

Teesdale School (Pastoral Programme) 2024 / 2025

PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES WHICH INCORPORATE:

- PSHE
- RSHE
- CITIZENSHIP
- SMSC
- BRITISH VALUES

CORE THEMES:

Theme 1	Exploring British Values [RBV]
Theme 2	Celebrating Diversity & Equality [CDE]
Theme 3	Relationships & Sex Education [RSE]
Theme 4	Staying Safe Online & Offline [SOO]
Theme 5	Physical Health & Mental Wellbeing [H&W]
Theme 6	Life Beyond School [LBS]

PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES
PSHE RSHE CITIZENSHIP SMSC BRITISH VALUES - Year 7

 Teesdale School & Sixth Form	THEME 1 (Sept – Oct)	Theme 2 (Nov – Dec)	THEME 3 (Jan – Feb)	THEME 4 (March – April)	THEME 5 (April – May)	THEME 6 (June – July)
	Exploring British Values [RBV]	Celebrating Diversity & Equality [CDE]	Relationships & Sex Education [RSE]	Staying Safe Online & Offline [SOO]	Physical Health & Mental Wellbeing [H&W]	Life Beyond School [LBS]
House Challenges Monday	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition
Guided Reading Tuesday	Guided Reading	Guided Reading	Guided Reading	Guided Reading	Guided Reading	Guided Reading
Careers Wednesday	Identifying choices & opportunities Introduction to the careers team College/Sixth form Traineeship/T-levels Apprenticeships/Vocational qualifications Future Sills Questionnaire - Compass Introduction To Unifrog - sort logs Careers library treasure hunt - 1 Recording activities	Planning & deciding and Handling applications & selection Green Careers Week What's your dream job? Careers and Aspirations Career Sectors Target Setting - Goals and Objectives "How has the world of work changed over the past 40 years?"	Valuing equality, diversity and inclusion What is equality, diversity and inclusion in careers? STEM Gender stereotypes Diversity National Apprenticeship Week Cultural effects on careers	Investigating jobs and LMI Interests profile National Careers Week LMI/Local Opportunities Future trends	Preparing for employability What are skills? Communication Motivation Leadership Employment skills linked to my subjects My strengths/weaknesses	Self-determination and Showing Initiative & Enterprise Managing finances Form enterprise competition Careers Quiz over content covered this year
PSHE/RSHE Thursday	Politics, Parliament & Democracy : Why is politics important, how is our country run, creating a political party, elections and campaigning, political debates, and parliament, exploring inside parliament, who is our prime minister	Celebrating differences: Multicultural Britain, what is your identity, nature Vs nurture, the equality act 2010, breaking down stereotypes in society, prejudice, and discrimination, challenging islamophobia	Friends, Respect, and Relationships: Consent and Boundaries, Respect, and Relationships, what makes a good friend, friendships and managing them, being positive, pressure and influence,	Staying Safe Online and Offline: Avoiding Gangs, staying safe online, Online gaming and Fortnite, Drugs Education- What is alcohol, smoking, E-cigs, Vaping and Shisha, Drugs education energy drinks and caffeine	Puberty and Body Development: Introduction to puberty, puberty in children, personal hygiene, growing up and FGM, assertive consent, self-esteem	Managing Change: Getting to know people, what is a community, careers and your future, sleep and relaxation, financial education, transition points and your life

Assembly Friday	Welcome/ standards, Having your voice heard, Resilience (Attendance), Friends v followers, Kindness, Self confidence	Manners are for free, Remembrance, Anti bullying week, BV - Tolerance, PC - Inclusion, BV - Democracy, PC - Hate crime and equality, Xmas week	Welcome/ standards Resolutions, Behaviour recap, Screentime, Real self v online self, Children Mental Health Week, Internet safety week, Digital footprint	Careers week, Reading rocks week, Science Week, Maths week, Autism awareness week, Alumni	Welcome/ standards Healthy lifestyle, Resolving conflict, Judging a book by its cover, Having a conscience	Water Safety, ASB, gangs & knife crime, Radicalisation, LGBTQ+ month*, Roads and rails, Exploitation, Sports Day Celebration of achievement
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**PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES
PSHE RSHE CITIZENSHIP SMSC BRITISH VALUES - Year 8**

