

Year 8

**Wednesday 27th
September**

**Positive
Relationships**

- Be kind
- Respect
- Online / in person harassment
- Discrimination – why is this wrong?

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

**Thursday 23rd
November**

**Living in the Wider
World**

- Step into the NHS careers competition
- Parliament elections
- Money matters

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

	<p>L15. to assess and manage risk in relation to financial decisions that young people might make L16. about values and attitudes relating to finance, including debt L17. to manage emotions in relation to money</p>
<p>Tuesday 23rd January Community</p> <ul style="list-style-type: none"> • How to make a positive contribution to society • My local community – what is it, how do I play a positive role in it • What do magistrates do? • UK Parliament talks • Young carers 	<p>Health and wellbeing PSHE association core theme 1 <i>Students learn . . .</i> H2. to understand what can affect wellbeing and resilience (e.g. life changes, relationships, achievements and employment) 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> <hr/> <p>Relationships PSHE association core theme 2 <i>Students learn . . .</i> R3. about the similarities, differences and diversity among people of different race, culture, ability, sex, gender identity, age and sexual orientation R22. the effects of change, including loss, separation, divorce and bereavement; strategies for managing these and accessing support 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> <hr/> <p>Living in the wider world PSHE association core theme 3 <i>Students learn . . .</i> L13. about young people’s employment rights and responsibilities</p>
<p>Thursday 29th February Looking After Me</p> <ul style="list-style-type: none"> • Sleep • Dealing with loss / change 	<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</p>

<ul style="list-style-type: none"> • Diet • First aid training • Yoga • Relaxation 	<p>H5. to recognise and manage internal and external influences on decisions which affect health and wellbeing</p> <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>Tuesday 16th July 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 charitable event where the Year 8 students prepare and host a tea party for approx. 50 local residents in one day</p>