

In *Rising Beyond The Challenges*, students explore the role of the NHS in supporting health and well-being. They learn how the environment impacts health, strategies for cancer prevention, and the importance of regular health checks to detect signs and symptoms early.

In *Headspace 101*, students explore mental health in relation to exam stress as they prepare for their first set of mock examinations. They identify common signs of stress and anxiety and learn practical coping strategies to manage pressure effectively. The unit also focuses on promoting positive mental well-being during exam periods through healthy habits, time management, and self-care.

Students will participate in *Reg and Read* during afternoon form time. This initiative provides students with the opportunity to engage with a variety of texts that are linked to the Trust Virtues of the academy, fostering a deeper understanding of the values that underpin the school's ethos.



YEAR
11

In *Likes, Shares and Emotions*, students explore the impact of modern technology on mental health and its connection to cybercrime. They examine how social media, online interactions, and digital habits affect emotional well-being. The unit encourages students to make mindful choices and understand the risks of online behaviour.

In *The Road to Financial Freedom*, students prepare for their upcoming work experience placements by exploring key skills such as CV Writing, letters of application and behaviour in the workplace.

Year 10 Learning Journey: Holistic Development

YEAR
10

In *Authentic Freedom*, students follow the TenTen RSE curriculum, exploring the concept of personal freedom and the importance of making choices that align with their values and respect for others. They learn about the significance of setting boundaries, maintaining self-respect, and developing healthy relationships.

In *From London to the World*, students explore how British Values influence and interact with global issues. They examine the role of strikes, protests, and international conflicts, considering how values like democracy, liberty, and justice apply beyond the UK. This unit encourages critical thinking about how shared values can support peace, fairness, and cooperation worldwide.