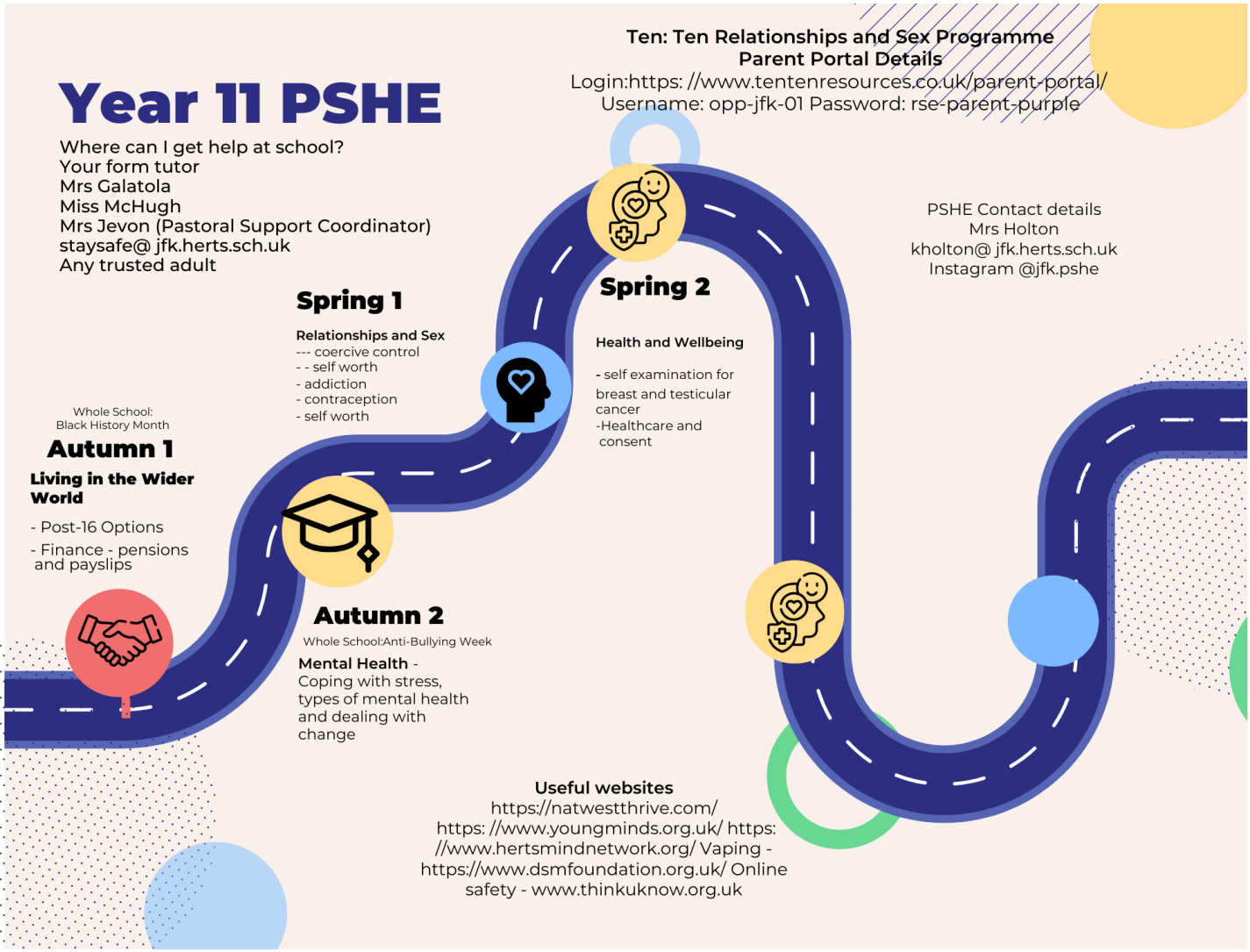

Year 11 PSHE
Where can I get help at school?
Your form tutor
Mrs Galatola
Miss McHugh
Mrs Jevon (Pastoral Support Coordinator)
staysafe@ jfk.herts.sch.uk
Any trusted adult
Ten: Ten Relationships and Sex Programme
Parent Portal Details
Login:https: //www.tentenresources.co.uk/parent-portal/
Username: 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
Living in the Wider World
- Post-16 Options
- Finance - pensions and payslips
Spring 1
Relationships and Sex
--- coercive control
- - self worth
- addiction
- contraception
- self worth
Autumn 2
Whole School:Anti-Bullying Week
Mental Health - Coping with stress, types of mental health and dealing with change
Spring 2
Health and Wellbeing
- self examination for breast and testicular cancer
-Healthcare and consent
Useful websites
https://natwestthrive.com/
https: //www.youngminds.org.uk/ https: //www.hertsmindnetwork.org/ Vaping - https://www.dsmfoundation.org.uk/ Online safety - www.thinkuknow.org.uk