

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2						
Wellbeing Themes Topics delivered in tutor times												
Year 9 & 10	05/09		31/10	Catch up & Assessment	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	Monitoring Health	09/01	Catch up & Assessment	06/03	Immunisation & Vaccination	01/05	Separation & Divorce	12/06	Gender identity & Sexuality
	09/09	Confidence	14/11	Lifestyle Choices	16/01	Body Image	13/03	Changes in Relationships	08/05	Domestic Abuse	19/06	Diversity in sexual attraction & developing sexuality
	26/09	Mental Health	21/11	Substance Misuse	23/01	Cosmetic Surgery	20/03	Unhealthy Relationships	15/05	Bereavement	26/06	Terminology
	03/10	Depression	28/11	Fad Diets	30/01	Emergency Situations	27/03	Ending of Relationships	22/05	Catch up & Assessment	03/07	(School Trips)
	10/10	Anxiety	05/12	STDs	06/12	First Aid	03/04	Catch up & Assessment			10/07	Sexual identity and preference bullying
	17/10	Stress	12/12	Catch up & Assessment	13/12	Catch up & Assessment					17/07	Catch up & Assessment