

Y9 PSHE 1 - Health and Wellbeing

Signs of poor mental health

Key Term

Definition

Emotional wellbeing

How well someone can manage their emotions and cope with challenges

Mental health

How good someone's mental wellbeing is

Bereavement

Death of a loved one

Positive risk

A risk that might have a positive result e.g. joining a new sports club

Negative risk

A risk that might have a negative result e.g. running across a road

Depression - continuous low mood/sadness, feeling hopeless, low self-esteem, lack of motivation, feeling worried, poor sleep or sleeping more than normal

Anxiety - continuously feeling restless or worried, having trouble concentrating or sleeping, suffering from dizziness or panic attacks

How to look after your wellbeing

Getting enough sleep, eating well and exercising. Spending time with friends, helping others (e.g. volunteering) and remembering a time you felt safe and cared for. Also seeking help (see below).

Where to get support

In school you can get support for your wellbeing from your form tutor, wellbeing (Miss Thetford), the school nurse (Miss Fox) your Head of House, pastoral, or any trusted adult. You can also contact one of the organisations on the right.



Y9 PSHE 2 - Living in the Wider World

Teamwork - positive roles

Ideas person: comes up with solutions and creative ideas

Coordinator: organises the different tasks for members of the group

Encourager: offers encouragement and support to keep the group working

Harmoniser: calms people down and tries to find solutions to arguments

Follower: accepts the group's ideas and works to support them

Key Term

Definition

Value

An idea or cause that is important to an individual or a group

Rights

What the law says people should have e.g. everyone has the right to an education

Responsibilities

A duty to behave in a certain way e.g. we have a responsibility to put our litter in the bin

Aspiration

A hope or ambition of achieving something

Active listening

This is where you pay close attention to what someone is saying and the way they say it.

Skills

Things you have learned that help you do a job well e.g. communication skills

Attitudes

Personal characteristics that you have e.g. being patient or reliable

Bell-tower: rings on the hour and when it's time to go to church

Large door: welcomes people in

Graveyard: people who attended the church who died are buried near the church



Church of England - Leaders

Jesus

Monarch

Archbishops

Bishops

Vicars

Types of Worship

In public, Christians worship through prayer, hymns (religious songs), Bible readings and sermons (talks by a vicar) In private, Christians pray and read the Bible. Protestants may recite the Lord's Prayer, Catholics may use rosary beads. Some create art and music to express their faith.

Y9 RE 1 - Christianity (Churches and Worship)

Features inside churches

Stained glass windows	Let light into churches, often show scenes from Jesus' life
Alter	Focal point of the church, where communion takes place
Organ	Plays traditional church music
Pulpit	Raised platform where the vicar stands to speak to the congregation
Pews	Seats or benches
Font	Large stone bowl used for baptisms, ceremonies where people become Christians