

Year 7 PSHE

Where can I get help at school?

Your form tutor

Miss Quarman

Ms Murray

Mrs Jevon (Pastoral Support Coordinator)

staysafe@jfk.herts.sch.uk

Any trusted adult

Whole School:
Black History Month

Autumn 1

Relationships

- Dealing with change
- Friendships
- Getting Involved



Spring 1

- Saving
- Budgeting
- The world of Work
- Digital Citizenship



Autumn 2

Whole School: Anti-Bullying Week

Physical Health

- staying safe
- immunisations
- First Aid
- Hygiene

Ten: Ten Relationships and Sex Programme Parent Portal Details

Login: <https://www.tentenresources.co.uk/parent-portal/>

Username: opp-jfk-01 Password: rse-parent-purple

PSHE Contact details
Mrs Holton
kholton@jfk.herts.sch.uk
Instagram @jfk.pshe

Spring 2

Mental Health

- Feelings and emotions
- Self esteem
- Resilience



Summer 1

Relationships and Sex

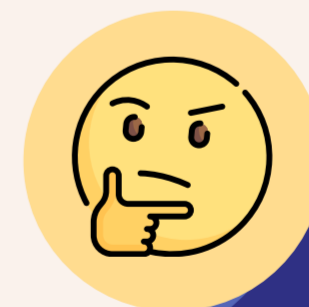
- Puberty
- Family and Friends
- Staying safe online



Summer 2

Reviewing

- have I achieved my targets?
- what sort of world do I want to live in?



Useful websites

<https://barclayslifeskills.com/>
<https://natwest.mymoneysense.com/home/>
<https://www.youngminds.org.uk/>
<https://www.hertsmindnetwork.org/>
Online safety - www.thinkuknow.org.uk