

Dear parent/carers,

Everyone Matters (E1M) Term 2 Newsletter – ‘How can I keep healthy’ Part 1

Last term in E1M students across Years 7-10 studied a range of topics in relation to our ‘How can I keep healthy?’ unit.

The Year 7s looked at a variety of health-related topics including dental hygiene, the importance of sleep, exercise and a healthy and balanced diet. They particularly enjoyed the sugar cubes lesson and learning about how many cubes of sugar are in some popular fizzy and energy drinks.

The Year 8s have been accessing resources created by the Dove Self Esteem project on body confidence. Mature and engaging discussions were had about appearance ideals, cultural variation and how we can limit body talk. The Year 8s proved themselves to be great body champions!

The Year 9s have been studying emotional health and wellbeing. They have explored how challenges and change can impact our mental health. We have learnt about the signs of worry and stress, and how to reframe negative thinking. The students have also studied a variety of self-care methods and identified a variety of support available if we recognise that someone may need support with their emotional wellbeing.

Year 10s have really impressed us this last half term with their maturity and questioning as we learnt about a variety of sensitive topics including; substance abuse, breast cancer awareness, testicular cancer, organ donation and disordered eating. They have identified the signs and symptoms of several conditions and are aware of available support should they ever have concerns in relation to them.

Year 11s have worked hard to be ready for the world of work. They have learnt how to write an engaging and relevant personal statement, identified how to create a CV, considered how their online footprint can impact job prospects and are now aware of the workplace etiquette and their rights and responsibilities.

The students have been sent an online multiple-choice quiz to complete on the above topics to assess their understanding and identify any areas which require further development.

Over this next half term each year group will build on their understanding of ‘How can I keep myself healthy?’ with their second half of this topic. Due to parental feedback, we are introducing a lesson at Year 8 which will introduce the topic of consent, the law around sexual relationships and contraception. We have also had suggestions to include reference to vaping to all year groups which we have put in place for next term.

Please find information on this term's enquiry questions in the table below.

Year group	Enquiry questions to be covered this half term
Year 7	How can I stay resilient to avoid negative peer influence? How do I look after my mental health? How is smoking and vaping dangerous to my health? How can drugs affect us? What are the physical and emotional changes during puberty?
Year 8	How can I maintain positive wellbeing as a social media user? What are attitudes towards drugs? What are the risks and legal consequences of drugs? What are the health risks associated with substance use and vaping and how can you manage the influence of others? What is consent? What is the law around sexual relationships and what is contraception? What are the symptoms and effects of the serious illness' sepsis and meningitis. How can I support others going through illness?
Year 9	What is Sexual responsibility and what is the law? Healthy relationships and consent. How do we recognise and manage risk? What is 'relationship abuse'? Harmful sexual behaviours. What are effective negotiation skills? What is pornography? What is its influence on self-esteem? What is contraception and sexual health? What are STIs and how can I stay healthy? Do I, or don't I? Making healthy sexual choices.
Year 10	What is meant by the term's sexuality and healthy relationships? What are the facts around reproductive health and fertility? How do I choose and access appropriate contraception? - This lesson will also serve as a reminder of the legalities around consent and sexual relationships in the UK. What are the facts and beliefs about abortions and miscarriage? How do we ensure a healthy pregnancy? What support is available for fertility issues? What is the menopause?
Year 11	How can I keep safe and healthy? How can I say no to substances and vaping? How can I show respect for others? What are harmful sexual behaviours? How can I manage my money effectively? How can I be politically active? How can I be inclusive of all?

We will continue to send weekly texts each Friday with the week ahead's enquiry questions.

Thank you for your positive feedback and support over this last term.

Wishing your family, a lovely Christmas break.

Kind regards,

Danielle Godfrey
Assistant Principal