

St Edmund Arrowsmith **CATHOLIC** High School  
**Pastoral Curriculum & Extended Pastoral  
Curriculum Schedule  
2025-2026**



<b><u>EXTENDED</u></b> Pastoral Curriculum Time	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>	<b>Year 11</b>
Tues 7 <sup>th</sup> Oct (Wk B) P1 – 8:55am	<b>Preparation for Assessments</b>	<b>Preparation for Assessments</b>	<b>Preparation for Assessments</b>	<b>Preparation for Assessments</b>	<b>Preparation for Assessments</b>
Wed 26 <sup>th</sup> Nov (Wk A) P1 – 8:55am	<b>Attitudes to Mental Wellbeing</b>	<b>Promoting Mental Wellbeing</b>	<b>Healthy &amp; Unhealthy Coping Strategies</b>	<b>New challenges and reframing negative thinking</b>	<b>Promoting mental wellbeing</b>
Mon 8 <sup>th</sup> Dec (Wk B) P1 – 8:55am	<b>Review Data for Assessments</b>	<b>Review Data for Assessments</b>	<b>Review Data for Assessments</b>	<b>Anti-social behaviour</b>	<b>Exploring the Risks &amp; Consequences of Substance Misuse</b>
Mon 12 <sup>th</sup> Jan (Wk A) P5 – 2:05pm	<b>Me and My Body</b>	<b>Healthy Eating</b>	<b>Substance Misuse</b>	<b>Review Data for Assessments</b>	<b>Trial Exams</b>
Wed 11 <sup>th</sup> Feb (Wk A) P5 – 2:05pm	<b>British Values</b>	<b>Tolerance and Respect</b>	<b>Equality and Diversity</b>	<b>Extremism and Intolerance</b>	<b>Trial Results issued</b>
Fri 24 <sup>th</sup> March (Wk B) P1 – 8:55am	<b>Influences of social media</b>	<b>Influences of social media on our Physical Well Being</b>	<b>Maintaining a healthy relationship with social media</b>	<b>Thinking critically about what we see online</b>	<b>Valuing Diversity</b>
Wed 6 <sup>th</sup> May (Wk B) P5 – 2:05pm	<b>All About Me</b>	<b>All About Me</b>	<b>All About Me</b>	<b>CVs and Personal Statements</b>	<b>Mass</b>
Thurs 26 <sup>th</sup> June (Wk B) P1 – 8:55am	<b>Review Day Prep</b>	<b>Review Day Prep &amp; Honours Citations</b>	<b>Review Day Prep</b>	<b>CVs and Personal Statements</b>	
Wed 1 <sup>st</sup> July (Wk A) P1 – 8:55am	<b>All About Me</b>	<b>All About Me</b>	<b>All About Me</b>	<b>Review Day Prep</b>	
Fri 3 <sup>rd</sup> July (Wk A) P1 – 8:55am	<b>Review Day Prep</b>	<b>Review Day Prep</b>	<b>Review Day Prep</b>	<b>Review Day Prep</b>	

# September 2025

## Pastoral Curriculum



Y7 – Tuesday  
 Y8 – Wednesday  
 Y9 – Monday  
 Y10 – Friday  
 Y11 – Thursday



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	02	03	04	05	06	07
08	09	10	11	12	13	14
Y9 Identifying Unhealthy Relationships (1)	Y7 Making Friends (Introduction)	Y8 What are Values?	Y11 Peer Pressure	Y10 What is Bullying?		
15	16	17	18	19	20	21
Y9 Identifying Unhealthy Relationships (2)	Y7 Teamwork	Y8 Different Types of Relationships	Y11 Peer Pressure	Y10 Banter or Bullying?		
22	23	24	25	26	27	28
Y9 Managing Unwanted Attention	Y7 Respect	Y8 Key to a Good Relationship	Y11 Peer Pressure	Y10 Social Bullying		
29	30					
	Y7 Targets					

