

St. John's Senior School



Subject: P.S.H.C.E.

Teacher: Miss McManus

Form: 5th

Term: Autumn 2022

WEEK	WEEK BEGINNING	TOPIC: Health & wellbeing - Building for the future
1	5 th September	How to manage the judgement of others and challenge stereotyping
2	12 th September	How to balance ambition and unrealistic expectations
3	19 th September	Developing self-efficacy, including motivation, perseverance and resilience
4	26 th September	Harvest Festival The nature, causes and effects of stress and stress management strategies
5	3 rd October	Black History Month and Mini- Test Week
6	10 th October	Positive and safe ways to create content online and the opportunities this offers
7	17 th October	Diwali How to balance time online
HALF - TERM		
WEEK	WEEK BEGINNING	TOPIC: Living in the wider world - Next steps
8	31 st October	How to use feedback constructively when planning for the future and setting SMART targets
9	7 th November	Effective revision techniques and strategies
10	14 th November	Anti-bullying week
11	21 st November	Options post-16 and career pathways including how to maximise employability
12	28 th November	The application processes, including writing CVs, personal statements and interview technique
13	5 th December	Hanukkah The rights, responsibilities and challenges in relation to working part time whilst studying and how to manage work/life balance

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Term: Spring 2023

WEEK	WEEK BEGINNING	TOPIC: Relationships - Communication in relationships
1	4 th January (Wednesday)	Mock Examinations
2	9 th January	Mock Examinations
3	16 th January	Chinese New Year Gender identity, gender expression and sexual orientation
4	23 rd January	Communicating core values, emotions, wants and needs
5	30 th January	Unhealthy, exploitative and abusive relationships
6	6 th February	How to handle and challenge unwanted attention, harassment and stalking (including online)
HALF - TERM		
WEEK	WEEK BEGINNING	TOPIC: Health & wellbeing - Independence
7	20 th February	Personal risk and safety in new situations Emergency first aid skills
8	27 th February	Blood, organ and stem cell donation, immunisation and accessing medical services
9	6 th March	The links between lifestyle and some cancers, the importance of screening and self examination
10	13 th March	The influences and risks relating to cosmetic and aesthetic body alterations.
11	20 th March	How to manage change, loss, grief and bereavement

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Term: Summer 2023

WEEK	WEEK BEGINNING	TOPIC: Relationships - Families
1	18 th April (Tuesday)	Eid al-Fitr Readiness for parenthood and positive parenting qualities Fertility, including how it varies and changes and pregnancy
2	24 th April	Pregnancy, birth and miscarriage, unplanned pregnancy options, including abortion, adoption and fostering
3	1 st May	Mental Health Awareness Week How to manage conflicting views and misleading information
4	8 th May	'Honour based' violence and forced marriage and how to safely access support
5	15 th May	Study leave / Exams
6	22 nd May	Exams
7-10	5 th June- 26 th June	Exams