

KS3 – PSHE Schedule 2020-21

An extensive PSHE curriculum is offered at St Bernard's with planned, differentiated lessons that are delivered by form tutors. There are a range of external speakers who are invited into school and these sessions either take place in forms or as a year group with the form tutor and the Head of Year being present.

Due to Covid 19, lessons are now three hours long and we are unable to invite external speakers into the school to deliver specific topics. Where appropriate, some of these sessions have been delivered remotely, but for some topics, this would not be appropriate due to the nature of the content. If the school can invite external speakers to school in the summer term, this will be arranged.

The school is still able to offer a wide range of topics from the PSHE curriculum and there has been an emphasis at the start of the year on student wellbeing due to lockdown.

Date	Year 7	Year 8	Year 9
13 October 2020	<i>Friendships</i> <i>Managing emotions.</i>	<i>Mentoring/Wellbeing</i> <i>Confident communication</i> <i>Being assertive</i>	<i>Mental Health & Wellbeing (including Eating Disorders)</i> <i>Internet Safety/online footprint</i>
1 December 2020	<i>Diversity and SMSC</i> <i>Gaming and Gambling</i> <i>Antibullying</i>	<i>Thinking for Learning</i> <i>Healthy Eating</i> <i>Mentoring</i>	<i>The history of feminism and feminism today</i> <i>Mentoring</i> <i>Healthy Relationships</i>
26 January 2021	<i>Puberty – personal hygiene, physical and emotional changes</i> <i>Healthy Eating and healthy lifestyles</i>	<i>Introduction to sex education: The centrality of Love</i> <i>Anatomy of a puff: The Effects of Smoking</i>	<i>Preparation for making option choices</i> <i>Beauty of God's Creation- sex ed</i>
16 March 2021	<i>How Are You? – Theatre Online Ltd. - promoting resilience and wellbeing in young people</i> <i>Census lesson</i> <i>Mentoring</i>	<i>How Are You? – Theatre Online Ltd. - promoting resilience and wellbeing in young people</i> <i>Census lesson</i>	<i>How Are You? – Theatre Online Ltd. - promoting resilience and wellbeing in young people</i> <i>Census lesson</i> <i>Healthy Love</i>
11 May 2021	<i>Puberty</i> <i>Healthy Eating</i> <i>Smoking</i>	<i>Environment Project (student led)</i> <i>Work Experience</i>	<i>Beauty of God's Creation – contraception and STI's</i> <i>Beauty of God's Creation – Am I Ready?</i> <i>Dangers of Alcohol</i>