# October 2025

## Pastoral Curriculum



**Y7 – Tuesday**  
**Y8 – Wednesday**  
**Y9 – Monday**  
**Y10 – Friday**  
**Y11 – Thursday**



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		01	02	03	04	05
		Y8 Dealing with Tricky Relationships	Y11 What is Exploitation?	Y10 Cyber Bullying (1)		
06	07	08	09	10	11	12
Y9 Reducing Inappropriate Behaviour (1)	Y7 Friends & School Extended Pastoral Curriculum (P1)	Y8 How do we Feel About Ourselves	Y11 What is Social Grooming?	Y10 Cyber Bullying (2)		
13	14	15	16	17	18	19
Y9 Reducing Inappropriate Behaviour (2)	Y7 Relationships	Y8 Qualities Admired in a Person	Y11 County Lines	Y10 Study Skills (Getting Ready for Assessment)		
20	21	22	23	24	25	26
Y9 Preparation for Assessment	Y7 Study Skills (Getting ready for Assessment)	Y8 What is Self-worth?				
27	28	29	30	31		

# November 2025 Pastoral Curriculum



**Y7 – Tuesday**  
**Y8 – Wednesday**  
**Y9 – Monday**  
**Y10 – Friday**  
**Y11 – Thursday**



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					01	02
03	04	05	06	07	08	09
Y9 Risks & Consequences of Alcohol Use	Y7 How do I learn? (Study Skills)	Y8 What am I Worth to Society?	Y11 Identifying Influences & Assessing Consequences	Y10 Writing you revision timetable		
10	11	12	13	14	15	16
KS 3 Assessments Start			Y11 Overcoming Challenges of Substance Misuse	Y10 How do I recognise exam stress & deal with it?		
17	18	19	20	21	22	23
			Y11 Study Skills (1)	KS 3 Assessments Finish		
24	25	26	27	28	29	30
Y9 Short- & Long-Term Risks	Y7 Worry (Intro)	Y8 The Sleep Factor Extended Pastoral Curriculum (P1)	Y10 Mock Exams Start Y11 Study Skills (2)			

# December 2025 Pastoral Curriculum



Y7 – Tuesday  
Y8 – Wednesday  
Y9 – Monday  
Y10 – Friday  
Y11 – Thursday



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	02	03	04	05	06	07
Y9 Influence of Alcohol	Y7 Recognising the Signs of Worry	Y8 Tobacco & Nicotine	Y11 FSQ (Careers Questionnaire)	Y10 Mock Exams Finish		
08	09	10	11	12	13	14
Y9 What are my skills? (Careers) Extended Pastoral Curriculum (P1)	Y7 How to Manage Worry	Y8 What is the Difference Between Tobacco and Nicotine?	Y11FSQ (Careers Questionnaire)	Extended Pastoral Curriculum (P1) Y10 Consequences of Using Illegal Drugs		
15	16	17	18	19	20	21
Y9 What comes after school – learning pathway?	Y7 Who am I? (Careers)	Y8 Spotting Influences	Y11FSQ (Careers Questionnaire)	Y10 Intent & Intent to Supply Ongoing Outcomes of Illegal Drugs		
22	23	24	25	26	27	28
29	30	31				

# January 2026 Pastoral Curriculum



Y7 – Tuesday  
Y8 – Wednesday  
Y9 – Monday  
Y10 – Friday  
Y11 – Thursday



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			01	02	03	04
05	06	07	08	09	10	11
				Y10 What is Exploitation?		
12	13	14	15	16	17	18
Y9 Decision Making Extended Pastoral Curriculum (P5) Y11 Trial Exams Start	Y7 Exploring Possibilities – dream jobs	Y8 Unhelpful Thoughts		Y10 Grooming		
19	20	21	22	23	24	25
Y9 Taking Control of your Career	Y7 What is a career?	Y8 Identifying Unhelpful Thoughts		Y10 Child Sexual Exploitation Y11 Trial Exams Finish		
26	27	28	29	30	31	
Y9 Working and Earning – managing your money	Y7 What is an entrepreneur?	Y8 Reframing Unhelpful Thoughts	Y11 Thriving in Post 16 Education/ Training (Intro)	Y10 What is Body Dysmorphia?		

# February 2026

## Pastoral Curriculum



Y7 – Tuesday  
 Y8 – Wednesday  
 Y9 – Monday  
 Y10 – Friday  
 Y11 – Thursday



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						01
02	03	04	05	06	07	08
Y9 What is the labour market and why is it important?	Y7 What is a work-life balance?	Y8 What are my interests? (Careers)	Y11 Potential Pitfalls	Y10 Body Image & Eating		
09	10	11	12	13	14	15
Y9 Dealing with Change	Y7 Careers and the future	Extended Pastoral Curriculum (P5) Y8 Challenges and Rewards (Careers)	Y11 Identifying Strategies	Y10 Body Image & Eating – getting help		
16	17	18	19	20	21	22
23	24	25	26	27	29	
Y9 Dealing with Stress when Change Happens	Y7 What is Exploitation?	Y8 Creating the Life You Want (Careers)	Y11 Techniques to Try to Overcome Stress	Y10 Gangs – How it Might Start?		

