

# Holy Family Catholic School

## Curriculum Overview Year 7 – PSHCE



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	<b>RSE:</b> <ul style="list-style-type: none"> <li>Respectful relationships</li> <li>Consent and boundaries</li> <li>Making and managing friendships</li> </ul>	<a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>
Half Term 2 (Nov-Dec)	<b>RSE:</b> <ul style="list-style-type: none"> <li>Managing online friendships</li> <li>Peer pressure &amp; influence</li> <li>Anti-bullying</li> </ul>	<a href="https://www.youtube.com/watch?v=v_tG52x8gNE">https://www.youtube.com/watch?v=v_tG52x8gNE</a>
Half Term 3 (Jan-Feb)	<b>Health and Wellbeing:</b> <ul style="list-style-type: none"> <li>Puberty</li> <li>Personal Hygiene</li> <li>Physical and emotional changes</li> </ul>	<a href="https://www.nhs.uk/conditions/periods/">https://www.nhs.uk/conditions/periods/</a> <a href="https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-body/">https://www.childline.org.uk/info-advice/you-your-body/puberty/puberty-body/</a>
Half Term 4 (Feb-Mar)	<b>RSE:</b> <ul style="list-style-type: none"> <li>Debunking misogynistic views</li> <li>Damaging stereotypes in the media</li> <li>Asserting our values</li> </ul>	<a href="https://learning.nspcc.org.uk/research-resources/schools/its-not-ok">https://learning.nspcc.org.uk/research-resources/schools/its-not-ok</a>
Half Term 5 (Apr-May)	<b>Politics, Law &amp; Citizenship:</b> <ul style="list-style-type: none"> <li>Community, Identity &amp; multicultural Britain</li> <li>Breaking down stereotypes &amp; challenging discrimination</li> <li>Equality Act 2010</li> </ul>	<a href="https://www.youtube.com/watch?v=I4M_WVEAww2g">https://www.youtube.com/watch?v=I4M_WVEAww2g</a> <a href="https://www.walthamforest.gov.uk/">https://www.walthamforest.gov.uk/</a>
Half Term 6 (Jun-Jul)	<b>Politics &amp; Law:</b> <ul style="list-style-type: none"> <li>prejudice and discrimination</li> <li>Islamophobia</li> <li>Homophobia</li> </ul>	<a href="#">Help &amp; Advice   Stonewall</a> <a href="#">For Young People - Race Equality (tackling-racism.co.uk)</a>

<b>Examples of Home Learning Tasks</b>	<ul style="list-style-type: none"> <li>Documentaries, podcasts and articles and watching &amp; discussing the news</li> <li>Participation in local community events and activities</li> <li>Use of timetables and diaries to regulate emotions, eating, physical activities and study</li> <li>A suitable routine including healthy meals, appropriate sleep patterns and limited phone use</li> </ul>
<b>Assessment Tasks, Methods &amp; Frequency</b>	<ul style="list-style-type: none"> <li>Inbuilt in Friday PSHCE lessons - discussion activities, decision making exercises and reflection tasks.</li> </ul>
<b>Equipment that Students Need</b>	Normal school equipment-pencil case, journal, reading book. PSHCE booklet and folder will remain in school

<b>Parent / Carers can help their child by:</b>	<ul style="list-style-type: none"> <li>Engaging in conversations about what they are learning in PSHCE</li> <li>Promoting good study and lifestyle habits</li> <li>Reporting any concerns to the school and encouraging children to do the same</li> <li>Monitoring phone usage and screen time closely</li> </ul>
<b>Useful Websites</b>	<a href="https://careers.startprofile.com/page/home-page">https://careers.startprofile.com/page/home-page</a> <a href="https://theedge.pixl.org.uk/">https://theedge.pixl.org.uk/</a> <a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a> <a href="https://saferinternet.org.uk/">https://saferinternet.org.uk/</a> <a href="https://www.bbc.co.uk/newsround">https://www.bbc.co.uk/newsround</a>
<b>Extra-Curricular Activities &amp; Career Opportunities</b>	<ul style="list-style-type: none"> <li>Range of extracurricular activities offered free of charge</li> </ul>

