

Resilience and Autonomy: Making Good Choices								
Relationships								
Week beginning	Weekly Focus	SLT Monday	Monday SLT	Tuesday Butterfly	Teacher Talk for Butterfly	Family assembly	P4C	EP Yrs 9,10,11
Monday 8 th Sept	A Fresh start: where am I, where do I want to be? How can I get there?	Whole School	A new school, a new start: setting goals for the future. Me as the author of my life, making good choices. Personal view and religious perspective	Education: the value in changing lives		My education, my future <i>Articles 28, 29; You have the right to education which tries to develop your personality and abilities as much as possible and encourages you to respect other people's rights and values to respect the environment.</i>	Destiny: Does where we are born determine our chances in life? What makes someone successful?	
EFFORT								
Monday 15 th Sept	Self-esteem and relationships with others	Yr 7 Yr 8 &9 Yr 10 & 11	What's the difference between self-esteem and self-confidence? ? The importance of self-esteem in relationships. Good choices Personal view and religious perspective	Self-esteem: how is my self-esteem influenced by others?		The role of parents in influencing my self-esteem. What kind of parent do I want to be? <i>Article 3; Adults should always do what is best for you.</i>	Self-esteem: Why do some people give up when others keep trying?	
CONTROL OF THOUGHTS ABC								

Monday 22 nd Sept	Personal values and beliefs	Yr 7 Yr 8 &9 Yr 10 & 11	What do I value? Making good choices. How do I walk the talk? Religious, cultural and social influences	My values: how religion might influence the things that are important to us.		Do I always have the right to an opinion? Link to rights and respect <i>Article 14; You have the right to think what you want and be whatever religion you want to be.</i>	Personal beliefs: How far do our parents influence our beliefs about big issues? Race, politics, relationships...	
Monday 29 th Sept	Friendship and relationships	Yr 7 Yr 8 &9 Yr 10 & 11	Am I a good friend? Managing the good times and the bad, dealing with conflict, expecting to make an effort. Personal view and religious perspective	Friendship: Saying sorry. Being loyal, showing you care and getting over bad times		Friends aren't perfect! Making new friends- shared interests <i>Article 31; You have the right to play and relax by doing things like sports, music and drama.</i> <i>Article 15; You have the right to be with friends and join or set up clubs, unless this breaks the rights of others.</i>	Friendship: What makes a good friend? Are friends really for life? What makes the perfect friend?	
Monday 6 th October	Bullying	Yr 7 Yr 8 &9 Yr 10 & 11	What is bullying? Keeping things in perspective- the difference between a mean comment and bullying Personal view and religious perspective	Bullying: real life stories form those who have not let bullying get them down		Bullying: what should we do if we feel someone if being bullied? Standing up for ourselves Poster competition for anti-bullying week in November <i>Article 2; You have the right to protection</i>	Bullying: When does being mean become bullying?	

						<p>against discrimination. This means that nobody can treat you badly because of your colour, sex or religion, if you speak another language, have a disability, or are rich or poor.</p>		
THRIVING IN ADVERSITY								
Monday 13 th October	Being Kind : relationships with my community , a sense of community spirit	N/A	INSET day	Community spirit		<p>I am a member of this community! How can I make a difference? <i>Article 27; You have the right to a good enough standard of living. This means you should have food, clothes and a place to live.</i></p>	Community: What if no one every spoke to their neighbours? What if everyone helped their neighbours?	
OPTIMISM								
Monday 20 th October	Managing stress	Yr 7 Yr 8 &9 Yr 10 & 11	<p>What is stress? How can I manage stressful situations? Making good choices.</p> <p>Personal view and religious perspective</p>	Stress: the science of the brain		<p>How can people around me help me deal with stress? (Family, future or current situations that may cause stress- loss, illness, finance, divorce) <i>Article 20; You have the right to special protection and help if you can't live with your parents.</i></p>	Stress: Would it be possible to never 'get stressed'? If so, would it be desirable? Imagine a world without stress?	
THRIVING IN ADVERSITY								