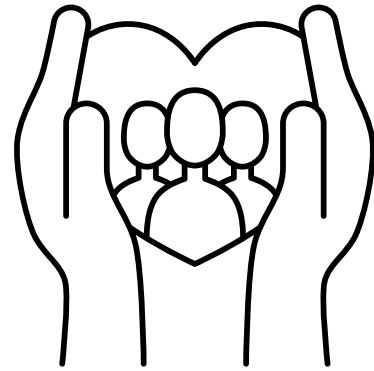


Education for Life

Empowering futures, nurturing lives

Through the Education for Life curriculum, we are dedicated to equipping our students with the knowledge, skills and resilience they need to thrive in an ever-evolving world. We bridge the gap between the external challenges students face and the structured environment of school, fostering personal growth, informed decision-making and the lifelong pursuit of wellbeing



Health and well-being

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
A u t u m n 1	Transition to high school: who am I and how do I fit into my community?	Staying safe: what are the risks surrounding drugs and alcohol, and how do we avoid them?	Staying safe: avoiding drugs, gangs and knives	Mental health: what is it and how can it affect us?	Wellness and emergency preparedness: coping strategies and first aid essentials	Healthy lifestyles: looking after our bodies	Mental health: what can we do if we, or someone we know, is struggling?
A u t u m n 2	Growing up healthy: understanding sleep, substances and puberty	Mental health: what is it and how do we protect it?	Health in focus: making informed choices to look after our bodies	Critical thinking and influence: how can we resist the pull of the crowd	Independence: being responsible, safe and making informed choices	Building resilience and wellbeing: emotional health, stress and personal development	Drugs education: what are the risks involved with different substances

Relationships

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
S p r i n g 1	Diversity: how are we all different and how are we all the same?	Discrimination : what does it mean and how might it affect me?	Respectful relationships: maintaining them and managing change	Healthy relationships: how to recognise one and what to do if it is unhealthy	Communicating in relationships: how to be an effective communicator	Drugs education: how can we stay safe?	Choices and consequences: understanding sexual health and society
S p r i n g 2	Building relationships : romantic and friendship	Identity and relationship: who am I and how do I contribute to my relationships?	Intimate relationships: what do I need to know and how can I stay safe?	Beyond the headlines: addressing extremism and radicalisation	Foundations of family: relationships, parenthood and partnership	Breaking the mould: identity, influence and equality	Finance: what do we need to know to thrive as adults?

Living in the wider world

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
S u m m e r 1	Future focus: building careers, teams and dreams	Think fast: First Aid, pressure and practical problem solving	Prepared and protected: First Aid, Digital Awareness and Self-Reliance	Staying safe in the digital age: understanding fraud and online risks	Preparing for the wider world: how to apply for the opportunities we want	Personal finance: how to understand the world of banking	Preparing for the wider world: how to thrive as adults in careers we enjoy
S u m m e r 2	Financial decision making: saving, borrowing and budgeting in the real world	Digital literacy: staying safe in an online world	The future: how to set goals to help us achieve what we want	Digital footprints: online identity and future impact	Exams	Career ready: personal statements, CV writing and interview skills	Exams