

## **RSE and Health Education - DROP DOWN DAYS - THEME/WEEKS/MONTHS**

HOYs are responsible for the planning and delivery of the Tutor Programme through their teams and will quality assure impact. HOYS will work collaboratively with SSOs, the Inclusion Team, Enrichment Coordinator and gage student voice in the design and delivery of the programme. Each HOY will be responsible for reviewing, adapting and evolving the programme as their year group progresses.

The intentions of the programme are:

- Deliver a comprehensive tutor programme that covers key areas of the RSE curriculum and Health Education
- Deliver the Langdon Park Guarantee
- Enhance and embed the 4Bes ethos and develops aspects of SMSC learning
- Enhances an understanding of the school's Safeguarding Policy to students

The RSE programme will be delivered through a combination of daily tutor time, weekly assemblies and a series of deep learning days. In addition, areas of the RSE curriculum are covered within the National Curriculum is particular, RE, science, citizenship, PE and humanities.

**TERM ONE**

| <b>THEME (S)</b>                  | <b>EVENTS</b>  | <b>ASSEMBLIES/TUTOR TIME</b>  |
|-----------------------------------|--|---|
| Family, friendships and community | Black History Month<br>Launch the community charter; sign up to the 4Bes<br>International Languages Week | The 4Bes<br>Reflection on what it means to be a good friend<br>Different types of family<br>Our responsibility to our school, local and global community<br>Letter to myself 6 months' time and 12 months' time |

**TERM TWO**

| <b>THEME (S)</b> | <b>EVENTS</b>   | <b>ASSEMBLIES/TUTOR TIME</b>   |
|------------------|---|--|
| Wellbeing        | Anti-Bullying Month including various activities to reinforce our commitment to the 4Bes and recognising the impacts of bullying on mental health and within the law.<br>Introduction to mindfulness – start practicing mindfulness start of period 3 and in tutor time<br>Drop Down Day One - Mental Well-being including sessions for Years 11 and 13 on managing exam pressures. Led by external leads.<br>Wellbeing month for staff, series of activities and guidance on wellbeing.<br>Firework Safety | Anti-Bullying Charter led by the committee<br>Anti-Bullying and the law focus on on-line, social media etc.<br>Impact of bullying on our wellbeing support positive wellbeing<br>Hobbies and activities<br>Remembrance Day |

**TERM THREE**

| <b>THEME (S)</b>   | <b>EVENTS</b>   | <b>ASSEMBLIES/TUTOR TIME</b>  |
|--|---|---|
| Our rights and responsibilities when online and using various media. | Internet Safety Week<br>Holocaust Memorial Day<br>LGBT+ Month runs throughout | Rights and responsibilities when online<br>The power of the media to inform, persuade and mislead. Links to the origins of the Holocaust<br>The Allport Triangle<br>Holocaust Memorial Day<br>Online safety<br>LGBT month – celebrating achievements<br><br>N.B. Year 9 Options start / IAG |

**TERM FOUR**

| <b>THEME (S)</b>  | <b>EVENTS</b>   | <b>ASSEMBLIES/TUTOR TIME</b>   |
|---|---|--|
| Careers – my future goals, dreams and aspirations and how to get there. | Careers month /events – sequenced events the build year upon year which students participate in and record on START. Time in lessons highlighting relevance of the curriculum to careers and employment.<br>Woman's Day celebrating / careers and raising awareness of 'trailblazers'<br>Speakers for Schools and Alumni to lead assemblies and talks | Careers advice sessions<br>Equality at work / and the equalities act<br>International Woman's Day<br>Linking the 4Bes to world of work<br>Goal setting writing a letter to myself to be opened |

**TERM FIVE**

| <b>THEME (S)</b>                            | <b>EVENTS</b>   | <b>ASSEMBLIES/TUTOR TIME</b>   |
|---|---|--|
| Physical Health, fitness and healthy eating | Drop Down Day 2 – activities to support and raise awareness of the benefits of healthy eating and exercise. Sessions also on impact of drugs and alcohol. Interform activities. | Assembly themes/tutor<br>Benefits of physical activity, set goals for the month<br>Healthy lifestyle<br>Healthy heart<br>Sugar<br>Drugs, alcohol and the Law (Schools Officer) |

**TERM SIX**

| <b>THEME (S)</b>            | <b>EVENTS</b>  | <b>ASSEMBLIES/TUTOR TIME</b>  |
|-----------------------------|--|---|
| Being safe and staying safe | Drop Down Day 3 – focus for Years 7-9 on staying safe, friendship groups including road safety for year 7. Years 10 and 12 will focus on sexual health and matters around consent.<br>First Aid training | Staying safe in summer holidays re what to get involved in (year group appropriate)<br>Consent and the Law (Schools Officer)<br>Reflecting upon my standards: books etc and reports being sent home<br>Open letters to myself from start of the academic year<br>Summer catch-up on learning and what to do |