

# St. John's Senior School



**Subject:** PSHE/Careers  
**Teacher:** Mrs. Zaman/Dr. Faki

**Form:** Lower sixth  
**Term:** Autumn 2025

| WEEK                               | WEEK BEGINNING             | Autumn 1                                                                                                                             |
|------------------------------------|----------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <b>PSCHE, Careers and Assembly</b> |                            |                                                                                                                                      |
| 1                                  | 8 <sup>th</sup> September  | <ul style="list-style-type: none"> <li>● <b>Assembly: Planning for the year ahead (life skills)</b></li> </ul>                       |
| 2                                  | 15 <sup>th</sup> September | <ul style="list-style-type: none"> <li>● Staying safe: recognising harassment and abuse (well-being)</li> </ul>                      |
| 3                                  | 22 <sup>nd</sup> September | <ul style="list-style-type: none"> <li>● <b>Careers:</b> Preparing for Personal Guidance 1:1 (life skills)</li> </ul>                |
| 4                                  | 29 <sup>th</sup> September | <ul style="list-style-type: none"> <li>● Understanding cultural identity and competency (diversity and racism: inclusion)</li> </ul> |
| 5                                  | 6 <sup>th</sup> October    | <ul style="list-style-type: none"> <li>● <b>Careers:</b> Post 18 Choices (Life Skills)</li> </ul>                                    |
| 6                                  | 13 <sup>th</sup> October   | <ul style="list-style-type: none"> <li>● Making choices about your sexual health (Relationships)</li> </ul>                          |
| 7                                  | 20 <sup>th</sup> October   | <ul style="list-style-type: none"> <li>● <b>Careers:</b> Setting Career Goals (Life Skills)</li> </ul>                               |
| <b>Autumn 2</b>                    |                            |                                                                                                                                      |
| <b>PSCHE, Careers and Assembly</b> |                            |                                                                                                                                      |
| 8                                  | 3 <sup>rd</sup> November   | <ul style="list-style-type: none"> <li>● <b>Assembly: Values of the School (Citizenship)</b></li> </ul>                              |
| 9                                  | 10 <sup>th</sup> November  | <ul style="list-style-type: none"> <li>● Body Enhancement (well-being)</li> </ul>                                                    |
| 10                                 | 17 <sup>th</sup> November  | <ul style="list-style-type: none"> <li>● <b>Careers:</b> How to network and be enterprising (Life Skills)</li> </ul>                 |
| 11                                 | 24 <sup>th</sup> November  | <ul style="list-style-type: none"> <li>● Acknowledging Skills and Assets (Wellbeing)</li> </ul>                                      |
| 12                                 | 1 <sup>st</sup> December   | <ul style="list-style-type: none"> <li>● <b>Careers:</b> What makes an employer 'good' to work for (Life Skills)</li> </ul>          |
| 13                                 | 8 <sup>th</sup> December   | <ul style="list-style-type: none"> <li>● Respectful Relationship: Trust and Intimacy (Relationships)</li> </ul>                      |