 Teesdale School & Sixth Form	THEME 1 (Sept – Oct)	Theme 2 (Nov – Dec)	THEME 3 (Jan – Feb)	THEME 4 (March – April)	THEME 5 (April – May)	THEME 6 (June – July)
	Exploring British Values [RBV]	Celebrating Diversity & Equality [CDE]	Relationships & Sex Education [RSE]	Staying Safe Online & Offline [SOO]	Physical Health & Mental Wellbeing [H&W]	Life Beyond School [LBS]
PSHE/RSHE Monday	Respect & Relationships, Consent & Boundaries, friendships and managing them, what makes a good friend, being positive. Rights & Responsibilities, Prison and Law reforms, desert island communities, positive contributions.	LGBTQ and Explored: LGBT what is it, homophobia in society, supporting those that are LGBT, challenging homophobia, transphobia, coming out Law & society, Punishment	Identity, Relationships, and Sex Education: Introduction relationships and sex education, healthy relationships, dealing with conflict, sexual orientation, introduction to contraception, what is love, periods, and menstrual cycle	Dangerous Society Online and Offline: County Lines- What is it, who is at risk, substance misuse, cyber bullying, grooming children, alcohol safety, child exploitation online protection	Physical Health and Mental Wellbeing: Health and wellbeing, what is mental health, positive body image, child abuse, types of bullying, healthy eating and cholesterol, stress management	Proud to be me: Employability skills, proud to be me and careers, career interests, self-esteem and the media, labor market information, exploring careers
Guided Reading Tuesday	Guided Reading	Guided Reading	Guided Reading	Guided Reading	Guided Reading	Guided Reading
Careers Wednesday	Identifying choices & opportunities Introduction to the careers team College/Sixth form Traineeship/T-levels Apprenticeships/Vocational qualifications Future Sills Questionnaire - Compass Introduction To Unifrog - sort log ins Careers library treasure hunt - 1 Recording activities	Planning & deciding and Handling applications & selection Green Careers Week What's your dream job? Careers and Aspirations Career Sectors Target Setting - Goals and Objectives "How has the world of work changed over the past 40 years?"	Valuing equality, diversity and inclusion What is equality, diversity and inclusion in careers? STEM Gender stereotypes Diversity National Apprenticeship Week Cultural effects on careers	Investigating jobs and LMI Interests profile National Careers Week LMI/Local Opportunities Future trends	Preparing for employability What are skills? Communication Motivation Leadership Employment skills linked to my subjects My strengths/weaknesses	Self- determination and Showing Initiative & Enterprise Managing finances Form enterprise competition Careers Quiz over content covered this year


House Challenges Friday	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition
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PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES
PSHE RSHE CITIZENSHIP SMSC BRITISH VALUES - Year 10

