

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2						
Wellbeing Themes Topics delivered in tutor times												
Year 7 & 8	05/09		31/10	Personal Hygiene	02/01	Catch-up & Assessment	27/02	Catch-up & Assessment	24/04	Catch-up & Assessment	05/06	Catch-up & Assessment
	12/09	Self Esteem	7/11	Sleep	09/01	Catch-up & Assessment	06/03	Immunisation & Vaccinations	01/05	Illegal Drugs	12/06	Gender Identity & Sexuality
	09/09	Confidence	14/11	Exercise	16/01	Emergency Situations	13/03	Legal and illegal substances	08/05	Legal Highs	19/06	Diversity in sexual attraction & Developing sexuality
	26/09	Criticism	21/11	Body Image	23/01	First Aid	20/03	Alcohol	15/05	Peer Pressure & Substance Misuse	26/06	Terminology
	03/10	Resilience	28/11	Media and body image	30/01	Prescribed & OTC Medication	27/03	Smoking	22/05	Catch-up & Assessment	03/07	(School Trips)
	10/10	Puberty	05/12	Dieting and balance	06/12	Local Health Services	03/04	Catch-up & Assessment			10/07	Sexual Identity & Preference Bullying
	17/10	Managing emotions	12/12	Catch-up & Assessment	13/12	Catch-up & Assessment					17/07	Catch-up & Assessment