<b>Who Can I Contact?</b>	Head of PSHCE	Mrs Sayer
	Head of Year	Mr Freeman

# Holy Family Catholic School

## Curriculum Overview Year 8 – PSHCE



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	<b>RSE:</b> <ul style="list-style-type: none"> <li>Respectful relationships</li> <li>Consent &amp; boundaries</li> <li>Positive &amp; healthy relationships</li> </ul>	<a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>
Half Term 2 (Nov-Dec)	<b>RSE:</b> <ul style="list-style-type: none"> <li>Equality Act 2010 - sexuality &amp; homophobia</li> <li>Avoiding gangs</li> <li>Difference between love and abuse</li> </ul>	<a href="https://learning.nspcc.org.uk/research-resources/schools/its-not-ok">https://learning.nspcc.org.uk/research-resources/schools/its-not-ok</a>
Half Term 3 (Jan-Feb)	<b>Politics, Law &amp; Citizenship:</b> <ul style="list-style-type: none"> <li>Parliament, political parties &amp; elections</li> <li>Liberties as UK citizens</li> <li>Roles of law, police &amp; justice system</li> </ul>	<a href="https://learning.parliament.uk/en/resources/introduction-to-parliament-primary-video/">https://learning.parliament.uk/en/resources/introduction-to-parliament-primary-video/</a>
Half Term 4 (Feb-Mar)	<b>Finance:</b> <ul style="list-style-type: none"> <li>Being financially savvy &amp; aware of advertising</li> <li>Being an ethical consumer</li> <li>Being an environmentally conscious consumer</li> </ul>	<a href="https://www.santander.co.uk/personal/support/customer-support/financial-education">https://www.santander.co.uk/personal/support/customer-support/financial-education</a>
Half Term 5 (Apr-May)	<b>Health &amp; Wellbeing:</b> <ul style="list-style-type: none"> <li>How to look after our physical and mental health</li> <li>The links between mental health &amp; self-esteem</li> <li>Building resilience</li> </ul>	<a href="https://www.nhs.uk/live-well/">https://www.nhs.uk/live-well/</a>
Half Term 6 (Jun-Jul)	<b>Careers:</b> <ul style="list-style-type: none"> <li>Transitioning into Year 9</li> </ul>	<a href="https://barclayslifeskills.com">https://barclayslifeskills.com</a>

<b>Examples of Home Learning Tasks</b>	<ul style="list-style-type: none"> <li>Documentaries, podcasts and articles and watching &amp; discussing the news</li> <li>Participation in local community events and activities</li> <li>Use of timetables and diaries to regulate emotions, eating, physical activities and study</li> <li>A suitable routine including healthy meals, appropriate sleep patterns and limited phone use</li> </ul>
<b>Assessment Tasks, Methods &amp; Frequency</b>	<ul style="list-style-type: none"> <li>Inbuilt in Friday PSHCE lessons - discussion activities, decision making exercises and reflection tasks.</li> </ul>
<b>Equipment that Students Need</b>	Normal school equipment-pencil case, journal, reading book. PSHCE booklet and folder will remain in school

<b>Parent / Carers can help their child by:</b>	<ul style="list-style-type: none"> <li>Engaging in conversations about what they are learning in PSHCE</li> <li>Promoting good study and lifestyle habits</li> <li>Reporting any concerns to the school and encouraging children to do the same</li> <li>Monitoring phone usage and screen time closely</li> </ul>
<b>Useful Websites</b>	<a href="https://careers.startprofile.com/page/home-page">https://careers.startprofile.com/page/home-page</a> <a href="https://theedge.pixl.org.uk/">https://theedge.pixl.org.uk/</a> <a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a> <a href="https://saferinternet.org.uk/">https://saferinternet.org.uk/</a> <a href="https://www.bbc.co.uk/newsround">https://www.bbc.co.uk/newsround</a>
<b>Extra-Curricular Activities &amp; Career Opportunities</b>	<ul style="list-style-type: none"> <li>Range of extracurricular activities offered free of charge</li> </ul>

