PSHE	Health & Wellbeing: Transition & Safety	Year 7	Term 1

1: Why is PSHE important?

Personal, Social, Health and Economic (PSHE) Education is a school curriculum subject in England that focuses on strengthening the knowledge, skills, and connections to keep children and young people healthy and safe and prepare them for life and work.

Personal values are the things that are important to us, the characteristics and behaviours that motivate us and guide our decisions.
Everybody is different, and what makes one person happy may leave another person feeling anxious or disengaged. Defining your personal values and then living by them can help you to feel more fulfilled and to make choices that make *you* happy.

2: Managing Transition

We all need support at times in our lives. Moving to secondary school is a testing time, during this time it is normal to feel like you need some extra support. Support can come in different forms.

Making Friends:

- Good friends **listen**-They allow you talk and listen. They are interested in what you have to say
- Good friends are **trustworthy**– A good friend won't share something private, you can trust them not to judge
- Good friends make you **feel good**- Good friends do things that make you feel good like pay you compliments and *congratulate* you
- Good friends are **respectful-**They will respect boundaries and resolve conflict respectfully

3: Managing emotions

Wellbeing is simply the state of being comfortable, healthy or happy. Certain factors can make us feel this way, like exercising can keep us healthy.
Being healthy is incredibly important. When we are healthy, we are at our best possible state. Being happy is all about appreciating the small things in life and doing the things you love! Being comfortable is about appreciating what you have.

5 steps to managing big emotions

1. Remind yourself it is never good to hurt anyone.
2. Take three big breaths.
3. Use words to explain how you feel.
4. Ask for help.
5. Take time to calm down.

4: Managing my Journey to School

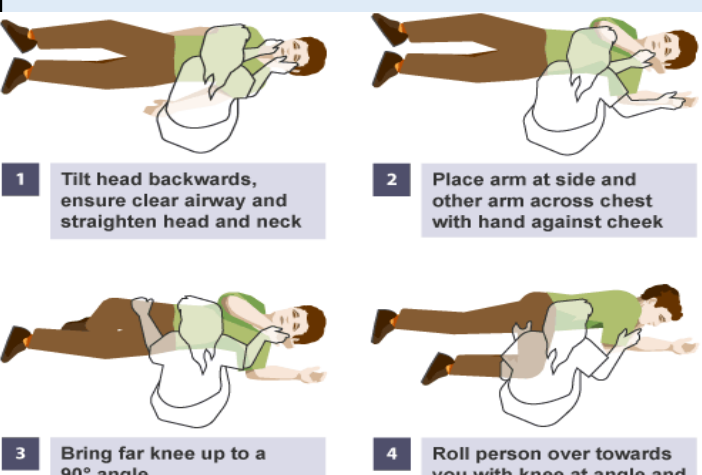
Road injuries are a major cause of injury and death among young people in the UK. It is important that you know the risks and take action to make things safer.

The Green Cross Code is designed to help you cross the street safely

1.**THINK**-find a safe place to cross
2. **STOP**-before you get to the kerb stop. Make sure you can see the traffic
3. **LOOK**-look all around you for traffic. Look right, look left. Watch out for bikes. DO NOT get distracted by your phone
4.**WAIT**-until there is no traffic and it is safe to cross
5.LOOK & LISTEN AGAIN- when it is safe, cross over

5: Basic First Aid

If a person is unconscious, but is breathing and has no other life threatening injuries, they should be placed in the **recovery position.** This keeps their airways clear and open, avoiding choking.



6: Support at Trinity Academy Cathedral

School support: 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: Form Tutor, Head of Year, SLO, Safeguarding team, School Chaplain.

If you are worried about someone else you can also seek support from the above.

Peer support: Within our school we have four values:
1)Honesty
2)Empathy
3)Respect
4)Responsibility
We can support each other by putting these values into action.

Self support: 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.