

PPP – Plans for supporting with transition post-COVID 19/lockdown

Due to Covid-19, units that support student's wellbeing have been moved to the first term in order aid with transition and managing emotions.

Year group	Au1	Au2
Y7	<p>TRANSITION AND WELLBEING:</p> <p>Students will be exploring change and how to manage emotions during significant moments of change in their lives.</p> <p>They will also be exploring what makes a positive, healthy friendship and how to manage conflict and change in relation to friendships.</p> <p>They will learn about issues around bullying, including: why people bully, the role of bystanders during incidents that involve bullying, different types of bullying and managing instances of cyber-bullying.</p> <p>They will learn how to conduct CPR and save lives, explore positive mental health and ensuring they use positive language when supporting others with mental health issues.</p> <p>They will finish the unit off by exploring grief and loss through bereavement.</p> <p>All lessons equip students with strategies to support themselves and others as well as building resilience. All lessons are fully signposted</p>	<p>HEALTH, SAFETY AND PUBERTY</p> <p>Students will learn about the changes they will experience during puberty: both physical and emotional.</p> <p>They will explore the importance of sleep and routine in promoting positive wellbeing and mental health, as well as preparing them for life in school.</p> <p>They will learn about consent through the lens of law and personal boundaries, exploring what is meant by 'private' and 'intimate' parts, having rights over your own body and being an expert of your own body. They will also learn about Female Genital Mutilation and the law in the UK.</p> <p>They will learn about choice and values in relation to long-term relationships and marriage: arranged marriage and forced marriage (and the law in the UK).</p> <p>They will explore a range of relationships they have and discuss what constitutes healthy and unhealthy relationships.</p> <p>They will finish off by learning the difference between illegal, medicinal and controlled drugs.</p> <p>All lessons equip students with strategies to support themselves and others as well as building resilience. All lessons are fully signposted</p>
Y8	<p>TRANSITION AND WELLBEING:</p> <p>Students will be exploring change and how to manage emotions during significant moments of change in their lives.</p> <p>They will also be exploring what makes a positive, healthy friendship and how to manage conflict and change in relation to friendships.</p> <p>They will explore a range of relationships they have and discuss what constitutes healthy and unhealthy relationships. They will then start to discuss what their own relationship values are before moving on to discuss what they would want from a healthy, positive romantic relationship.</p> <p>They will explore the importance of sleep and routine in promoting positive wellbeing and mental health, as well as preparing them for life in school. They will also discuss how to use positive language when supporting others with mental health issues.</p> <p>They finish the unit off by exploring grief and loss through bereavement.</p> <p>All lessons equip students with strategies to</p>	<p>HEALTH AND WELLBEING:</p> <p>Students will study the risks and impacts of alcohol and nicotine use, as well as issues around second-hand smoke and e-cigarettes/vapes.</p> <p>They will then learn about what cancer is, how to spot potential signs of cancer, being experts of their own bodies and how to prepare for a doctor's appointment.</p> <p>Students then learn about how to deal with setbacks and tools for resilience in order to promote positive wellbeing and mental health.</p> <p>They also explore mental health through digital resilience and how they manage their emotions in their 'digital life.'</p> <p>They explore unhealthy and healthy coping strategies and apply these to various contexts.</p> <p>They finish the unit off by looking at positive and negative friendships, particularly in relation gang membership, coercion, negative influence and peer pressure.</p> <p>All lessons equip students with strategies to support themselves and others as well as building resilience. All lessons are fully signposted</p>

