

## Teesdale School (Pastoral Programme) 2024 / 2025

### PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES WHICH INCORPORATE:

- PSHE
- RSHE
- CITIZENSHIP
- SMSC
- BRITISH VALUES

### CORE THEMES:

|         |  |
|---------|--|
| Theme 1 | Exploring British Values [RBV]           |
| Theme 2 | Celebrating Diversity & Equality [CDE]   |
| Theme 3 | Relationships & Sex Education [RSE]      |
| Theme 4 | Staying Safe Online & Offline [SOO]      |
| Theme 5 | Physical Health & Mental Wellbeing [H&W] |
| Theme 6 | Life Beyond School [LBS]                 |

**PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES**  
**PSHE RSHE CITIZENSHIP SMSC BRITISH VALUES - Year 7**

| <br><b>Teesdale School &amp; Sixth Form</b> | <b>THEME 1</b><br>(Sept – Oct)   | <b>Theme 2</b><br>(Nov – Dec)   | <b>THEME 3</b><br>(Jan – Feb)   | <b>THEME 4</b><br>(March – April)   | <b>THEME 5</b><br>(April – May)   | <b>THEME 6</b><br>(June – July)  |
|--|--|---|---|---|---|--|
|  | <b>Exploring British Values [RBV]</b>  | <b>Celebrating Diversity &amp; Equality [CDE]</b>   | <b>Relationships &amp; Sex Education [RSE]</b>  | <b>Staying Safe Online &amp; Offline [SOO]</b>  | <b>Physical Health &amp; Mental Wellbeing [H&amp;W]</b>   | <b>Life Beyond School [LBS]</b>  |
| House Challenges<br><b>Monday</b>  | Departmental House Competition   | Departmental House Competition  | Departmental House Competition  | Departmental House Competition  | Departmental House Competition  | Departmental House Competition   |
| Guided Reading<br><b>Tuesday</b>   | Guided Reading   | Guided Reading  | Guided Reading  | Guided Reading  | Guided Reading  | Guided Reading   |
| Careers<br><b>Wednesday</b>  | <b>Identifying choices &amp; opportunities</b><br>Introduction to the careers team<br>College/Sixth form<br>Traineeship/T-levels<br>Apprenticeships/Vocational qualifications<br>Future Skills Questionnaire - Compass<br>Introduction To Unifrog - sort log ins<br>Careers library treasure hunt - 1 Recording activities | <b>Planning &amp; deciding and Handling applications &amp; selection</b><br>Green Careers Week<br>What's your dream job?<br>Careers and Aspirations<br>Career Sectors<br>Target Setting - Goals and Objectives<br>"How has the world of work changed over the past 40 years?" | <b>Valuing equality, diversity and inclusion</b><br>What is equality, diversity and inclusion in careers?<br>STEM<br>Gender stereotypes<br>Diversity<br>National Apprenticeship Week<br>Cultural effects on careers | <b>Investigating jobs and LMI</b><br>Interests profile<br>National Careers Week<br>LMI/Local Opportunities<br>Future trends   | <b>Preparing for employability</b><br>What are skills?