

Year 11 PSHE

Where can I get help at school?

Your form tutor

Mrs Bugg

Miss McHugh

Mrs Jevon (Pastoral Support Coordinator)

staysafe@jfk.herts.sch.uk

Any trusted adult

Whole School:
Black History Month

Autumn 1

Relationships

- Dealing with conflict
- Leadership



Spring 1

Relationships and Sex

- coercive control
- self worth
- addiction
- contraception
- self worth



Autumn 2

Whole School: Anti-Bullying Week

Living in the Wider World

- Post-16 Options
- Finance

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



Spring 2

Health and Wellbeing

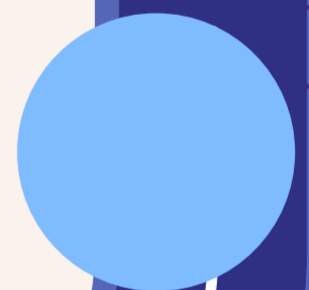
- self examination for breast and testicular cancer
- mental health
- coping strategies



Summer 1

Mental Health

- feelings and emotions
- Self esteem



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

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