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Y9	<p>TRANSITION AND WELLBEING: Students will be exploring change and how to manage emotions during significant moments of change in their lives. They will also be exploring what makes a positive, healthy friendship and how to manage conflict and change in relation to friendships. They will explore the importance of sleep and routine in promoting positive wellbeing and mental health, as well as preparing them for life in school. They will also discuss how to use positive language when supporting others with mental health issues. Students then learn about how to deal with setbacks and tools for resilience in order to promote positive wellbeing and mental health. They also explore mental health through digital resilience and how they manage their emotions in their 'digital life.' They explore unhealthy and healthy coping strategies and apply these to various contexts. They finish the unit off by exploring grief and loss through bereavement. All lessons equip students with strategies to support themselves and others as well as building resilience. All lessons are fully signposted.</p>	<p>GOALS, CAREERS AND ASPIRATIONS: Student will analyse their strengths and what they can offer in terms of employment. They will explore their own values, goals and aspirations when considering next steps and careers. They will start to learn about their rights and responsibilities in the workplace, personal finance, saving and pensions to financially support them in the future. They will learn about bank accounts, how they work, interest rates and how to choose a bank account that is best for them. They will also learn about financial safety in relation to fraud, as well as the law around fraudulent acts. All lessons equip students with strategies to support themselves and others as well as building resilience. All lessons are fully signposted</p>
Y10	<p>TRANSITION AND WELLBEING: Students will be exploring change and how to manage emotions and deal with new challenges. They will learn about changing friendships and relationships, and how to cope. They will build resilience through exploring how to reframe negative thinking to support positive wellbeing and where to seek tailored help and support for various mental health concerns. They will explore the importance of sleep and routine in promoting positive wellbeing and mental health, as well as preparing them for life in school. Students then learn about how to deal with exam stress and school routines. They finish the unit off by exploring grief and loss through bereavement. All lessons equip students with strategies to support themselves and others as well as building resilience. All lessons are fully signposted.</p>	<p>HEALTHY RELATIONSHIPS: Students will learn about acceptable and unacceptable behaviours in friendships and relationships, including coercion, negative influence and pressure. They will then explore domestic abuse, particularly between romantic partners. They will also explore what they believe love to be and start to establish their relationship values and boundaries. Students will also learn about what is meant by safer sex through the exploration of contraceptive/safe sex methods as well as respectful, consensual sex. They will also develop their skills and understanding of accessing sexual health services. Students will learn about sexual consent and the law, as well as the importance of assertive communication and negotiation. They will learn about the dangers of pornography particularly in relation to unrealistic expectations, the law, sexism and racism. Students will finish off by learning about how romantic relationships can change for the better or worse, and how to manage their emotions during a break-up, and to do so respectfully. All lessons equip students with strategies to support themselves and others as well as building</p>

	resilience. All lessons are fully signposted.
Y11	<p>NOTE: Year 11s need to apply for three sixth forms or colleges by December, so we will have to teach the POST-16 OPTIONS unit and the TRANSITION AND WELLBEING units simultaneously (during alternating weeks - Week 1 will be a Transition and Wellbeing lesson, Week 2 will be a Post-16 one, etc).</p> <p>Also, there are planned Post-16 Options tutor time activities that tutors will need to be deliver alongside the PPP provision (1 a week for a half-term, but could be spread across the term if tutors want to spend longer on it) to complement one another and ensure that PPP dept, tutors, HoY and the Careers team are supporting Y11s with this transition phase.</p> <p>POST-16 OPTIONS:</p> <p>Students will be provided with a range of Post-16 pathways/options available to them and institutions to study. They will start to consider what they plan to do Post-16 and where. They will be taught about interview skills and preparation for an interview, as well as how to write a good CV and job application.</p> <p>Students will develop their leadership skills and learn more about enterprise and self-employment. They will then learn about independent living and seeking support if homeless or living in poverty as well as exploring family conflict and dealing with these emotions. They will finish the unit off by learning about sexual harassment in the workplace and how to seek support in these instances.</p> <p>TRANSITION AND WELLBEING:</p> <p>Students will be exploring change and how to manage emotions and deal with new challenges. They will learn about changing friendships and relationships, and how to cope, as well as spotting unhealthy romantic relationships. They develop their boundaries when discussing relationships and explore issues around domestic abuse.</p> <p>They will build resilience through exploring how to reframe negative thinking to support positive wellbeing and where to seek tailored help and support for various mental health concerns.</p> <p>They will explore the importance of sleep and routine in promoting positive wellbeing and mental health, as well as preparing them for life in school.</p> <p>Students then learn about how to deal with exam stress and school routines.</p> <p>They finish the unit off by exploring grief and loss through bereavement.</p> <p>All lessons equip students with strategies to support themselves and others as well as building resilience. All lessons are fully signposted.</p>