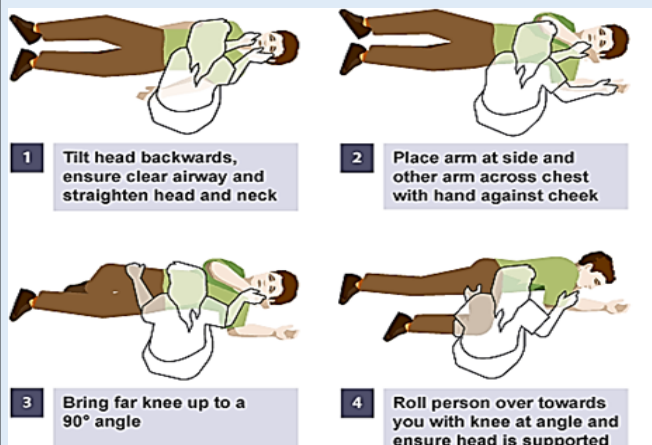


Week 1: Key Words	Week 2: Making Friends and Managing	Week 3: Where can I find support?
<ul style="list-style-type: none"> <li>• <b>Transition</b>=The process of changing</li> <li>• <b>Emotions</b>= A strong feeling</li> <li>• <b>Hormones</b>=A chemical substance in the body</li> <li>• <b>Identity</b>=Who or what a person is</li> <li>• <b>Ethos</b>=the set of moral beliefs and attitudes that are characteristic of a person or group</li> <li>• <b>Values</b>= moral principles and beliefs</li> <li>• <b>Empathy</b>=Understand someone’s feelings</li> <li>• <b>Respect</b>=A feeling of admiration for someone or their achievements</li> <li>• <b>Responsibility</b>=Being accountable for something</li> <li>• <b>Honesty</b>=The act of being truthful</li> </ul>	<p>Good friends <b>listen</b>-They allow you talk and listen. They are interested in what you have to say</p> <p>Good friends are <b>trustworthy</b>- A good friend won’t share something private, you can trust them not to judge</p> <p>Good friends make you <b>feel good</b>- Good friends do things that make you feel good like pay you compliments and congratulate you</p> <p>Good friends are <b>respectful</b>-They will respect boundaries and resolve conflict respectfully</p> <p><b>5 steps to managing big emotions</b></p> <ol style="list-style-type: none"> <li>1. Remind yourself it is never good to hurt anyone.</li> <li>2. Take three big breaths.</li> <li>3. Use words to explain how you feel.</li> <li>4. Ask for help.</li> <li>5. Take time to calm down.</li> </ol>	<p><b>School support:</b> During your school life, you may need some extra help and support Make sure you are aware of who you can turn to within our school community.</p> <p>1) Form Tutor. 2)Head of Year. 3)SLO. 4) Safeguarding team 5) School Chaplain.</p> <p>If you are worried about someone else you can also seek support from the above.</p> <p><b>Peer support:</b> Within our school we have four values:</p> <p>1)Honesty 2)Empathy 3)Respect 4)Responsibility</p> <p>We can support each other by putting these values into action.</p> <p><b>Self support:</b> You can also look after your own well-being by making sure that you are: eating healthily, keeping good sleep hygiene, limiting social media and keeping physically fit.</p>
Week 4: The Parable of the Lost Sheep	Week 5: Travelling Safely to School	Week 6: Basic First Aid– The Recovery Position
<p>In Matthew 18: 10-14, Jesus taught His disciples a simple story to illustrate a spiritual truth...That <b>lost sheep</b> in the story may have wandered away from the shepherd, but because the shepherd is a “good” shepherd who loves and cares about his <b>sheep</b>, he went looking for it.</p> <p>When the shepherd finds his sheep there is great rejoicing...</p> <p>“When he comes home, he calls together his friends, his family and his neighbours, saying to them, <b>'Rejoice with me, for I have found my sheep which was lost.'</b>”</p> <p>The moral of The Parable of the Lost Sheep is that each person is precious to God. In the parable, the shepherd leaves his 99 to look for the lost one.</p>	<p>Road injuries are a major cause of injury and death among young people in the UK. It is important that you know the risks and take action to make things safer.</p> <p><b>The Green Cross Code is designed to help you cross the street safely</b></p> <ol style="list-style-type: none"> <li>1. <b>THINK</b>-find a safe place to cross</li> <li>2. <b>STOP</b>-before you get to the kerb stop. Make sure you can see the traffic</li> <li>3. <b>LOOK</b>-look all around you for traffic. Look right, look left. Watch out for bikes. DO NOT get distracted by your phone</li> <li>4. <b>WAIT</b>-until there is no traffic and it is safe to cross</li> <li>5. <b>LOOK &amp; LISTEN AGAIN</b>- when it is safe, cross over</li> </ol>	<p>If a person is unconscious, but is breathing and has no other life threatening injuries, they should be placed in the <b>recovery position</b>. This keeps their airways clear and open ,avoiding choking.</p>  <ol style="list-style-type: none"> <li>1 Tilt head backwards, ensure clear airway and straighten head and neck</li> <li>2 Place arm at side and other arm across chest with hand against cheek</li> <li>3 Bring far knee up to a 90° angle</li> <li>4 Roll person over towards you with knee at angle and ensure head is supported</li> </ol>