<br>Communication<br>Motivation<br>Leadership<br>Employment skills linked to my subjects<br>My strengths/weaknesses | <b>Self-determination and Showing Initiative &amp; Enterprise</b><br>Managing finances<br>Form enterprise competition<br>Careers Quiz over content covered this year     |
| PSHE/RSHE<br><b>Thursday</b>   | <b>Politics, Parliament &amp; Democracy</b><br>: Why is politics important, how is our country run, creating a political party, elections and campaigning, political debates, and parliament, exploring inside parliament, who is our prime minister   | <b>Celebrating differences:</b><br>Multicultural Britain, what is your identity, nature Vs nurture, the equality act 2010, breaking down stereotypes in society, prejudice, and discrimination, challenging islamophobia  | <b>Friends, Respect, and Relationships:</b> Consent and Boundaries, Respect, and Relationships, what makes a good friend, friendships and managing them, being positive, pressure and influence,                    | <b>Staying Safe Online and Offline:</b> Avoiding Gangs, staying safe online, Online gaming and Fortnite, Drugs Education- What is alcohol, smoking, E-cigs, Vaping and Shisha, Drugs education energy drinks and caffeine | <b>Puberty and Body Development:</b> Introduction to puberty, puberty in children, personal hygiene, growing up and FGM, assertive consent, self-esteem                   | <b>Managing Change:</b> Getting to know people, what is a community, careers and your future, sleep and relaxation, financial education, transition points and your life |
| Assembly<br><b>Friday</b>  | Welcome/ standards, Having your voice heard, Resilience (Attendance), Friends v followers, Kindness, Self confidence   | Manners are for free, Remembrance, Anti bullying week, BV - Tolerance, PC - Inclusion, BV - Democracy, PC - Hate crime and equality, Xmas week  | Welcome/ standards Resolutions, Behaviour recap, Screentime, Real self v online self, Children Mental Health Week, Internet safety week, Digital footprint  | Careers week, Reading rocks week, Science Week, Maths week, Autism awareness week, Alumni   | Welcome/ standards Healthy lifestyle, Resolving conflict, Judging a book by its cover, Having a conscience  | Water Safety, ASB, gangs & knife crime, Radicalisation, LGBTQ+ month*, Roads and rails, Exploitation, Sports Day<br><br>Celebration of achievement                       |

**PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES**  
**PSHE RSHE CITIZENSHIP SMSC BRITISH VALUES - Year 8**

| <br><b>Teesdale School &amp; Sixth Form</b> | <b>THEME 1</b><br>(Sept – Oct)<br><b>Exploring British Values [RBV]</b>  | <b>Theme 2</b><br>(Nov – Dec)<br><b>Celebrating Diversity &amp; Equality [CDE]</b>  | <b>THEME 3</b><br>(Jan – Feb)<br><b>Relationships &amp; Sex Education [RSE]</b>  | <b>THEME 4</b><br>(March – April)<br><b>Staying Safe Online &amp; Offline [SOO]</b>  | <b>THEME 5</b><br>(April – May)<br><b>Physical Health &amp; Mental Wellbeing [H&amp;W]</b>   | <b>THEME 6</b><br>(June – July)<br><b>Life Beyond School [LBS]</b>  |
|--|--|---|--|--|--|---|
| <b>PSHE/RSHE</b><br><b>Monday</b>  | Respect & Relationships, Consent & Boundaries, friendships and managing them, what makes a good friend, being positive.<br><br>Rights & Responsibilities, Prison and Law reforms, desert island communities, positive contributions.   | <b>LGBTQ and Explored:</b> LGBT what is it, homophobia in society, supporting those that are LGBT, challenging homophobia, transphobia, coming out<br><br>Law & society, Punishment   | <b>Identity, Relationships, and Sex Education:</b> Introduction relationships and sex education, healthy relationships, dealing with conflict, sexual orientation, introduction to contraception, what is love, periods, and menstrual cycle | <b>Dangerous Society Online and Offline:</b> County Lines- What is it, who is at risk, substance misuse, cyber bullying, grooming children, alcohol safety, child exploitation online protection | <b>Physical Health and Mental Wellbeing:</b> Health and wellbeing, what is mental health, positive body image, child abuse, types of bullying, healthy eating and cholesterol, stress management | <b>Proud to be me:</b> Employability skills, proud to be me and careers, career interests, self-esteem and the media, labor market information, exploring careers     |
| <b>Guided Reading</b><br><b>Tuesday</b>  | Guided Reading   | Guided Reading  | Guided Reading   | Guided Reading   | Guided Reading   | Guided Reading  |
| <b>Careers</b><br><b>Wednesday</b>   | <b>Identifying choices &amp; opportunities</b><br>Introduction to the careers team<br>College/Sixth form<br>Traineeship/T-levels<br>Apprenticeships/Vocational qualifications<br>Future Sills Questionnaire - Compass<br>Introduction To Unifrog - sort log ins<br>Careers library treasure hunt - 1<br>Recording activities | <b>Planning &amp; deciding and Handling applications &amp; selection</b><br>Green Careers Week<br>What's your dream job?<br>Careers and Aspirations<br>Career Sectors<br>Target Setting - Goals and Objectives<br>"How has the world of work changed over the past 40 years?" | <b>Valuing equality, diversity and inclusion</b><br>What is equality, diversity and inclusion in careers?<br>STEM<br>Gender stereotypes<br>Diversity<br>National Apprenticeship Week<br>Cultural effects on careers                          | <b>Investigating jobs and LMI</b><br>Interests profile<br>National Careers Week<br>LMI/Local Opportunities<br>Future trends  | <b>Preparing for employability</b><br>What are skills?<br>Communication<br>Motivation<br>Leadership<br>Employment skills linked to my subjects<br>My strengths/weaknesses                        | <b>Self- determination and Showing Initiative &amp; Enterprise</b><br>Managing finances<br>Form enterprise competition<br>Careers Quiz over content covered this year |
| <b>Assembly</b><br><b>Thursday</b>   | Welcome/ standards, Having your voice heard, Resilience (Attendance), Friends v followers, Kindness, Self confidence   | Manners are for free, Remembrance, Anti bullying week, BV - Tolerance, PC - Inclusion, BV - Democracy, PC - Hate crime and equality, Xmas week  | Welcome/ standards<br>Resolutions, Behaviour recap, Screentime, Real self v online self, Children Mental Health Week, Internet safety week, Digital footprint  | Careers week, Reading rocks week, Science Week, Maths week, Autism awareness week, Alumni  | Welcome/ standards<br>Healthy lifestyle, Resolving conflict, Judging a book by its cover, Having a conscience  | Water Safety, ASB, gangs & knife crime, Radicalisation, LGBTQ+ month*, Roads and rails, Exploitation, Sports Day<br><br>Celebration of achievement                    |
| <b>House Challenges</b><br><b>Monday</b>   | <b>Departmental House Competition</b>  | <b>Departmental House Competition</b>   | <b>Departmental House Competition</b>  | <b>Departmental House Competition</b>  | <b>Departmental House Competition</b>  | <b>Departmental House Competition</b>   |

**PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES**  
**PSHE RSHE CITIZENSHIP SMSC BRITISH VALUES - Year 9**

| <br>Teesdale School<br>& Sixth Form | THEME 1<br>(Sept – Oct)  | Theme 2<br>(Nov – Dec)  | THEME 3<br>(Jan – Feb)  | THEME 4<br>(March – April)  | THEME 5<br>(April – May)  | THEME 6<br>(June – July)   |
|--|--|---|---|---|---|--|
|  | Exploring British Values<br>[RBV]  | Celebrating Diversity<br>& Equality<br>[CDE]  | Relationships &<br>Sex Education<br>[RSE]   | Staying Safe<br>Online & Offline<br>[SOO]   | Physical Health &<br>Mental Wellbeing<br>[H&W]  | Life Beyond<br>School<br>[LBS]   |
| PSHE/RSHE<br>Monday  | <b>Combatting Extremism &amp; Terrorism Unit:</b> Extremism, what is terrorism, proud to be British, the radicalization process, counter terrorism, Anti-Semitism  | <b>LGBTQ and Explored:</b> LGBT what is it, homophobia in society, supporting those that are LGBT, challenging homophobia, transphobia, coming out<br><br>Prejudice, Types of Discrimination, Equal opportunities   | <b>Relationships and Sex Education:</b> STI, contraceptives available, contraception explored further, sexual harassment and stalking, HIV and AIDS, AIDS prejudice, and discrimination                             | <b>Legal and Illegal Drugs:</b> Introduction to drugs, addiction, cannabis products, drug classifications, party drugs, illegal drugs, volatile substance abuse, gambling & addiction | <b>Body Confidence:</b> Self-esteem changes, what is a penis, what is a vulva, bullying in all forms, dealing with grief and loss, media and airbrushing, cancer prevention healthy lifestyle | <b>Essential life skills:</b> From failure to success, first aid, importance of happiness, what is anger, saving and managing money, employment and economic management, social media, and online stress |
| Careers<br>Tuesday   | <b>Identifying choices &amp; opportunities</b><br>Introduction to the careers team College/Sixth form<br>Traineeship/T-levels<br>Apprenticeships/Vocational qualifications<br>Future Sills Questionnaire - Compass<br>Introduction To Unifrog - sort logs<br>Careers library treasure hunt - 1<br>Recording activities | <b>Planning &amp; deciding and Handling applications &amp; selection</b><br>Green Careers Week<br>What's your dream job?<br>Careers and Aspirations<br>Career Sectors<br>Target Setting - Goals and Objectives<br>"How has the world of work changed over the past 40 years?" | <b>Valuing equality, diversity and inclusion</b><br>What is equality, diversity and inclusion in careers?<br>STEM<br>Gender stereotypes<br>Diversity<br>National Apprenticeship Week<br>Cultural effects on careers | <b>Investigating jobs and LMI</b><br>Interests profile<br>National Careers Week<br>LMI/Local Opportunities<br>Future trends   | <b>Preparing for employability</b><br>What are skills?<br>Communication<br>Motivation<br>Leadership<br>Employment skills linked to my subjects<br>My strengths/weaknesses                     | <b>Self-determination and Showing Initiative &amp; Enterprise</b><br>Managing finances<br>Form enterprise competition<br>Careers Quiz over content covered this year                                     |
| Assembly<br>Wednesday  | Welcome/ standards, Having your voice heard, Resilience (Attendance), Friends v followers, Kindness, Self confidence   | Manners are for free, Remembrance, Anti bullying week, BV - Tolerance, PC - Inclusion, BV - Democracy, PC - Hate crime and equality, Xmas week  | Welcome/ standards<br>Resolutions, Behaviour recap, Screentime, Real self v online self, Children Mental Health Week, Internet safety week, Digital footprint   | Careers week, Reading rocks week, Science Week, Maths week, Autism awareness week, Alumni   | Welcome/ standards<br>Healthy lifestyle, Resolving conflict, Judging a book by its cover, Having a conscience   | Water Safety, ASB, gangs & knife crime, Radicalisation, LGBTQ+ month*, Roads and rails, Exploitation, Sports Day<br><br>Celebration of achievement   |
| Reading<br>Thursday  | Guided Reading/Wellbeing   | Guided Reading/Wellbeing  | Guided Reading/Wellbeing  | Guided Reading/Wellbeing  | Guided Reading/Wellbeing  | Guided Reading/Wellbeing   |
| House Challenges<br>Friday   | Departmental House Competition   | Departmental House Competition  | Departmental House Competition  | Departmental House Competition  | Departmental House Competition  | Departmental House Competition   |

**PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES**  
**PSHE RSHE CITIZENSHIP SMSC BRITISH VALUES - Year 10**

| <br><b>Teesdale School &amp; Sixth Form</b> | <b>THEME 1</b><br>(Sept – Oct)   | <b>Theme 2</b><br>(Nov – Dec)   | <b>THEME 3</b><br>(Jan – Feb)   | <b>THEME 4</b><br>(March – April)  | <b>THEME 5</b><br>(April – May)   | <b>THEME 6</b><br>(June – July)  |
|--|--|---|---|--|---|--|
|  | <b>Exploring British Values [RBV]</b>  | <b>Celebrating Diversity &amp; Equality [CDE]</b>   | <b>Relationships &amp; Sex Education [RSE]</b>  | <b>Staying Safe Online &amp; Offline [SOO]</b>   | <b>Physical Health &amp; Mental Wellbeing [H&amp;W]</b>   | <b>Life Beyond School [LBS]</b>  |
| <b>PSHE/RSHE Monday</b>  | <b>Exploring British Values:</b> Critical thinking and Fake News, what is a cult, exploring Britishness and British Values, what are human rights, exploring human rights  | <b>Exploring World Issues:</b> International organizations, Brexit, aid and supporting other countries, Fairtrade, peace war and conflict, women's rights, and equality, me too and times up movement   | <b>Warnings, Relationships, and Sex Education:</b> Campaigning against FGM, Sexting Nudes, Pornography, Domestic Abuse and Violence, Relationships, Sexual abuse, Sexualization in the Media                        | <b>Violence, crimes and seeking safety:</b> Honor Based Violence, Forced Marriages, Online gambling, social media validation, keeping date safe, modern-day slavery, causes of knife crime | <b>Mental Health and Wellbeing:</b> Child abuse CSE, screen time and use of mobiles, common types of mental health, self-harm, suicide, promoting emotional wellbeing     | <b>Rights and responsibilities:</b> Instagram generation, targeted advertising and your data, marriage what is it, rights and responsibilities, consumer rights, employment rights, exploring a paycheck |
| <b>Assembly Tuesday</b>  | Welcome/ standards, Having your voice heard, Resilience (Attendance), Friends v followers, Kindness, Self confidence   | Manners are for free, Remembrance, Anti bullying week, BV - Tolerance, PC - Inclusion, BV - Democracy, PC - Hate crime and equality, Xmas week  | Welcome/ standards Resolutions, Behaviour recap, Screentime, Real self v online self, Children Mental Health Week, Internet safety week, Digital footprint  | Careers week, Reading rocks week, Science Week, Maths week, Autism awareness week, Alumni  | Welcome/ standards Healthy lifestyle, Resolving conflict, Judging a book by its cover, Having a conscience  | Water Safety, ASB, gangs & knife crime, Radicalisation, LGBTQ+ month*, Roads and rails, Exploitation, Sports Day<br><br>Celebration of achievement   |
| <b>Careers Wednesday</b>   | <b>Identifying choices &amp; opportunities</b><br>Introduction to the careers team College/Sixth form<br>Traineeship/T-levels<br>Apprenticeships/Vocational qualifications<br>Future Sills Questionnaire - Compass<br>Introduction To Unifrog - sort log ins<br>Careers library treasure hunt - 1 Recording activities | <b>Planning &amp; deciding and Handling applications &amp; selection</b><br>Green Careers Week<br>What's your dream job?<br>Careers and Aspirations<br>Career Sectors<br>Target Setting - Goals and Objectives<br>"How has the world of work changed over the past 40 years?" | <b>Valuing equality, diversity and inclusion</b><br>What is equality, diversity and inclusion in careers?<br>STEM<br>Gender stereotypes<br>Diversity<br>National Apprenticeship Week<br>Cultural effects on careers | <b>Investigating jobs and LMI</b><br>Interests profile<br>National Careers Week<br>LMI/Local Opportunities<br>Future trends  | <b>Preparing for employability</b><br>What are skills?<br>Communication<br>Motivation<br>Leadership<br>Employment skills linked to my subjects<br>My strengths/weaknesses | <b>Self- determination and Showing Initiative &amp; Enterprise</b><br>Managing finances<br>Form enterprise competition<br>Careers Quiz over content covered this year                                    |
| <b>Extension Tasks &amp; Revision strategies Thursday</b>  | Core Subjects Extension tasks  | Core Subjects revision techniques   | Core Subjects Extension tasks   | Core Subjects revision techniques  | Core Subjects Extension tasks   | Core Subjects revision techniques  |
| <b>House Challenges Friday</b>   | <b>Departmental House Competition</b>  | <b>Departmental House Competition</b>   | <b>Departmental House Competition</b>   | <b>Departmental House Competition</b>  | <b>Departmental House Competition</b>   | <b>Departmental House Competition</b>  |

**PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES**  
**PSHE RSHE CITIZENSHIP SMSC BRITISH VALUES - Year 11**

| <br><b>Teesdale School &amp; Sixth Form</b> | <b>THEME 1</b><br>(Sept – Oct)   | <b>Theme 2</b><br>(Nov – Dec)   | <b>THEME 3</b><br>(Jan – Feb)   | <b>THEME 4</b><br>(March – April)  | <b>THEME 5</b><br>(April – May)  | <b>THEME 6</b><br>(June – July)       |
|--|--|---|---|--|--|---------------------------------------|
|  | <b>Exploring British Values [RBV]</b>  | <b>Celebrating Diversity &amp; Equality [CDE]</b>   | <b>Relationships &amp; Sex Education [RSE]</b>  | <b>Staying Safe Online &amp; Offline [SOO]</b>   | <b>Physical Health &amp; Mental Wellbeing [H&amp;W]</b>  | <b>Life Beyond School [LBS]</b>       |
| <b>Assembly Monday</b>   | Welcome/ standards, Having your voice heard, Resilience (Attendance), Friends v followers, Kindness, Self confidence   | Manners are for free, Remembrance, Anti bullying week, BV - Tolerance, PC - Inclusion, BV - Democracy, PC - Hate crime and equality, Xmas week  | Welcome/ standards Resolutions, Behaviour recap, Screentime, Real self v online self, Children Mental Health Week, Internet safety week, Digital footprint  | Careers week, Reading rocks week, Science Week, Maths week, Autism awareness week, Alumni  | Welcome/ standards Healthy lifestyle, Resolving conflict, Judging a book by its cover, Having a conscience   | <b>EXAMS</b>                          |
| <b>PSHE/RSHE Tuesday</b>   | <b>Your future and beyond:</b> Time management, LBG rights, exam stress and revision, Instagram V Real life, CV writing, writing a personal statement.   | <b>Exploring World Issues:</b> International organizations, Brexit, aid and supporting other countries, Fairtrade, peace war and conflict, women's rights, and equality, me too and times up movement   | <b>Sexual Health Unit:</b> Peer on Peer Bullying, Fertility and what impacts it, alcohol and bad choices, importance of sexual health, revisiting STI's, Respect and Relationships                                  | <b>Staying safe online and offline:</b> Virtual reality, live streaming, drugs NPS, festival drugs and nitrous oxide, war on drugs, cosmetic surgery, drugs substance addiction, online reputation, and digital footprints | <b>Adult Health and Looking After yourself:</b> Organ donation and blood donation, teenage pregnancy choice, abortion laws, morals and ethics, testicular and prostate cancer, cervical and breast cancer, parenthood, love, and abuse | <b>EXAMS</b>                          |
| <b>Careers Wednesday</b>   | <b>Identifying choices &amp; opportunities</b><br>Introduction to the careers team<br>College/Sixth form<br>Traineeship/T-levels<br>Apprenticeships/Vocational qualifications<br>Future Sills Questionnaire - Compass<br>Introduction To Unifrog - sort log ins<br>Careers library treasure hunt - 1<br>Recording activities | <b>Planning &amp; deciding and Handling applications &amp; selection</b><br>Green Careers Week<br>What's your dream job?<br>Careers and Aspirations<br>Career Sectors<br>Target Setting - Goals and Objectives<br>"How has the world of work changed over the past 40 years?" | <b>Valuing equality, diversity and inclusion</b><br>What is equality, diversity and inclusion in careers?<br>STEM<br>Gender stereotypes<br>Diversity<br>National Apprenticeship Week<br>Cultural effects on careers | <b>Investigating jobs and LMI</b><br>Interests profile<br>National Careers Week<br>LMI/Local Opportunities<br>Future trends  | <b>Preparing for employability</b><br>What are skills?<br>Communication<br>Motivation<br>Leadership<br>Employment skills linked to my subjects<br>My strengths/weaknesses  | <b>EXAMS</b>                          |
| <b>Extension Tasks &amp; Revision strategies Thursday</b>  | Core Subjects Extension tasks  | Core Subjects revision techniques   | Core Subjects Extension tasks   | Core Subjects revision techniques  | Core Subjects Extension tasks  | <b>EXAMS</b>                          |
| <b>Friday House Challenges / Mindfulness</b>   | <b>Departmental House Competition</b>  | <b>Departmental House Competition</b>   | <b>Departmental House Competition</b>   | <b>Departmental House Competition</b>  | <b>Departmental House Competition</b>  | <b>Departmental House Competition</b> |

**PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES**  
**PSHE RSHE CITIZENSHIP SMSC BRITISH VALUES - Year 12**

|  | <b>THEME 1</b> | <b>Theme 2</b> | <b>THEME 3</b> | <b>THEME 4</b> | <b>THEME 5</b> | <b>THEME 6</b> |
|--|----------------|----------------|----------------|----------------|----------------|----------------|
|--|----------------|----------------|----------------|----------------|----------------|----------------|




Teesdale School  
& Sixth Form

|   | Exploring British Values [RBV]   | Celebrating Diversity & Equality [CDE]  | Relationships & Sex Education [RSE]   | Staying Safe Online & Offline & Life Beyond School [SOO]   | Physical Health & Mental Wellbeing [H&W]   |   |
|---|--|---|---|--|--|---|
| Assembly/<br>Briefing/study set-up<br><b>Monday</b> | Expectations, routines, study set-up and A level mindset, student leadership opportunities established and organised including volunteering, paired reading, sports coaching etc.                                  | A level mindset and mock exam set up – revision techniques and the expectations of independent learning<br>Careers and opportunities update                                       | Subject reviews and target-setting – setting goals and learning from term 1<br>Careers and opportunities update   | Assessment 2 preparation and the synoptic A level requirements<br>Careers and opportunities update   | Revision clinic and preparation for end of year exams – expectations and passport to year 13<br>Careers and opportunities update   | EXAMS   |
| Study set-up/current affairs<br><b>Tuesday</b>      | Politics and international affairs<br>Lessons from Auschwitz feedback sessions<br>Rotary Interact and charity work   | Diversity and human rights in the news – including race, gender and disability  | Discussion sessions on love and relationships, including links to the feminist movement and gender power dynamics | Current affairs on the economy and discussion sessions of the role of AI and social media platforms – what are the benefits and problems for society as a result of these developments | Masculinity and vulnerability discussions. Current affairs linked to health and the benefits of changes to diet, exercise routines.  | EXAMS   |
| Careers<br><b>Wednesday</b>                         | Teesdale Career Development project session 1-6 – introduction to post-18 options  | Partners, Supported Progression and Destination NE presentations and programmes.<br>Amazing Apprenticeships discussion and presentation<br>Aspiring OBridge, Med, Vet sessions    | Mock applications and CV workshops as part of preparation for mock interviews. Work experience placement planning | Mock interviews and feedback with the Rotary Club<br>Parent and Student UCAS and apprenticeships evening<br>Careers interviews   | Work experience final placement confirmation<br>UCAS application set up and early section completion<br>Personal statement clinic<br>Careers interviews<br>Open day visits | EXAMS/ Work Experience<br><br>Careers interviews<br>Open day visits |
| PSHCE<br><b>Thursday</b>                            | Human rights and civil rights. The rule of law and anti-discrimination legislation. The 1968 Race Relations Act and beyond.<br>Young voters, the voting age, being a politically and community engaged young adult | LGBTQ+ and the history of overcoming discrimination.<br>Peace, war and conflict – geopolitical inequalities and development – links to sociology and geography A level curriculum | Consent and the law<br>Relationship and boundaries<br>Contraception   | Budgeting and part-time jobs<br>Social media and safe usage<br>Digital footprints and future employment  | Mindfulness and exercise<br>Healthy minds and bodies<br>Dealing with exam pressure and stress<br>Drug and alcohol misuse and peer pressure                                 | EXAMS   |
| Quiz/Challenge<br><b>Friday</b>                     | Quiz/Seasonal Challenge  | Quiz/Seasonal Challenge   | Quiz/Seasonal Challenge   | Quiz/Seasonal Challenge  | Quiz/Seasonal Challenge  | EXAMS   |

For one hour each week there is a slot when all year 12 and 13 are free. This hour will be used for volunteering, enrichment and visits by guest speakers.

