

# St. John's Senior School



**Subject:** PSHE

**Teacher:** Mrs Restivo

**Form:** 5<sup>th</sup> Form

**Term:** Autumn 2025

WEEK	WEEK BEGINNING	AUTUMN 1
<b>Health &amp; Wellbeing</b>		<b><i>Building for the Future</i></b> <i>Self-efficacy, stress management, and future opportunities</i>
1	8 <sup>th</sup> September	<ul style="list-style-type: none"> <li>How to manage the judgement of others and challenge stereotyping</li> <li>How to balance ambition and unrealistic expectations.</li> </ul>
2	15 <sup>th</sup> September	<ul style="list-style-type: none"> <li>Stress &amp; Life Events</li> <li>Exercise &amp; Sleep</li> </ul>
3	22 <sup>nd</sup> September	<ul style="list-style-type: none"> <li>Stress &amp; Relaxation</li> </ul>
4	29 <sup>th</sup> September	<ul style="list-style-type: none"> <li>Understanding Stress</li> <li>Causes, Effects &amp; Triggers</li> </ul>
5	6 <sup>th</sup> October	<ul style="list-style-type: none"> <li>Stress Management Techniques</li> </ul>
6	13 <sup>th</sup> October	<ul style="list-style-type: none"> <li>Digital Wellbeing</li> <li>Safe, Positive Online Content</li> </ul>
7	20 <sup>th</sup> October	<ul style="list-style-type: none"> <li>Digital Balance</li> <li>Managing Screen Time &amp; Healthy Routines</li> </ul>
AUTUMN 2		
<b>Living in the Wider World</b>		<b><i>Next Steps:</i></b> <i>Application processes, and skills for further education, employment and career progression</i>
8	3 <sup>rd</sup> November	<ul style="list-style-type: none"> <li>How to use feedback constructively when planning for the future</li> <li>How to set and achieve SMART targets</li> </ul>
9	10 <sup>th</sup> November	<ul style="list-style-type: none"> <li>Effective revision techniques and strategies</li> <li>About options post-16 and career pathways</li> </ul>
10	17 <sup>th</sup> November	<ul style="list-style-type: none"> <li>About application processes, including writing CVs, personal statements and interview techniques</li> </ul>
11	24 <sup>th</sup> November	<ul style="list-style-type: none"> <li>How to maximise employability, including managing online presence and taking opportunities to broaden experience</li> </ul>
12	1 <sup>st</sup> December	<ul style="list-style-type: none"> <li>About rights, responsibilities and challenges in relation to working part-time whilst studying.</li> </ul>
13	8 <sup>th</sup> December	<ul style="list-style-type: none"> <li>How to manage work/life balance.</li> </ul>

# St. John's Senior School



**Subject: PSHE**  
**Teacher: Mrs Restivo**

**Form: 5<sup>th</sup> Form**  
**Term: Spring 2026**

WEEK	WEEK BEGINNING	SPRING 1
<b>Relationships</b>		<b>Communication in relationships</b> Personal values, assertive communication, relationship challenges and abuse.
1	6 <sup>th</sup> January	<ul style="list-style-type: none"> <li>About core values and emotions</li> <li>About gender identity, expression and sexual orientation</li> </ul>
2	12 <sup>th</sup> January	<ul style="list-style-type: none"> <li>How to communicate assertively, communicate wants and needs and handle unwanted attention, including online</li> </ul>
3	19 <sup>th</sup> January	<ul style="list-style-type: none"> <li>How to challenge harassment and stalking, including online</li> </ul>
4	26 <sup>th</sup> January	<ul style="list-style-type: none"> <li>About various forms of relationship abuse</li> </ul>
5	2 <sup>nd</sup> February	<ul style="list-style-type: none"> <li>About unhealthy, exploitative and abusive relationships</li> </ul>
6	9 <sup>th</sup> February	<ul style="list-style-type: none"> <li>How to access support in abusive relationships and how to overcome challenges in seeking support.</li> </ul>
SPRING 2		
<b>Health &amp; Wellbeing</b>		<b>Independence</b> Responsible health choices, and safety in independent contexts.
7	23 <sup>rd</sup> February	<ul style="list-style-type: none"> <li>How to access and manage risk and safety in new independent situations</li> <li>Emergency first Aid</li> <li>How to access emergency and non-emergency situations and contact appropriate services.</li> </ul>
8	2 <sup>nd</sup> March	<ul style="list-style-type: none"> <li>About links between lifestyle and some cancers</li> <li>About the importance of screening and how to perform self examination.</li> </ul>
9	9 <sup>th</sup> March	<ul style="list-style-type: none"> <li>About vaccinations and immunisations</li> <li>About registering with and accessing doctors, sexual health clinics, opticians and other health services.</li> </ul>
10	16 <sup>th</sup> March	<ul style="list-style-type: none"> <li>How to manage influences and risk relating to cosmetic and aesthetic body alterations.</li> </ul>
11	23 <sup>rd</sup> March	<ul style="list-style-type: none"> <li>About blood, organ and stem cell donation.</li> </ul>

# St. John's Senior School



**Subject: PSHE**  
**Teacher: Mrs Restivo**

**Form: 5<sup>th</sup> Form**  
**Term: Summer 2026**

WEEK	WEEK BEGINNING	TOPIC
<b>Relationships</b>		<b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships
1	20 <sup>th</sup> April	<ul style="list-style-type: none"> <li>About different types of families and changing family structures</li> <li>How to evaluate readiness for parenthood and positive parenting qualities</li> <li>About fertility, including how it varies and changes.</li> </ul>
2	27 <sup>th</sup> April	<ul style="list-style-type: none"> <li>About pregnancy, birth and miscarriage</li> <li>About unplanned pregnancy options, including abortion</li> </ul>
3	5 <sup>th</sup> May (Tuesday)	<ul style="list-style-type: none"> <li>How to manage change, loss, grief and bereavement</li> <li>About 'Honour based' violence and forced marriage and how to safely access support.</li> </ul>
4	11 <sup>th</sup> May	<ul style="list-style-type: none"> <li>GCSE Exams</li> </ul>
5	18 <sup>th</sup> May	<ul style="list-style-type: none"> <li>GCSE Exams</li> </ul>
<b>HALF - TERM</b>		
<b>GCSE EXAMS</b>		
6	1 <sup>st</sup> June	<ul style="list-style-type: none"> <li>GCSE Exams</li> </ul>
7	8 <sup>th</sup> June	<ul style="list-style-type: none"> <li>GCSE Exams</li> </ul>
8	15 <sup>th</sup> June	<ul style="list-style-type: none"> <li>GCSE Exams</li> </ul>
9	22 <sup>nd</sup> June	<ul style="list-style-type: none"> <li>GCSE Exams</li> </ul>
10	29 <sup>th</sup> June	<ul style="list-style-type: none"> <li>GCSE Exams</li> </ul>