<b>Who Can I Contact?</b>	Head of PSHCE	Mrs Sayer
	Head of Year	Ms. Paul-Jones

# Holy Family Catholic School

## Curriculum Overview Year 9 – PSHCE



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	<b>RSE:</b> <ul style="list-style-type: none"> <li>Healthy &amp; respectful relationships</li> <li>Consent &amp; boundaries</li> <li>Delaying sexual activity</li> </ul>	<a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>
Half Term 2 (Nov-Dec)	<b>RSE:</b> <ul style="list-style-type: none"> <li>Sexualisation within the media</li> <li>Issues associated with inappropriate images &amp; pornography</li> <li>Differences between flirting &amp; sexual harassment</li> </ul>	<a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a> <a href="https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/">https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/</a>
Half Term 3 (Jan-Feb)	<b>Politics, Law &amp; Citizenship:</b> <ul style="list-style-type: none"> <li>First Give programme focused on social responsibility, with students looking at a local charity, fundraising and competing to win £1000 for their chosen charity.</li> </ul>	<a href="https://firstgive.co.uk/">https://firstgive.co.uk/</a>
Half Term 4 (Feb-Mar)	<ul style="list-style-type: none"> <li><b>Politics, Law &amp; Citizenship:</b></li> <li>First Give programme focused on social responsibility, with students looking at a local charity, fundraising and competing to win £1000 for their chosen charity.</li> </ul>	<a href="https://firstgive.co.uk/">https://firstgive.co.uk/</a>
Half Term 5 (Apr-May)	<b>Finance:</b> <ul style="list-style-type: none"> <li>Being financially savvy &amp; aware of advertising</li> <li>Being an ethical consumer</li> <li>Being an environmentally conscious consumer</li> </ul>	<a href="https://www.santander.co.uk/personal/support/customer-support/financial-education">https://www.santander.co.uk/personal/support/customer-support/financial-education</a>
Half Term 6 (Jun-Jul)	<b>Careers:</b> <ul style="list-style-type: none"> <li>Transitioning into Year 10</li> </ul>	<a href="https://barclayslifeskills.com">https://barclayslifeskills.com</a>

<b>Examples of Home Learning Tasks</b>	<ul style="list-style-type: none"> <li>Documentaries, podcasts and articles and watching &amp; discussing the news</li> <li>Participation in local community events and activities</li> <li>Use of timetables and diaries to regulate emotions, eating, physical activities and study</li> <li>A suitable routine including healthy meals, appropriate sleep patterns and limited phone use</li> </ul>
<b>Assessment Tasks, Methods &amp; Frequency</b>	<ul style="list-style-type: none"> <li>Inbuilt in Friday PSHCE lessons - discussion activities, decision making exercises and reflection tasks.</li> </ul>
<b>Equipment that Students Need</b>	Normal school equipment-pencil case, journal, reading book. PSHCE booklet and folder will remain in school

<b>Parent / Carers can help their child by:</b>	<ul style="list-style-type: none"> <li>Engaging in conversations about what they are learning in PSHCE</li> <li>Promoting good study and lifestyle habits</li> <li>Reporting any concerns to the school and encouraging children to do the same</li> <li>Monitoring phone usage and screen time closely</li> </ul>
<b>Useful Websites</b>	<a href="https://careers.startprofile.com/page/home-page">https://careers.startprofile.com/page/home-page</a> <a href="https://theedge.pixl.org.uk/">https://theedge.pixl.org.uk/</a> <a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a> <a href="https://saferinternet.org.uk/">https://saferinternet.org.uk/</a> <a href="https://www.bbc.co.uk/newsround">https://www.bbc.co.uk/newsround</a>
<b>Extra-Curricular Activities &amp; Career Opportunities</b>	<ul style="list-style-type: none"> <li>Range of extracurricular activities offered free of charge</li> </ul>