# March 2026

## Pastoral Curriculum



Y7 – Tuesday  
 Y8 – Wednesday  
 Y9 – Monday  
 Y10 – Friday  
 Y11 – Thursday



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						01
02	03	04	05	06	07	08
Y9 What is Exploitation?	Y7 Identifying Exploitation	Y8 What does success mean to me? (Careers)	Y11 Planning Ahead	Y10 Signs of Gang Activity		
09	10	11	12	13	14	15
Y9 Identifying Exploitation	Y7 Exploitation in Friendship	Y8 Careers and Climate (Careers)	Y11 Are all Identities equal online?	Y10 Why a Person Might Join a Gang?		
16	17	18	19	20	21	22
Y9 What is child exploitation?	Y7 Peer Pressure	Y8 What is Exploitation?	Y11 Online Identity Quiz	Y10 Risks & Consequences		
23	24	25	26	27	28	29
Y9 Preparation for Assessment	Y7 Peer Pressure Extended Pastoral Curriculum (P1)	Y8 Child Criminal Exploitation	Y11 Does society have a problem with how identity is represented online?	Y10 Fact or Myth?		
30	31					
	Y7 Preparation for Assessment					

# April 2026

## Pastoral Curriculum



**Y7 – Tuesday**  
**Y8 – Wednesday**  
**Y9 – Monday**  
**Y10 – Friday**  
**Y11 – Thursday**



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		01	02	03	04	05
		Y8 Preparation for Assessment				
06	07	08	09	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
Y9 Study Skills	Y7 Study Skills	Y8 Study Skills		Y10 My Career Journey (1)		
27	28	29	30			

Y11 Intervention planned for after Easter???

# May 2026

## Pastoral Curriculum



**Y7 – Tuesday**  
**Y8 – Wednesday**  
**Y9 – Monday**  
**Y10 – Friday**  
**Y11 – Thursday**



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				01	02	03
				Y10 My Career Journey (2)		
04	05	06	07	08	09	10
	Y7 Study Skills	Y8 Study Skills Extended Pastoral Curriculum (P5)		Y10 What type of Career is best for me?		
11	12	13	14	15	16	17
KS3 Assessment Window Starts				Y10 Wellbeing in the Workplace		
18	19	20	21	22	23	24
				KS3 Assessment Window Finishes Y10 In Person, Hybrid & Remote: What works for me?		
25	26	27	28	29	30	31

# June 2026 Pastoral Curriculum



Y7 – Tuesday  
Y8 – Wednesday  
Y9 – Monday  
Y10 – Friday  
Y11 – Thursday



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	02	03	04	05	06	07
Y9 Introduction to Knife Crime Y10 Exam Window Starts	Y7 Introduction to Knife Crime	Y8 Introduction to Knife Crime		Y10 Writing CVs and Personal Statements		
08	09	10	11	12	13	14
Y9 The Reality of Knife Crime	Y7 Dialogue Between Two Friends	Y8 Real Life Stories		Y10 Writing CVs and Personal Statements		
15	16	17	18	19	20	21
Y9 Real Life Stories (Victims)	Y7 Why Carry a Knife?	Y8 What are the Consequences of Carrying a Knife?		Y10 Writing CVs and Personal Statements Y10 Exam Window Ends		
22	23	24	25	26	27	28
Y9 Real Life Stories (Victims' Families)	Y7 The Reality about Carrying a Knife	Y8 Giving Advice		Y10 Writing CVs and Personal Statements Extended Pastoral Curriculum (P1)		
29	30	31				

# July 2026

## Pastoral Curriculum



Y7 – Tuesday  
 Y8 – Wednesday  
 Y9 – Monday  
 Y10 – Friday  
 Y11 – Thursday



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		01	02	03	04	05
		Extended Pastoral Curriculum (P1)		Extended Pastoral Curriculum (P1)		
06	07	08	09	10	11	12
	Review Day & Introduction Day					
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		