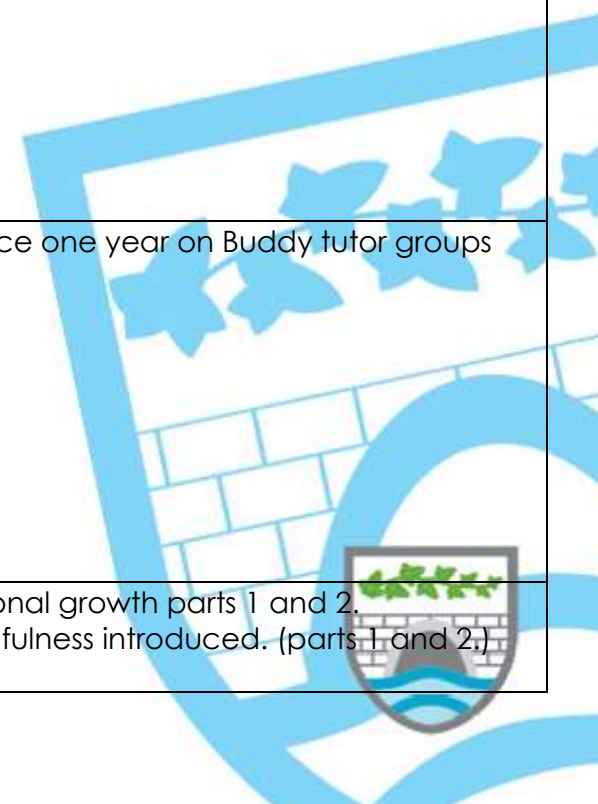


CPSHE sessions: Wednesday Week A: Block 1. Assemblies: Monday Week A Year 12 Monday Week B Year 13.	Year 12	Year 13
Tuesday, 3 September block 5 Dining Hall for an introduction, then return to tutor bases. Year 12 only.	Goal setting and vision. OR Character work.	N/A Wednesday, 4 Sept, block 4, Dining Hall. Prep for block 5 when they will be giving advice to the Year 12's. Prize for the three best flyers.
Wednesday, 4 Sept blocks 3 and 4	Volunteering talks by and NCS and the South Hams volunteering group. Short ppt from DNL re volunteering opportunities; eg. Clubs fayre on 6/9/19 at lunchtime. Block 3: half of the year group: HTG, KWL, MPY,PPR, PRC Block 4: 2 nd half of the year group: SMH, STK, TMN, THN	
Wednesday, 4 September Block 5. Tutor groups buddying up: Advice one year on.	Advice one year on. See below for buddy tutor groups. Pairs to form in buddy tutor groups: Year 12 to have prepped questions in advance; Year 13 to answer. Year 12 to return to their tutor bases and to share what they have learnt. Tutor groups could produce a flyer of advice. A prize for the best one?	Advice one year on Buddy tutor groups
Wednesday, 18 September	Mental and emotional health.	Personal growth parts 1 and 2. Mindfulness introduced. (parts 1 and 2.)



Wednesday, 2 October	Unifrog KSW	Personal statements KSW CPSHE: Managing change
Wednesday, 16 October	Growth Mindset	Personal statements KSW Managing change continued or Self- awareness
Wednesday, 6 November	Sleep! Consent workshops; team building. Set up pair work on political parties (see Nov 20.)	Positive relationships 1 and 2. Consent workshops or dealing with conflict in relationships workshops.
Wednesday, 20 November	Politics Students to research different party beliefs; the current state re Brexit themselves and present findings. Each pair to research a different party T(Gary Streeter visit: 22 November at 10.10am.) To compile questions for the MP's visit. Driving follow up.	Finance. Gary Streeter visit optional.
Wednesday, 4 December	Unifrog KSW	Mental health: intro Mental health anxiety and stress
Wednesday, 18 December	Identity and gender	Mental health: combating stigma and developing strategies.
Wednesday, 15 January	Investigating Futures: UCAS and Apprenticeship. KSW	Mock exams? Healthy mind, healthy body.
Wednesday, 29 January	Self- management	Resilience part 1 and 2 Grit!



Wednesday, 12 February	Hydration or Sleep if not already done. OR Happiness ppt	Emotional intelligence; Emotions v feelings; emotional regulation.
Wednesday, 4 March	Intentions. Part 1. The future: Apprenticeship/UCAS. KSW	Exercise and mental health; Being active. Nutrition and stress.
Wednesday, 18 March	Mindfulness 1 and 2 (Also repeated in Year 13)	Mental toughness and stress
Wednesday, 15 April	Finance	Revision: Revisit mindfulness or choice of ppts that have not yet been covered.
Wednesday, 29 April	Procrastination	Revision: Revisit mindfulness or choice of ppts that have not yet been covered.
Wednesday, 13 May	Managing your Chimp.	Revision; study leave begins.
Wednesday, 3 June	Intentions part 2: UCAS and Apprenticeship preparations. KSW. Revision.	N/A
Wednesday, 17 June	Mock week.	N/A
Wednesday, 1 July	Enrichment week	N/A
Wednesday, 15 July	Self- esteem/Valuing the self.	N/A

NB: Finance and Mindfulness are repeated in Year 13.



Extra resources are also available if needed: dealing with Physical health, self-care, pride and self-image, emotional fitness and the right choices.