<b>Who Can I Contact?</b>	Head of PSHCE	Mrs Sayer
	Head of Year	Ms Scott

# Holy Family Catholic School

## Curriculum Overview Year 10 – PSHCE



	Curriculum Content	Suggested Reading or Extension Activities
<b>Half Term 1 (Sept-Oct)</b>	<b>RSE:</b> <ul style="list-style-type: none"> <li>• Healthy &amp; respectful relationships</li> <li>• Consent &amp; boundaries</li> <li>• Laws around rape &amp; sexual harassment</li> </ul>	<a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>
<b>Half Term 2 (Nov-Dec)</b>	<b>RSE:</b> <ul style="list-style-type: none"> <li>• Victim blaming</li> <li>• Domestic abuse, coercive &amp; controlling behaviour</li> <li>• Key adults in a child's life</li> </ul>	
<b>Half Term 3 (Jan-Feb)</b>	<b>Politics, Law &amp; Citizenship:</b> <ul style="list-style-type: none"> <li>• UK's links with the wider world</li> <li>• Human rights &amp; international laws</li> <li>• Free press</li> </ul>	<a href="https://www.youtube.com/watch?v=VO7oS8PqkJY">https://www.youtube.com/watch?v=VO7oS8PqkJY</a>
<b>Half Term 4 (Feb-Mar)</b>	<b>Finance:</b> <ul style="list-style-type: none"> <li>• Income, expenditure, credit &amp; debt</li> <li>• Insurance</li> <li>• Savings &amp; pensions</li> </ul>	<a href="https://www.santander.co.uk/personal/support/customer-support/financial-education">https://www.santander.co.uk/personal/support/customer-support/financial-education</a>
<b>Half Term 5 (Apr-May)</b>	<b>Careers:</b> <ul style="list-style-type: none"> <li>• Metacognition</li> <li>• Study skills</li> <li>• End of Year exam preparation</li> </ul>	
<b>Half Term 6 (Jun-Jul)</b>	<b>Careers:</b> <ul style="list-style-type: none"> <li>• Work experience preparation</li> <li>• Work experience placement</li> </ul>	<a href="https://barclayslifeskills.com">https://barclayslifeskills.com</a>

<b>Examples of Home Learning Tasks</b>	<ul style="list-style-type: none"> <li>• Documentaries, podcasts and articles and watching &amp; discussing the news</li> <li>• Participation in local community events and activities</li> <li>• Use of timetables and diaries to regulate emotions, eating, physical activities and study</li> <li>• A suitable routine including healthy meals, appropriate sleep patterns and limited phone use</li> </ul>
<b>Assessment Tasks, Methods &amp; Frequency</b>	<ul style="list-style-type: none"> <li>• Inbuilt in Friday PSHCE lessons - discussion activities, decision making exercises and reflection tasks.</li> </ul>
<b>Equipment that Students Need</b>	Normal school equipment-pencil case, journal, reading book. PSHCE booklet and folder will remain in school

<b>Parent / Carers can help their child by:</b>	<ul style="list-style-type: none"> <li>• Engaging in conversations about what they are learning in PSHCE</li> <li>• Promoting good study and lifestyle habits</li> <li>• Reporting any concerns to the school and encouraging children to do the same</li> <li>• Monitoring phone usage and screen time closely</li> </ul>
<b>Useful Websites</b>	<a href="https://careers.startprofile.com/page/home-page">https://careers.startprofile.com/page/home-page</a> <a href="https://theedge.pixl.org.uk/">https://theedge.pixl.org.uk/</a> <a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a> <a href="https://saferinternet.org.uk/">https://saferinternet.org.uk/</a> <a href="https://www.bbc.co.uk/newsround">https://www.bbc.co.uk/newsround</a>
<b>Extra-Curricular Activities &amp; Career Opportunities</b>	<ul style="list-style-type: none"> <li>• Range of extracurricular activities offered free of charge</li> </ul>