 Teesdale School & Sixth Form	THEME 1 (Sept – Oct)	Theme 2 (Nov – Dec)	THEME 3 (Jan – Feb)	THEME 4 (March – April)	THEME 5 (April – May)	THEME 6 (June – July)
	Exploring British Values [RBV]	Celebrating Diversity & Equality [CDE]	Relationships & Sex Education [RSE]	Staying Safe Online & Offline [SOO]	Physical Health & Mental Wellbeing [H&W]	Life Beyond School [LBS]
PSHE/RSHE Monday	Exploring British Values: Critical thinking and Fake News, what is a cult, exploring Britishness and British Values, what are human rights, exploring human rights	Exploring World Issues: International organizations, Brexit, aid and supporting other countries, Fairtrade, peace war and conflict, women's rights, and equality, me too and times up movement	Warnings, Relationships, and Sex Education: Campaigning against FGM, Sexting Nudes, Pornography, Domestic Abuse and Violence, Relationships, Sexual abuse, Sexualization in the Media	Violence, crimes and seeking safety: Honor Based Violence, Forced Marriages, Online gambling, social media validation, keeping date safe, modern-day slavery, causes of knife crime	Mental Health and Wellbeing: Child abuse CSE, screen time and use of mobiles, common types of mental health, self-harm, suicide, promoting emotional wellbeing	Rights and responsibilities: Instagram generation, targeted advertising and your data, marriage what is it, rights and responsibilities, consumer rights, employment rights, exploring a paycheck
Assembly Tuesday	Welcome/ standards, Having your voice heard, Resilience (Attendance), Friends v followers, Kindness, Self confidence	Manners are for free, Remembrance, Anti bullying week, BV - Tolerance, PC - Inclusion, BV - Democracy, PC - Hate crime and equality, Xmas week	Welcome/ standards Resolutions, Behaviour recap, Screentime, Real self v online self, Children Mental Health Week, Internet safety week, Digital footprint	Careers week, Reading rocks week, Science Week, Maths week, Autism awareness week, Alumni	Welcome/ standards Healthy lifestyle, Resolving conflict, Judging a book by its cover, Having a conscience	Water Safety, ASB, gangs & knife crime, Radicalisation, LGBTQ+ month*, Roads and rails, Exploitation, Sports Day Celebration of achievement
Careers Wednesday	Identifying choices & opportunities Introduction to the careers team College/Sixth form Traineeship/T-levels Apprenticeships/Vocational qualifications Future Sills Questionnaire - Compass Introduction To Unifrog - sort logs Careers library treasure hunt - 1 Recording activities	Planning & deciding and Handling applications & selection Green Careers Week What's your dream job? Careers and Aspirations Career Sectors Target Setting - Goals and Objectives "How has the world of work changed over the past 40 years?"	Valuing equality, diversity and inclusion What is equality, diversity and inclusion in careers? STEM Gender stereotypes Diversity National Apprenticeship Week Cultural effects on careers	Investigating jobs and LMI Interests profile National Careers Week LMI/Local Opportunities Future trends	Preparing for employability What are skills? Communication Motivation Leadership Employment skills linked to my subjects My strengths/weaknesses	Self-determination and Showing Initiative & Enterprise Managing finances Form enterprise competition Careers Quiz over content covered this year
Extension Tasks & Revision strategies Thursday	Core Subjects Extension tasks	Core Subjects revision techniques	Core Subjects Extension tasks	Core Subjects revision techniques	Core Subjects Extension tasks	Core Subjects revision techniques

House Challenges Friday	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition
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PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES
PSHE RSHE CITIZENSHIP SMSC BRITISH VALUES - Year 11

 Teesdale School & Sixth Form	THEME 1 (Sept – Oct)	Theme 2 (Nov – Dec)	THEME 3 (Jan – Feb)	THEME 4 (March – April)	THEME 5 (April – May)	THEME 6 (June – July)
	Exploring British Values [RBV]	Celebrating Diversity & Equality [CDE]	Relationships & Sex Education [RSE]	Staying Safe Online & Offline [SOO]	Physical Health & Mental Wellbeing [H&W]	Life Beyond School [LBS]
Assembly Monday	Welcome/ standards, Having your voice heard, Resilience (Attendance), Friends v followers, Kindness, Self confidence	Manners are for free, Remembrance, Anti bullying week, BV - Tolerance, PC - Inclusion, BV - Democracy, PC - Hate crime and equality, Xmas week	Welcome/ standards Resolutions, Behaviour recap, Screenshot, Real self v online self, Children Mental Health Week, Internet safety week, Digital footprint	Careers week, Reading rocks week, Science Week, Maths week, Autism awareness week, Alumni	Welcome/ standards Healthy lifestyle, Resolving conflict, Judging a book by its cover, Having a conscience	EXAMS
PSHE/RSHE Tuesday	Your future and beyond: Time management, LGBT rights, exam stress and revision, Instagram V Real life, CV writing, writing a personal statement.	Exploring World Issues: International organizations, Brexit, aid and supporting other countries, Fairtrade, peace war and conflict, women's rights, and equality, me too and times up movement	Sexual Health Unit: Peer on Peer Bullying, Fertility and what impacts it, alcohol and bad choices, importance of sexual health, revisiting STI's, Respect and Relationships	Staying safe online and offline: Virtual reality, live streaming, drugs NPS, festival drugs and nitrous oxide, war on drugs, cosmetic surgery, drugs substance addiction, online reputation, and digital footprints	Adult Health and Looking After yourself: Organ donation and blood donation, teenage pregnancy choice, abortion laws, morals and ethics, testicular and prostate cancer, cervical and breast cancer, parenthood, love, and abuse	EXAMS
Careers Wednesday	Identifying choices & opportunities Introduction to the careers team College/Sixth form Traineeship/T-levels Apprenticeships/Vocational qualifications Future Sills Questionnaire - Compass Introduction To Unifrog - sort log ins Careers library treasure hunt - 1 Recording activities	Planning & deciding and Handling applications & selection Green Careers Week What's your dream job? Careers and Aspirations Career Sectors Target Setting - Goals and Objectives "How has the world of work changed over the past 40 years?"	Valuing equality, diversity and inclusion What is equality, diversity and inclusion in careers? STEM Gender stereotypes Diversity National Apprenticeship Week Cultural effects on careers	Investigating jobs and LMI Interests profile National Careers Week LMI/Local Opportunities Future trends	Preparing for employability What are skills? Communication Motivation Leadership Employment skills linked to my subjects My strengths/weaknesses	EXAMS

