

Kennedy Chronicles - Year 10



We believe that a strong partnership between home and school is vital for helping young people navigate the modern world safely. This termly newsletter outlines the upcoming topics in our Relationships, Sex, and Health Education (RSHE) curriculum.

Our goal is to provide students with factual, age-appropriate information to help them make healthy, informed, and safe choices

Weekly Tutor times this term

Mondays – Checking the basics and EXPLORE learning

Tuesdays – Attendance and work experience

Wednesdays – RSHE curriculum

Thursdays – RSHE curriculum

Fridays – Assembly

Key Dates

14th Oct – Work experience information evening

Wk. beg 19th Oct – Kindness Campaign

20th or 22nd Oct – Geography students to Carding Mill Valley

24th Oct to 1st Nov – Half term

8th Nov - Diwali

11th Nov – Remembrance Day (Poppies for sale throughout the week before)

27th Nov - INSET day (no school for students)

8th Dec – Celebration assemblies - A half 10.00am and B half 1.30pm

19th Dec – Start of Christmas Holidays

Weekly - PreLearning sessions -every lunchtime and Wed after school in S27, BeYOUty project after school.

Topics to be covered during tutor times

These are planned sessions and may be adapted or changed depending on the needs of the students throughout the term.

	Summary of topics to be covered	Links to resources
September	Expectations, Goal setting, Student leadership,	
October	Relationships -setting healthy boundaries Mental Health Target setting,	https://www.mind.org.uk/for-young-people/
November	Mental Health and Wellbeing Emotional wellbeing Planning for exams	https://www.youngminds.org.uk/young-person/
December	Managing risks and personal safety, Substance misuse and	https://www.talktofrank.com/get-help/dealing-with-peer-pressure

Useful Websites

Kooth - <https://www.kooth.com/> Kooth is a free, safe, anonymous online mental health service for young people that is accessible 24/7, 365 days of the year.

Young Minds - <https://www.youngminds.org.uk/> Mental health charity for young people.

Unifrog - <https://www.unifrog.org/> It helps students explore the worlds of work and education, and find the best next step to realise their aspirations.