<b>Who Can I Contact?</b>	Head of PSHCE	Mrs Sayer
	Head of Year	Mr Graefe

# Holy Family Catholic School

## Curriculum Overview Year 11 – PSHCE



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	<b>RSE:</b> <ul style="list-style-type: none"> <li>Healthy relationships</li> <li>Consent &amp; boundaries</li> <li>Sexual health</li> </ul>	<a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>
Half Term 2 (Nov-Dec)	<b>RSE:</b> <ul style="list-style-type: none"> <li>The issues surrounding pornography</li> <li>Grooming &amp; sexual exploitation</li> <li>Sexual harassment in the workplace</li> </ul>	<a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a>
Half Term 3 (Jan-Feb)	<b>Careers:</b> <ul style="list-style-type: none"> <li>Study skills</li> <li>Post 16 options</li> <li>Successful interviewing techniques</li> </ul>	<a href="https://www.ucas.com/further-education/post-16-qualifications/post-16-options/getting-started">https://www.ucas.com/further-education/post-16-qualifications/post-16-options/getting-started</a>
Half Term 4 (Feb-Mar)	<b>Careers:</b> <ul style="list-style-type: none"> <li>Study skills</li> <li>Post 16 options</li> </ul>	<a href="https://www.walthamforest.gov.uk/post16choices">https://www.walthamforest.gov.uk/post16choices</a>
Half Term 5 (Apr-May)	<b>Public Exam Period</b>	
Half Term 6 (Jun-Jul)	<b>Public Exam Period</b>	

<b>Examples of Home Learning Tasks</b>	<ul style="list-style-type: none"> <li>Documentaries, podcasts and articles and watching &amp; discussing the news</li> <li>Participation in local community events and activities</li> <li>Use of timetables and diaries to regulate emotions, eating, physical activities and study</li> <li>A suitable routine including healthy meals, appropriate sleep patterns and limited phone use</li> </ul>
<b>Assessment Tasks, Methods &amp; Frequency</b>	<ul style="list-style-type: none"> <li>Inbuilt in Friday PSHCE lessons - discussion activities, decision making exercises and reflection tasks.</li> </ul>
<b>Equipment that Students Need</b>	Normal school equipment-pencil case, journal, reading book. PSHCE booklet and folder will remain in school

<b>Parent / Carers can help their child by:</b>	<ul style="list-style-type: none"> <li>Engaging in conversations about what they are learning in PSHCE</li> <li>Promoting good study and lifestyle habits</li> <li>Reporting any concerns to the school and encouraging children to do the same</li> <li>Monitoring phone usage and screen time closely</li> </ul>
<b>Useful Websites</b>	<a href="https://careers.startprofile.com/page/home-page">https://careers.startprofile.com/page/home-page</a> <a href="https://theedge.pixl.org.uk/">https://theedge.pixl.org.uk/</a> <a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a> <a href="https://saferinternet.org.uk/">https://saferinternet.org.uk/</a> <a href="https://www.bbc.co.uk/newsround">https://www.bbc.co.uk/newsround</a>
<b>Extra-Curricular Activities &amp; Career Opportunities</b>	<ul style="list-style-type: none"> <li>Range of extracurricular activities offered free of charge</li> </ul>

