



PERSONAL DEVELOPMENT PHSE/RSE UPDATE HT5

OUR LADY
AND ST BEDE
CATHOLIC ACADEMY





This Half Term (HT5)

This half term, we will be covering the following topics within our HD RSE lessons.

"I HAVE COME
THAT YOU MAY
HAVE LIFE
& HAVE IT TO
THE FULL"

HD RSE Half Term 5 Topics



Year	Topic	Content
Y7	Living Responsibly	Social Responsibility, Choices, Charity and Being Environmentally Friendly, Vaping.
Y8	Think before you share	Social, personal and legal consequences of sharing images of a sexual nature. Digital footprint, Scams, Online exploitation and Critical thinking.
Y9	Diet and Nutrition	Balanced Diet, Healthy Meals, Eating Disorders and Hydration
Y10	Finance	Savings and Loans, Credit and Debit, Tax, Finance, Renting and Mortgages.
Y11	Life Guarding and First Aid	Advanced first aid with a focus on water safety and lifesaving skills.



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Personal Development

At the end of last half term, pupils experienced an assembly centring on knife crime in Cleveland. During the session, key statistics for our local area were explored, along with the laws and how to stay safe.



Pupils also had an additional session on misogyny and the impact of online influences around this topic. The session aimed to raise awareness and challenge inappropriate behaviours.





Personal Development Day

This term, we will be having our third Personal Development Day. The day will centre around health and wellbeing. Uncovering topics such as physical and mental health, diet and nutrition and the importance of sleep.

9 Simple Tips to Stay Healthy

 <p>Don't Skip Check-Ups Be sure to go to your annual checkups with your primary care provider</p>	 <p>Avoid Bad Habits Limit foods and beverages high in sugar and fat</p>	 <p>Be Good to Yourself Get enough sleep, stay active, socialize with family and friends</p>
 <p>Get a Good Night's Sleep 6-8 hours each night</p>	 <p>Get Moving Be physically active</p>	 <p>Follow a Balanced Diet Eat a variety of fresh veggies</p>
 <p>Get Regular Eye and Dental Care Routine care to maintain your health</p>	 <p>Wash Your Hands After using the bathroom and before you eat</p>	 <p>Stay Mentally Active Work a puzzle or play a game</p>

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