

Spring 1 - Student Wellbeing topics for Y7

This half term the theme for Student Wellbeing lessons is Physical Health and Mental Wellbeing, Within this topic theme year 7 will be learning about the following topics:

Week 1: Mental Health

Week 2: Mental Wellbeing

Week 3: Positive Wellbeing

Week 4: Dental Health

Week 5: Healthy Eating

Week 6: Physical activity

Spring 1 - Student Wellbeing topics for Y8

This half term the theme for Student Wellbeing lessons is Physical Health and Mental Wellbeing, Within this topic theme year 8 will be learning about the following topics:

Wk 1: HIV

Wk 2: HIV

Stigma

Wk 3: Contraception

Wk 4: Contraception Condom use

Wk 5/6: Emergency Contraception

Spring 1 - Student Wellbeing topics for Y9

This half term the theme for Student Wellbeing lessons is Physical Health and Mental Wellbeing. Within this topic theme year 9 will be learning about the following topics:

Week 1: Healthy Lifestyle Influences

Week 3: Active Lifestyle

Week 5: Blood Donation

Week 2: Lifestyle

Week 4: Cancer

Week 6: Organ donation

Useful Websites -

Below are some useful websites that can be used to talk to your children about the topics they have been working on in Wellbeing.

- www.childline.org.uk
<https://www.blood.co.uk/>
- www.nhs.uk/live-well
www.youngminds.org.uk
- <https://www.organdonation.nhs.uk/> www.samaritans.org
- <https://www.teenagecancertrust.org/> www.annafreud.org
- www.youthwellbeing.co.uk
www.themix.org.uk