

Year 8 PSHE

Where can I get help at school?

Your form tutor

Mr Sitowski

Mrs Trinder

Mrs Jevon (Pastoral Support Coordinator)

staysafe@jfk.herts.sch.uk

Any trusted adult

Whole School:
Black History Month

Autumn 1

Relationships

- Positive Relationships
- Dealing with conflict online and offline



Spring 1

Living in the wider world

- Labour Market Information
- credit and debit cards



Autumn 2

Whole School: Anti-Bullying Week

Discrimination

- Protected characteristics

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

- supporting my friends
- how do my emotions affect my behaviour?



Summer 1

Relationships and Sex

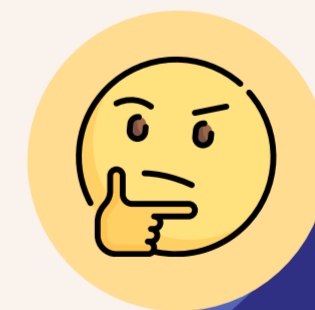
- pregnancy
- different types of relationships



Summer 2

Physical Health

- vaping
- addictions



Useful websites

<https://barclayslifeskills.com/>

<https://natwest.mymoneysense.com/home/>

<https://www.youngminds.org.uk/>

<https://www.hertsmindnetwork.org/>

Vaping - <https://www.dsmfoundation.org.uk/>

Online safety - www.thinkuknow.org.uk