



# George Stephenson High School

## **What we are doing this half term in Health Education:**

All students learn about all the avenues for help and support both in and out of school. There is a list of apps and websites that are attached and are displayed on the website for both parents and students that may be helpful.

Key Stage 3 students get one lesson of Health Education once every two weeks and Key Stage 4 have the same but carousel with Careers. As well as this there are Dimension's Days, National Anti-Bullying Week, National Diversity Week and National Children's Mental Health Week on top of the Pastoral Bulletin each week which also is focused on Ambition, Respect and Community.

All students are welcome to attend CSI Club (Celebration of Student Individuality) which is on weekly and students can create events, lesson plans and activities for the above themes.



## **Key Stage 3 Health Education Lessons**

### **Year 7:**

#### **What we are going to cover:**

#### **What Makes a Person Healthy:**

- What makes a person healthy – including mental and physical health, healthy and unhealthy diets. We will also identify different influences on decisions regarding diet and exercise
- analyse why some influences might be stronger than others
- evaluate which influences are more or less reliable
- evaluate strategies to manage negative or less reliable influences

### **Further avenues for help and support:**

- Speak to a tutor, head of year, school nurse or other trusted member of staff in the school
- Speak to another trusted adult or health professional outside of school
- Contact Childline [www.childline.org.uk](http://www.childline.org.uk) 0800 1111
- Visit NHS Live Well: [www.nhs.uk/live-well](http://www.nhs.uk/live-well)

### **Year 8:**



### **What we are going to cover:**

#### **First Aid and CPR:**

- Students learn about lifesaving techniques, including their importance, and how someone can respond if they find someone who is not breathing.
- Students complete Classroom RevivR which is a tool that makes teaching lifesaving skills to students easy and fun.
- Teachers guide students through a series of interactive exercises that they complete on their digital devices. The exercises include a simulated 999 call, how to give CPR compressions and how to use a defibrillator.
- All students achieve certificates when completing the course.

### **Further avenues for help and support:**

If you as parents would like a shortened down version of the course go to:

Reviv R CPR Training – British Heart Foundation

First Aid tips:

St John's Ambulance – First Aid Advice - <https://www.sja.org.uk/get-advice/>

## **Year 9:**

### **What we are going to cover:**



### **Grooming Online:**

Students learn about how to keep themselves safe online and learn through a hard hitting real life story about Brek Bednar who was a 14 year old boy who was groomed online and then murdered. His Mum Lorin LaFave has campaigned for many years in memory of her son to help keep young people like Brek safe and to recognise the warning signs.

### **Further avenues for help and support:**

<https://www.gshs.org.uk/national-online-safety-tips-parents>

### **Further external links**

For further information on security issues that both children and adults should be aware of, also useful tips to follow and stay safe online follow the links below:

[www.saferinternet.org.uk](http://www.saferinternet.org.uk)

[www.parentzone.org.uk](http://www.parentzone.org.uk)

[www.digitallyconfident.org](http://www.digitallyconfident.org)

[www.childnet.com](http://www.childnet.com)

[www.vodafoneigitalparenting.co.uk](http://www.vodafoneigitalparenting.co.uk)

[www.vodafone.co.uk/mobile/digital-parenting/archive](http://www.vodafone.co.uk/mobile/digital-parenting/archive)

How to...guides (Think U Know)

Your guide to the social networks your kids use (NSPCC)

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

## **Key Stage Four**

**Key Stage Four Economic lessons work on a carousel between Health Education for half of the year and Careers for the other half.**

### **Year 10:**

**What we are going to cover:**

#### **Careers – Work Experience Preparation**

Students will be on Work Experience **7<sup>th</sup> – 11<sup>th</sup> April 2025**. They need to organise their own placements themselves. They will have time to research their own organisations that they would like to try for. They will learn how to compose an e-mail to potential employers and phone etiquette.

Each student will have a Unifrog log in. Unifrog is an online universal destination platform. It has interactive quizzes and activities so students can see what their skill set is and match them up to potential careers. This will also help with CV writing and how to apply for different courses and jobs.

**Further avenues for help and support:**

Unifrog - <https://www.unifrog.org/>

Connexions - <https://www.skillsnorthtyneside.org.uk/connexions/>

### **Year 11:**

**What we are going to cover:**

#### **Health Education:**

**Coercive Control in Relationships** – students think about what is important to them in relationships and what qualities they see as healthy. Students learn about the signs of coercive control and how to get support. Students learn to break the stigma

of always males being the perpetrators of unhealthy relationships which is explored through a hard hitting documentary.

**Further avenues for help and support:**

- Tutor or GM
- 999
- Domestic Abuse Support in Medway: [www.choicesdbservice.org.uk/mdas](http://www.choicesdbservice.org.uk/mdas)

**08009179948**

- National domestic abuse helpline:
- **0808 2000 247**
- Women's Aid: [www.womensaid.org.uk](http://www.womensaid.org.uk)
- Mankind: [www.mankind.org.uk](http://www.mankind.org.uk)