

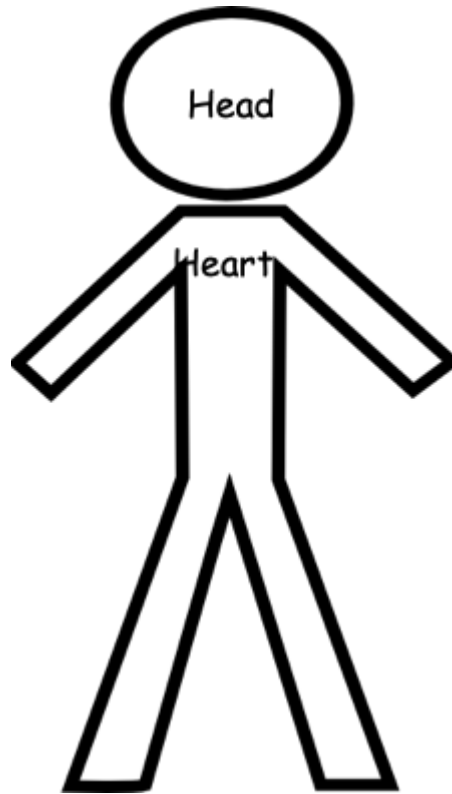
LYMM HIGH SCHOOL YEAR 7

Pastoral Curriculum
Autumn 23-24



What will we feel transiting to secondary school?

1. To start, label your stick person with what they might have **thought** starting a new school and what they might have **felt**. They're two slightly different things - what is the difference?



2. Complete the sentences below using the emotion wheel on the board to help

1. Talking in front of the class makes me feel ...
2. When I make things with my hands I feel ...
3. During reading I feel ...
4. During free time I feel ...
5. When I come to school each morning I feel ...
6. When I share in class I feel ...
7. During sport I feel...
8. During lunchtime I feel ...
9. Friends make me feel ...
10. When my teacher reads a story I feel ...

What will we feel transitioning to secondary school?

Situation	Advice
<p>Scenario 1 "I'm worried I have fallen behind from missing so much school last year. I hope the work isn't too hard and that I get to know my new teachers quickly."</p>	
<p>Scenario 2 "I'm going to a different school than most of my friends but my sister loves her new friends from secondary school, so maybe this will be the same for me."</p>	
<p>Scenario 3 "I have dyslexia and had brilliant support from my primary school, I hope it is the same in secondary school."</p>	
<p>Scenario 4 "I find changes hard to start with, but my cousin got extra help and it went OK for her."</p>	

Where can you go for help?

1. Your form tutor
2. Your Head of Year
3. Your other teachers - they will all be able to help you
4. Student services - next to the canteen
5. Message the 'Tell Us' email or use the QR code below and we will get back to you: tellus@lymmhigh.org.uk. You can also use the form on the school website for this.
6. Visit Childline.org.uk or call them or message them for a chat
 Their phone number is 0800 1111. They are happy to talk about anything that is worrying you



TRAVEL SAFETY AND EMERGENCY SITUATIONS

LO: How can I keep myself and others safe in the wider world?

DO NOW:

