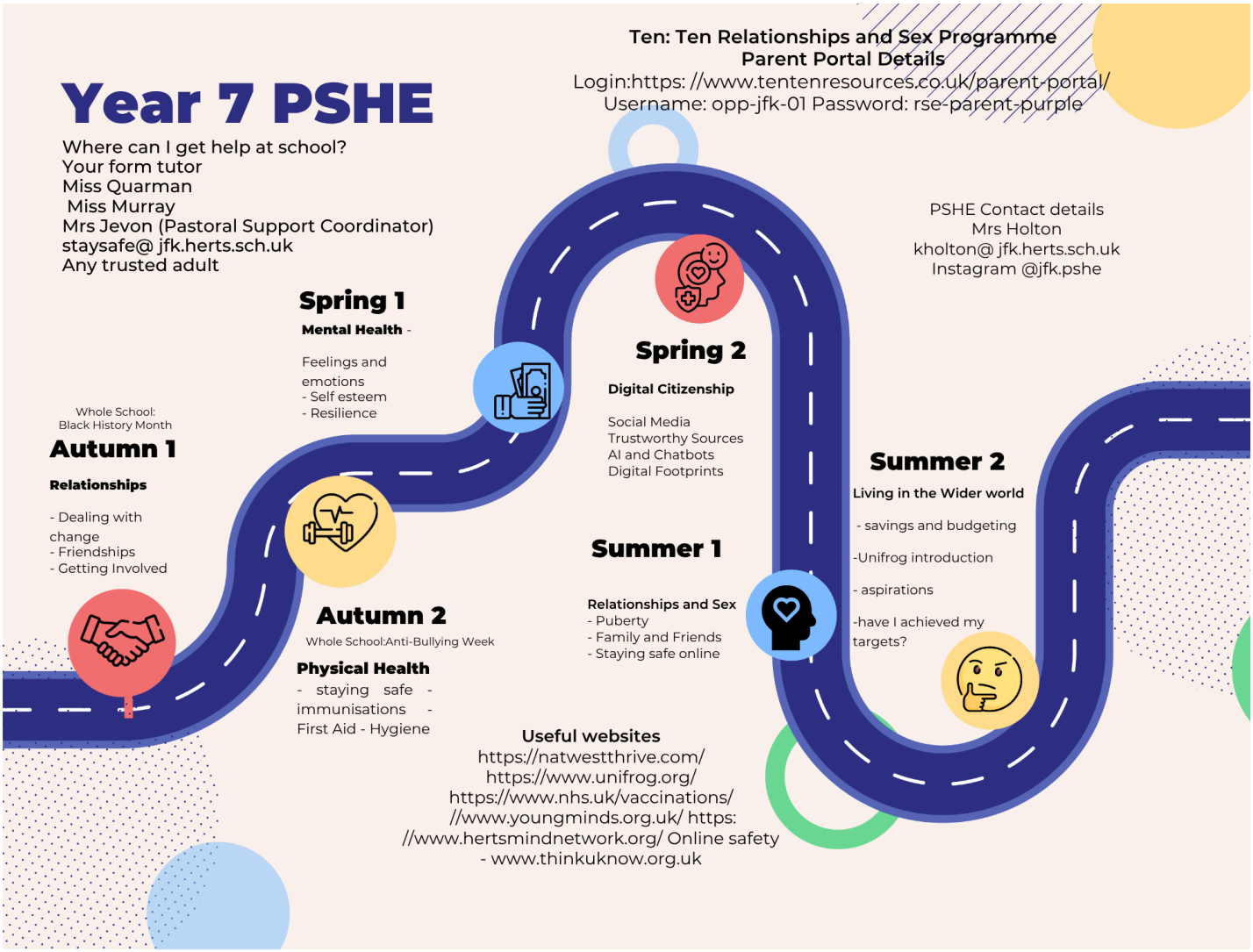

Year 7 PSHE
Where can I get help at school?
Your form tutor
Miss Quarman
Miss Murray
Mrs Jevon (Pastoral Support Coordinator)
staysafe@ jfk.herts.sch.uk
Any trusted adult
Ten: Ten Relationships and Sex Programme
Parent Portal Details
Login:https: //www.tentenresources.co.uk/parent-portal/
Username: opp-jfk-01 Password: rse-parent-purple
PSHE Contact details
Mrs Holton
kholton@ jfk.herts.sch.uk
Instagram @jfk.pshe
Whole School:
Black History Month
Autumn 1
Relationships
- Dealing with change
- Friendships
- Getting Involved
Spring 1
Mental Health -
Feelings and emotions
- Self esteem
- Resilience
Autumn 2
Whole School:Anti-Bullying Week
Physical Health
- staying safe - immunisations - First Aid - Hygiene
Spring 2
Digital Citizenship
Social Media
Trustworthy Sources
AI and Chatbots
Digital Footprints
Summer 1
Relationships and Sex
- Puberty
- Family and Friends
- Staying safe online
Summer 2
Living in the Wider world
- savings and budgeting
-Unifrog introduction
- aspirations
-have I achieved my targets?
Useful websites
https://natwestthrive.com/
https://www.unifrog.org/
https://www.nhs.uk/vaccinations/
//www.youngminds.org.uk/ https:
//www.hertsmindnetwork.org/ Online safety
- www.thinkuknow.org.uk