<b>Who Can I Contact?</b>	Head of PSHCE	Mrs Sayer
	Head of Year	Ms Osei

# Holy Family Catholic School

## Curriculum Overview Year 12 – PSHCE



	Curriculum Content	Suggested Reading or Extension Activities
<b>Half Term 1 (Sept-Oct)</b>	<ul style="list-style-type: none"> <li>• <b>Careers</b></li> </ul> Careers: Careers Project Careers: Introduction to Unifrog Careers: Unifrog activities	<a href="#">Victim Blaming   Sexual Assault Centre Of Edmonton</a> <a href="#">PSHE GCSE   Sexual harassment - Part 1 The Bar   BBC Teach</a>  <a href="#">UCAS Application: How to Apply</a>  <a href="#">Our Career Shapers</a>
<b>Half Term 2 (Nov-Dec)</b>	<ul style="list-style-type: none"> <li>• <b>RSE</b></li> </ul> 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"> <li>• <b>Health and Wellbeing</b></li> </ul> Health & Wellbeing: Healthy Eating Health & Wellbeing: Immunisation and Vaccinations Health & Wellbeing: Poor Diet: Tooth Decay	<a href="#">SLEEP HYGIENE - ITS IMPORTANCE &amp; METHODS TO PRACTICE GOOD SLEEP HYGIENE</a>  <a href="#">How We Cope With Anxiety &amp; Stress   MTV's Teen Code</a>
<b>Half Term 3 (Jan-Feb)</b>	<ul style="list-style-type: none"> <li>• <b>Positive wellbeing</b></li> </ul> 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	<a href="https://www.nhsinform.scot/healthy-living/immunisation/why-immunise/benefits-of-immunisation">https://www.nhsinform.scot/healthy-living/immunisation/why-immunise/benefits-of-immunisation</a> <a href="#">Dealing with an Eating Disorder   BBC Teach</a>
<b>Half Term 4 (Feb-Mar)</b>	<ul style="list-style-type: none"> <li>• <b>Safety and Health</b></li> </ul> 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	<a href="#">Alcohol, health and well-being GCSE Biology - What is Cancer? 'Benign' and 'Malignant' Tumours Explained #43</a>
<b>Half Term 5 (Apr-May)</b>	<ul style="list-style-type: none"> <li>• <b>Personal Finance</b></li> </ul> 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	<a href="https://www.investopedia.com/best-finance-books-for-teens-5095590">https://www.investopedia.com/best-finance-books-for-teens-5095590</a>  <a href="https://www.youtube.com/watch?v=sNvTXNebzZg">https://www.youtube.com/watch?v=sNvTXNebzZg</a>
<b>Half Term 6 (Jun-Jul)</b>	<ul style="list-style-type: none"> <li>• <b>British Values</b></li> </ul> Critical thinking and fake news Exploring Britishness and British values LGBT and British values What are human rights? <ul style="list-style-type: none"> <li>• <b>Careers</b></li> </ul> Careers: UCAS Careers: Unifrog review	<a href="#">Year 12</a> <a href="http://www.doingsmsc.org.uk/british-values/">http://www.doingsmsc.org.uk/british-values/</a> <a href="#">LGBT History Month 2022 Assembly - Your Journey of Life</a> <a href="https://www.youtube.com/watch?v=WJsUfck01J">https://www.youtube.com/watch?v=WJsUfck01J</a>

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

<b>Who Can I Contact?</b>	Year Leader	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
<b>Half Term 1 (Sept-Oct)</b>	Careers: UCAS RSE: Gender Stereotypes and the Impacts on Society RSE: Respect, Love and Relationships RSE: Sexual Consent RSE: Importance of Sexual Health	<a href="http://www.ucas.com">www.ucas.com</a>  <a href="https://that-guy.co.uk/about/">https://that-guy.co.uk/about/</a>
<b>Half Term 2 (Nov-Dec)</b>	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	<a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a>
<b>Half Term 3 (Jan-Feb)</b>	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	<a href="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.">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.</a>
<b>Half Term 4 (Feb-Mar)</b>	Risk: Addiction Risk: Alcohol safety Risk: Knife Crime Risk: Deadline with Anger Risk: Cancer prevention Risk: Medical ethics-donation	<a href="https://www.nhs.uk/better-health/">https://www.nhs.uk/better-health/</a>
<b>Half Term 5 (Apr-May)</b>	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	<a href="https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/">https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/</a>

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

<b>Who Can I Contact?</b>	Year Leader	Mr R. Wilbraham
	Teachers of Year 13 PSHCE	Year 13 Tutor Team