Extension Tasks & Revision strategies Thursday	Core Subjects Extension tasks	Core Subjects revision techniques	Core Subjects Extension tasks	Core Subjects revision techniques	Core Subjects Extension tasks	EXAMS
Friday House Challenges / Mindfulness	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition	Departmental House Competition

PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES
PSHE RSHE CITIZENSHIP SMSC BRITISH VALUES - Year 12

 Teesdale School & Sixth Form	THEME 1	Theme 2	THEME 3	THEME 4	THEME 5	THEME 6
	Exploring British Values [RBV]	Celebrating Diversity & Equality [CDE]	Relationships & Sex Education [RSE]	Staying Safe Online & Offline & Life Beyond School [SOO]	Physical Health & Mental Wellbeing [H&W]	
Assembly/ Briefing/study set-up Monday	Expectations, routines, study set-up and A level mindset, student leadership opportunities established and organised including volunteering, paired reading, sports coaching etc.	A level mindset and mock exam set up – revision techniques and the expectations of independent learning Careers and opportunities update	Subject reviews and target-setting – setting goals and learning from term 1 Careers and opportunities update	Assessment 2 preparation and the synoptic A level requirements Careers and opportunities update	Revision clinic and preparation for end of year exams – expectations and passport to year 13 Careers and opportunities update	EXAMS
Study set-up/current affairs Tuesday	Politics and international affairs Lessons from Auschwitz feedback sessions Rotary Interact and charity work	Diversity and human rights in the news – including race, gender and disability	Discussion sessions on love and relationships, including links to the feminist movement and gender power dynamics	Current affairs on the economy and discussion sessions of the role of AI and social media platforms – what are the benefits and problems for society as a result of these developments	Masculinity and vulnerability discussions. Current affairs linked to health and the benefits of changes to diet, exercise routines.	EXAMS
Careers Wednesday	Teesdale Career Development project session 1-6 – introduction to post-18 options	Partners, Supported Progression and Destination NE presentations and programmes. Amazing Apprenticeships discussion and presentation Aspiring OBridge, Med, Vet sessions	Mock applications and CV workshops as part of preparation for mock interviews. Work experience placement planning	Mock interviews and feedback with the Rotary Club Parent and Student UCAS and apprenticeships evening Careers interviews	Work experience final placement confirmation UCAS application set up and early section completion Personal statement clinic Careers interviews Open day visits	EXAMS/ Work Experience Careers interviews Open day visits
PSHCE Thursday	Human rights and civil rights. The rule of law and anti-discrimination legislation. The 1968 Race Relations Act and beyond. Young voters, the voting age, being a politically and community engaged young adult	LGBTQ+ and the history of overcoming discrimination. Peace, war and conflict – geopolitical inequalities and development – links to sociology and geography A level curriculum	Consent and the law Relationship and boundaries Contraception	Budgeting and part-time jobs Social media and safe usage Digital footprints and future employment	Mindfulness and exercise Healthy minds and bodies Dealing with exam pressure and stress Drug and alcohol misuse and peer pressure	EXAMS