As local and international events arise that promote thought and critical thinking, reading and podcasts will be shared for discussion. This gives the opportunity for extended Assemblies.

**PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES**  
**PSHE RSHE CITIZENSHIP SMSC BRITISH VALUES - Year 13**

| <br><b>Teesdale School<br/>&amp; Sixth Form</b> | THEME 1   | Theme 2   | THEME 3  | THEME 4  | THEME 5   | THEME 6 |
|--|---|---|--|--|---|---------|
|  | Exploring British Values [RBV]  | Celebrating Diversity & Equality [CDE]  | Relationships & Sex Education [RSE]  | Staying Safe Online & Offline & Life Beyond School [SOO]   | Physical Health & Mental Wellbeing [H&W]  |         |
| Assembly/<br>Briefing/study<br>set-up<br><b>Monday</b>   | Expectations, routines, study set-up and A level mindset, student leadership opportunities established and organised including volunteering, paired reading, sports coaching etc. UCAS and careers update | Mock 1 subject revision clinics and revision techniques refresh – 9-5 work ethic<br>Careers and opportunities update  | Parent and student revision evening and revision clinic ahead of year 13 final mocks   | Mock review and final UCAS offer decisions   | Revision clinics and after-hours revision sessions – final A level preparations   | EXAMS   |
| Study set-up/current affairs<br><b>Tuesday</b>   | Politics and international relations focus<br>Subject links to real world political issues  | Diversity and human rights in the news – including race, gender and disability  | Discussion sessions on love and relationships, including links to the feminist movement and gender power dynamics                      | Current affairs on the economy and discussion sessions of the role of AI and social media platforms – what are the benefits and problems for society as a result of these developments | Masculinity and vulnerability discussions. Current affairs linked to health and the benefits of changes to diet, exercise routines. | EXAMS   |
| Careers<br><b>Wednesday</b>  | UCAS personal statement completion and drafting – Oxbridge, Med and Vet application completion<br>Apprenticeship recruitment programme starts<br>Follow up careers interview                              | UCAS completion to meet equal consideration deadline<br>Follow up careers' interviews<br>CV and covering letter writing clinic<br>GSK talent and apprenticeship programme event | Student and parent student finance event<br>Application, offer and acceptance advice<br>Apprenticeship availability sharing each month | Final UCAS first and second choice completion process<br>Follow up careers interview<br>Apprenticeship availability sharing each month   | Follow up careers interview<br>Apprenticeship availability sharing each month<br>Clearing presentation and results day information  | EXAMS   |
| PSHCE<br><b>Thursday</b>   | The right to vote and local and national political engagement. Student leadership and making a difference in the community. Rotary Interact and charity work  | Protected characteristics in the workplace, how to be informed and inclusive in the wider world   | Healthy sexual relationships<br>Controlling behaviours and how to spot them<br>STIs<br>Pregnancy and life choices                      | Student finance and loans, budgeting when at university or when in full-time employment<br>Cooking on a budget<br>Online sources of information, plagiarism and the use of AI          | Alcohol usage and healthy lifestyle<br>Exam stress and mental wellbeing, managing the pressure of A levels                          | EXAMS   |
| Quiz/Challenge<br><b>Friday</b>  | Quiz/Seasonal Challenge   | Quiz/Seasonal Challenge   | Quiz/Seasonal Challenge  | Quiz/Seasonal Challenge  | Quiz/Seasonal Challenge   | EXAMS   |

For one hour each week there is a slot when all year 12 and 13 are free. This hour will be used for volunteering, enrichment and visits by guest speakers.

As local and international events arise that promote thought and critical thinking, reading and podcasts will be shared for discussion.