# St. John's Senior School



**Subject: PSHE/Careers**  
**Teacher: Mrs. Zaman/Dr. Faki**

**Form: Lower Sixth**  
**Term: Spring 2026**

| WEEK                               | WEEK BEGINNING            | Spring 1                                                                                                                 |
|------------------------------------|---------------------------|--------------------------------------------------------------------------------------------------------------------------|
| <b>PSCHE, Careers and Assembly</b> |                           |                                                                                                                          |
| 1                                  | 6 <sup>th</sup> January   | <ul style="list-style-type: none"> <li>● <b>Assembly: British Values</b></li> </ul>                                      |
| 2                                  | 12 <sup>th</sup> January  | <ul style="list-style-type: none"> <li>● <b>Careers:</b> Balancing life, wellbeing and work (Well-being)</li> </ul>      |
| 3                                  | 19 <sup>th</sup> January  | <ul style="list-style-type: none"> <li>● Respectful Relationships: Ending Relationships (Relationships)</li> </ul>       |
| 4                                  | 26 <sup>th</sup> January  | <ul style="list-style-type: none"> <li>● <b>Careers:</b> Using the Interest Profile (Life Skills)</li> </ul>             |
| 5                                  | 2 <sup>nd</sup> February  | <ul style="list-style-type: none"> <li>● Staying safe: Exiting Aggressive and Social Situations (Life Skills)</li> </ul> |
| 6                                  | 9 <sup>th</sup> February  | <ul style="list-style-type: none"> <li>● <b>Careers:</b> Using the Personality Profile (Life Skills)</li> </ul>          |
| <b>Spring 2</b>                    |                           |                                                                                                                          |
| <b>PSCHE, Careers and Assembly</b> |                           |                                                                                                                          |
| 7                                  | 23 <sup>rd</sup> February | <ul style="list-style-type: none"> <li>● Staying Safe: Protecting your Finances (Life Skills)</li> </ul>                 |
| 8                                  | 2 <sup>nd</sup> March     | <ul style="list-style-type: none"> <li>● <b>Careers:</b> Using the Work environment Profile (Life Skills)</li> </ul>     |
| 9                                  | 9 <sup>th</sup> March     | <ul style="list-style-type: none"> <li>● Staying safe: Dangerous and emergency situations (Life Skills)</li> </ul>       |
| 10                                 | 16 <sup>th</sup> March    | <ul style="list-style-type: none"> <li>● <b>Careers:</b> Using the Skills Profile Part 1 (Life Skills)</li> </ul>        |
| 11                                 | 23 <sup>rd</sup> March    | <ul style="list-style-type: none"> <li>● <b>Assembly: Staying Motivated</b></li> </ul>                                   |

# St. John's Senior School



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

**Form: 4<sup>th</sup> Form**  
**Term: Summer 2026**

| WEEK     | WEEK BEGINNING                   | Summer 1                                                                                                                     |
|----------|----------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| 1        | 20 <sup>th</sup> April           | <ul style="list-style-type: none"> <li>Staying Safe: Alcohol and Binge Drinking (Health)</li> </ul>                          |
| 2        | 27 <sup>th</sup> April           | <ul style="list-style-type: none"> <li><b>Careers:</b> Using the Skills Profile Part 2 (Life Skills)</li> </ul>              |
| 3        | 5 <sup>th</sup> May<br>(Tuesday) | <ul style="list-style-type: none"> <li>Staying safe: Setting boundaries Online (Online Safety)</li> </ul>                    |
| 4        | 11 <sup>th</sup> May             | <ul style="list-style-type: none"> <li><b>Careers:</b> Reflecting on your Psychometric Test Results (Life Skills)</li> </ul> |
| 5        | 18 <sup>th</sup> May             | <ul style="list-style-type: none"> <li><b>Assembly: Coping with Exams</b></li> </ul>                                         |
| Summer 2 |                                  |                                                                                                                              |
| 6        | 1 <sup>st</sup> June             | <ul style="list-style-type: none"> <li>Careers: MOOCS</li> </ul>                                                             |
| 7        | 8 <sup>th</sup> June             | <ul style="list-style-type: none"> <li>Personal Statement Workshop</li> </ul>                                                |
| 8        | 15 <sup>th</sup> June            | <ul style="list-style-type: none"> <li><b>Unifrog: Mooc/Personal Statement</b></li> </ul>                                    |
| 9        | 22 <sup>nd</sup> June            | <ul style="list-style-type: none"> <li><b>Unifrog: Mooc/Personal Statement</b></li> </ul>                                    |
| 10       | 29 <sup>th</sup> June            | <ul style="list-style-type: none"> <li><b>Unifrog: Mooc/Personal Statement</b></li> </ul>                                    |
| 11       | 6 <sup>th</sup> July             | <ul style="list-style-type: none"> <li><b>Assembly: Celebrations</b></li> </ul>                                              |