



Year 7 Health and Wellbeing Map

Ambitious, capable learners, ready to learn throughout their lives	Enterprising, creative contributors, ready to play a full part in life and work
Ethical, informed citizens of Wales and the world	Healthy, confident individuals, ready to lead fulfilling lives as valued members of society

Contact Details
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Autumn Term 1
GOAL SETTING



Autumn Term 2
BUILDING RESILIENCE



Spring Term 1
FRIENDSHIP AND BULLYING

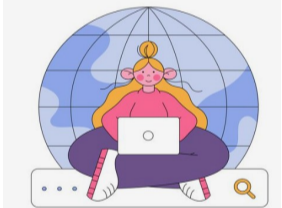


Useful websites
 Childline
<https://www.childline.org.uk/>
 Antibullying Alliance
<https://anti-bullyingalliance.org.uk>

Useful websites
 UK Safer Internet Centre
<https://www.saferinternet.org.uk/>
 CEOP safety centre
<https://www.ceop.police.uk/safety-centre/>



Spring Term 2
RESPECT ONLINE AND OFFLINE



Summer Term 1
ADDICTION



Senior staff/ safeguarding support:
 Mrs Yarrow
 Mr Thompson
 Mrs Bennett

Summer Term 2
PEER PRESSURE



If you need support in school, you can speak to:
 Your form tutor
 Teachers
 Achievement Leader
 Head of School
 Wellbeing team
 Nurture

Health and Wellbeing PE lessons
 Mental, social and health and physical benefits of exercise
 Lifestyle choices and diet
 Respecting diversity
 Growth mindset
 Road safety



Year 8