body positivity	Creativity	Body positivity	The legal rights relating to equality	Evaluating how an action can impact mental health	LGBTQ awareness and acceptance	Where to seek mental health help when you need it
7/4/22 National beer day World health day	Race at your place	Recap	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share
CHALLENGE DAY 8 th April						EBP	Intervention
			Race at your place				

HALF TERM 5 THEME: RELATIONSHIPS			Year 7	Year 8	Year 9	Year 10	Year 11
Date	Assembly	Wellbeing	Sexuality and gender	Family relationships	Conflict and resolution	Toxic relationships	Relationships beyond school
28/4/22 Take children to work day National poetry reading day SUPERHERO DAY!	Different types of family	Calm	Boys v girls sexual equality	Family relationships	Dealing with conflict within your relationship	Identifying coercion in your own relationships	Friendships beyond school
5/5/22 International Teachers day :D	Gender stereotyping	Creativity	Sexuality focus on key terminology Gender terminology and what it means	The responsibilities of parents with raising children	Gender stereotyping and the consequences	Ways a relationship can be toxic including domestic abuse	Professional /working relationships beyond school
12/5/22 National Limerick day	When relationships go bad	Confidence	Understanding there is not pressure re gender/sexuality	Domestic abuse – recognising when things go wrong	Understand what's 'normal' and what's not in relationships	Contraception recap	Managing change
19/5/22	LGBTQ	Communication	Growing up gay	Grief and strategies for coping	How to end relationships respectfully	Fertility and infertility impact of lifestyle	Mental health MOT
26/5/22 Ascension day National paper aeroplane day	Managing change	Character	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share

HALF TERM 6 THEME: Being a global citizen			Year 7	Year 8	Year 9	Year 10
Date	Assembly	Wellbeing		Employability Skills	Discrimination and careers	The world of work
9/6/22 National Donald duck day	Discrimination	Calm and communication	Careers	Different type of skills	Discrimination and why it happens	How to make my WEX successful?
16/6/22 Corpus Christi National Fudge day	Unconscious discrimination	Calm and creativity	Careers	Personal branding	Unconscious discrimination	What to do if I have a problem in my work placement?
23/6/22 Refugee Week	Refugees	Confidence and character	Careers	Talking to employers about skills at workplace	Knife crime/county lines	College taster day (flexible days)
30/6/22 World social media day National work from home day!! :O		Confidence and communication	Careers	Career in our society	How can stem help me with my options?	WEX- 27th June until 8th July (flexible days)
7/7/22 Global forgiveness day		Character and creativity	Careers	How can I get a part time job?	My options and future careers	WEX- 27th June until 8th July (flexible days)
14/7/22 National mac and cheese day		Recap	Careers	Talking about my GCSE options	Preparing an interview	College taster day (flexible days)
21/7/22 National junk food day	Summer		Recap/discuss/share	Recap/discuss/share	Recap/discuss/share	Reflecting on my WEX.
CHALLENGE DAYS 14 th and 15 th July			Cyber crime	Risky Behaviour	EBP	EBP + Driving school
					Staying safe	