Quiz/Challenge Friday	Quiz/Seasonal Challenge	Quiz/Seasonal Challenge	Quiz/Seasonal Challenge	Quiz/Seasonal Challenge	Quiz/Seasonal Challenge	EXAMS
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For one hour each week there is a slot when all year 12 and 13 are free. This hour will be used for volunteering, enrichment and visits by guest speakers.

As local and international events arise that promote thought and critical thinking, reading and podcasts will be shared for discussion. This gives the opportunity for extended Assemblies.

PERSONAL DEVELOPMENT OVERVIEW OF CORE THEMES

PSHE RSHE CITIZENSHIP SMSC BRITISH VALUES - **Year 13**

 Teesdale School & Sixth Form	THEME 1	Theme 2	THEME 3	THEME 4	THEME 5	THEME 6
	Exploring British Values [RBV]	Celebrating Diversity & Equality [CDE]	Relationships & Sex Education [RSE]	Staying Safe Online & Offline & Life Beyond School [SOO]	Physical Health & Mental Wellbeing [H&W]	
Assembly/ Briefing/study set-up Monday	Expectations, routines, study set-up and A level mindset, student leadership opportunities established and organised including volunteering, paired reading, sports coaching etc. UCAS and careers update	Mock 1 subject revision clinics and revision techniques refresh – 9-5 work ethic Careers and opportunities update	Parent and student revision evening and revision clinic ahead of year 13 final mocks	Mock review and final UCAS offer decisions	Revision clinics and after-hours revision sessions – final A level preparations	EXAMS
Study set-up/current affairs Tuesday	Politics and international relations focus Subject links to real world political issues	Diversity and human rights in the news – including race, gender and disability	Discussion sessions on love and relationships, including links to the feminist movement and gender power dynamics	Current affairs on the economy and discussion sessions of the role of AI and social media platforms – what are the benefits and problems for society as a result of these developments	Masculinity and vulnerability discussions. Current affairs linked to health and the benefits of changes to diet, exercise routines.	EXAMS
Careers Wednesday	UCAS personal statement completion and drafting – Oxbridge, Med and Vet application completion Apprenticeship recruitment programme starts Follow up careers interview	UCAS completion to meet equal consideration deadline Follow up careers' interviews CV and covering letter writing clinic GSK talent and apprenticeship programme event	Student and parent student finance event Application, offer and acceptance advice Apprenticeship availability sharing each month	Final UCAS first and second choice completion process Follow up careers interview Apprenticeship availability sharing each month	Follow up careers interview Apprenticeship availability sharing each month Clearing presentation and results day information	EXAMS

<p>PSHCE Thursday</p>	<p>The right to vote and local and national political engagement. Student leadership and making a difference in the community. Rotary Interact and charity work</p>	<p>Protected characteristics in the workplace, how to be informed and inclusive in the wider world</p>	<p>Healthy sexual relationships Controlling behaviours and how to spot them STIs Pregnancy and life choices</p>	<p>Student finance and loans, budgeting when at university or when in full-time employment Cooking on a budget Online sources of information, plagiarism and the use of AI</p>	<p>Alcohol usage and healthy lifestyle Exam stress and mental wellbeing, managing the pressure of A levels</p>	<p>EXAMS</p>
<p>Quiz/Challenge Friday</p>	<p>Quiz/Seasonal Challenge</p>	<p>Quiz/Seasonal Challenge</p>	<p>Quiz/Seasonal Challenge</p>	<p>Quiz/Seasonal Challenge</p>	<p>Quiz/Seasonal Challenge</p>	<p>EXAMS</p>

For one hour each week there is a slot when all year 12 and 13 are free. This hour will be used for volunteering, enrichment and visits by guest speakers.

As local and international events arise that promote thought and critical thinking, reading and podcasts will be shared for discussion.