

BISHOP HEBER HIGH SCHOOL

RESPECT · OPPORTUNITY · ACHIEVEMENT

Subject	Year	Term								
PSHCE	7	3								
Topic										
Mental Wellbeing; Emotional Wellbeing and Digital Life										
Content (Intent)										
Prior Learning (Topic) Unhealthy Choices; The Changing Adolescent Body										
• That happiness is linked to being connected to others • How to recognise the early signs of mental wellbeing concerns • Common types of mental ill health (e.g. anxiety and depression) • The benefit and importance of physical exercise, time outdoors on mental wellbeing and happiness • How to identify assess their own progress and find coping strategies • How to recognise student achievement • How to link student education to the world of work Assembly Topics: • Menai Residential; Summer Celebration										
Future Learning (Topic) British Democracy and the Rule of the Law; Careers: Careers and Future Pathways										
What Knowledge and Skills will be taught (Implementation)		How will your understanding be assessed & recorded (Impact)								
Knowledge • Mental wellbeing, types of mental ill health & attitudes towards mental health • Managing wellbeing: the importance of physical health; healthy and unhealthy coping strategies • Change, loss and grief • Emotional literacy and resilience while exploring online behaviour • Positive and negative effects of online activity on mental health and self-esteem • Setting healthy boundaries around gaming, social media and digital devices • How social media platforms are designed: commercial incentives and algorithmic manipulation • Responding safely to harmful content, peer influence and cyberbullying • Introduction of revision techniques • Menai preparation – being enterprising & creative thinking Skills • Developing understanding of emotions • Developing revision techniques and coping strategies • Ability to set short and long term target		Understanding will be assessed in a variety of ways. For example, through baseline assessments at the start of topics, through formative assessment opportunities and self-reflection summative assessments to establish ASK (attributes, skills & factual knowledge) developed. The impact of the PSHCE curriculum will be reported on twice a year as part of the Report cycle, through Learning Habits descriptors. Student feedback will be collated by Year Leaders following the PSHCE Day in November, via student voice quality assurance, the School Council and through an annual PSHCE questionnaire.								
How can parents help at home?										
• Attend and engage with Menai Information Meeting • Read and review Term 2 Report • Encourage your child to engage with wider school activities (see SBS)										
Helpful further reading/discussion (including Reading and Vocabulary Lists)										
Reading Accelerated Reader Programme <u>Mental Health</u>	Vocabulary Lists <table><tr><td>Mental Health</td><td>Action Plan</td></tr><tr><td>Anxiety</td><td>Review</td></tr><tr><td>Depression</td><td>Assess</td></tr><tr><td>Self-esteem</td><td>Self-reflection</td></tr></table>		Mental Health	Action Plan	Anxiety	Review	Depression	Assess	Self-esteem	Self-reflection
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