



Subject	Year	Term
PSHCE	7	3
Topic		
Mental Wellbeing		
Careers: Changes in the World of Work; Setting Targets		
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- whole school assembly		
Future Learning (Topic)	British Democracy and the Rule of the Law; Positive Relationships Careers: Beliefs in School and Work; Motivation	
What Knowledge and Skills will be taught (Implementation)	How will your understanding be assessed & recorded (Impact)	
Knowledge - Mental wellbeing - The importance of physical health - Introduction of revision techniques - Menai prep – being enterprising & creative thinking - Careers: Changes in the world of work - Careers: Setting targets	Understanding will be assessed in a variety of ways. For example, through baseline assessments at the start of topics, through formative assessment opportunities including self-reflection and through informal summative assessments to establish factual knowledge.	
Skills - Developing understanding of emotions - Developing revision techniques and coping strategies - Ability to set short and long term targets	The impact of the PHSCE curriculum will be reported on three times per year as part of the Report cycle, through Attitude to Learning descriptors.	
Feedback will be collated by Year Leaders following the PHSCE Day in November.		
How can parents help at home?		
- Attend and engage with Menai Information Meeting - Read and review Term 2 and Term 3 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 Mental Health	Vocabulary Lists Mental Health Anxiety Depression Self-esteem Action Plan Review Assess Self-reflection	