

Year 8

**Wednesday 24th
September**

**Positive
Relationships**

- Online safety
- Managing relationships and friendships
- Learning about disabilities

Health and wellbeing PSHE association core theme 1

Students learn . . .

H9. strategies to understand and build resilience, as well as how to respond to disappointments and setbacks

H30. how to identify risk and manage personal safety in increasingly independent situations, including online

Relationships PSHE association core theme 2

Students learn . . .

R2. indicators of positive, healthy relationships and unhealthy relationships, including online

R10. the importance of trust in relationships and the behaviours that can undermine or build trust

R38. to recognise bullying, and its impact, in all its forms; the skills and strategies to manage being targeted or witnessing others being bullied

R43. the role peers can play in supporting one another to resist pressure and influence, challenge harmful social norms and access appropriate support

**Tuesday 25th
November**

Careers

- Step into the NHS careers competition
- Careers

Relationships PSHE association core theme 2

Students learn . . .

R15. to further develop and rehearse the skills of team working

R16. to further develop the skills of active listening, clear communication, negotiation and compromise

L8. about routes into work, training and other vocational and academic opportunities, and progression routes

Living in the wider world PSHE association core theme 3

Students learn . . .

L4. the skills and attributes that employers' value

L5. the skills and qualities required to engage in enterprise

L6. the importance and benefits of being a lifelong learner

L15. to assess and manage risk in relation to financial decisions that young people might make

<p>Thursday 29th January</p> <p>Community</p> <ul style="list-style-type: none"> • How to make a positive contribution to society • Elections and Parliament • UK Parliament talks • Young carers • Money matters 	<p>Health and wellbeing PSHE association core theme 1 <i>Students learn . . .</i> H2. to understand what can affect wellbeing and resilience H4. simple strategies to help build resilience to negative opinions, judgements and comments H6. how to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary</p> <p>Relationships PSHE association core theme 2 <i>Students learn . . .</i> R3. about the similarities, differences and diversity among people R23. the services available to support healthy relationships and manage unhealthy relationships, and how to access them R39. the impact of stereotyping, prejudice and discrimination on individuals and relationships</p> <p>Living in the wider world PSHE association core theme 3 <i>Students learn . . .</i> L13. about young people’s employment rights and responsibilities L16. about values and attitudes relating to finance, including debt L17. to manage emotions in relation to money</p>
<p>Thursday 26th February</p> <p>Health and wellbeing</p> <ul style="list-style-type: none"> • Sleep • Dealing with loss / change • Diet 	<p>Health and wellbeing PSHE association core theme 1 <i>Students learn . . .</i> H1. how we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing H3. the impact that media and social media can have on how people think about themselves and express themselves, including regarding body image, physical and mental health H5. to recognise and manage internal and external influences on decisions which affect health and wellbeing</p>

<ul style="list-style-type: none"> • First aid training • Yoga • Relaxation • Self-esteem and body image • 1st aid • Allergies 	<p>H7. the characteristics of mental and emotional health and strategies for managing these</p> <p>H10. a range of healthy coping strategies and ways to promote wellbeing and boost mood, including physical activity, participation and the value of positive relationships in providing support</p> <p>H14. the benefits of physical activity and exercise for physical and mental health and wellbeing</p> <p>H15. the importance of sleep and strategies to maintain good quality sleep</p> <p>H33. how to get help in an emergency and perform basic first aid, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators</p>
<p>Wednesday 15th July</p> <p>Tea Party</p> <ul style="list-style-type: none"> • Prepare food, decorations, etc • Entertainment • Host tea party for local residents of Poynton 	<p>This is an annual community event where the Year 8 students prepare and host a tea party for approx. 65 local residents in one day</p>