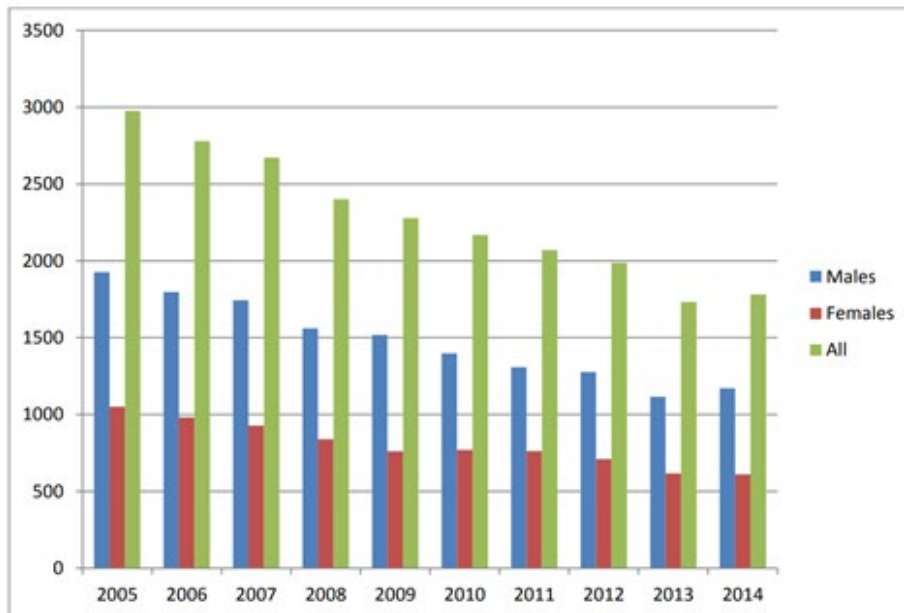
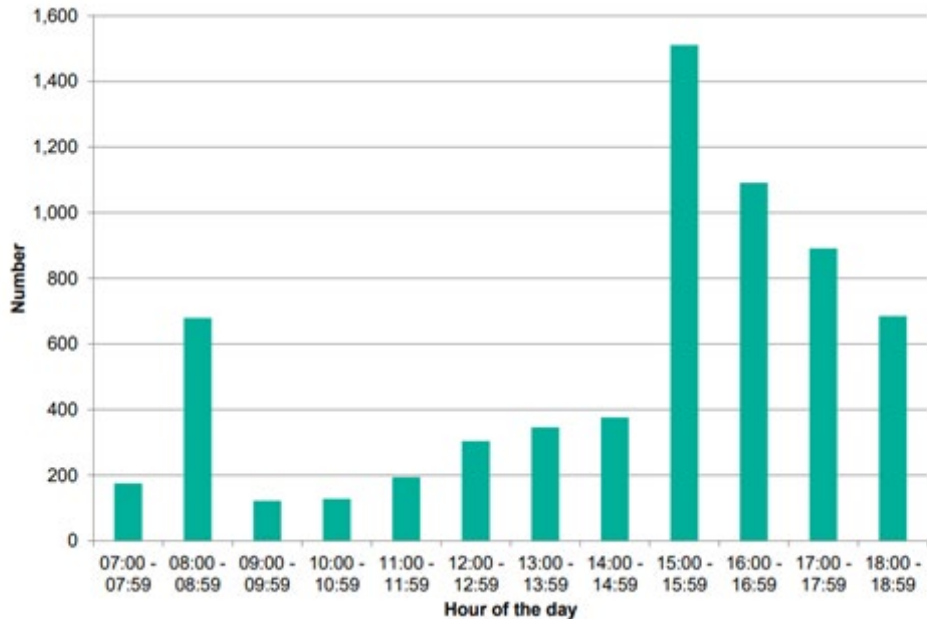
Think about the word *risk*.

1. What does it mean as word?

2. How does it apply to your every-day life?

Positive Risks	Negative Risks

Look at the graphs below and discuss what you think they show with your partner



Using the images below imagine you are both a pedestrian and driver on these roads around a school's pick up and drop off times. What are the potential points of danger and risk for both?



DRIVER:

PEDESTRIAN:

Top Tips for Safer Travel...

1. Avoid crossing roads at blind corners or summits. If you can't see if cars are coming they can't see you.
2. Make sure you Stop, Look and Listen when crossing roads
3. Encourage your friends to stay safe when crossing the road: do not rush across the road to meet someone.
4. Give yourself plenty of time. Do not rush a journey that may have busy roads.
5. Avoid distractions. Headphones can be you are unaware of the traffic around you.
6. Support others from being distracted by taking calls/message when they are driving

FINAL REVIEW:

Think about what you have learned and fill in the grid below with possible everyday activities with risks and how you can limit them. Include firework night, water safety and road safety in your answers.

Activity	What...	Might...
Crossing the road	Hit by an on coming vehicle	Risk reduced if I am concentrating on the road, for example not wearing headphones.



Water Safety

LO: How can I keep myself and others safe in the wider world?

WATER SAFETY:

We are really, lucky in Lymm to have access to some beautiful water ways. These include Lymm Dam, at the heart of the village, and the Bridgewater canal, that runs through it.

WHAT DO YOU THINK SOME OF THE RISKS ARE?



COLD WATER SHOCK

One of the main dangers of going into water outdoors is **cold water shock**.

All waters around the UK can cause this, even in summer. Most water around the UK is the same as a temperature as a swimming pool or below.

'Cold Water Shock' is a term used to describe the reactions our bodies take to entering cold water. Although they are designed to protect us they do sometimes work against us.

Your body goes through several stages during this process:

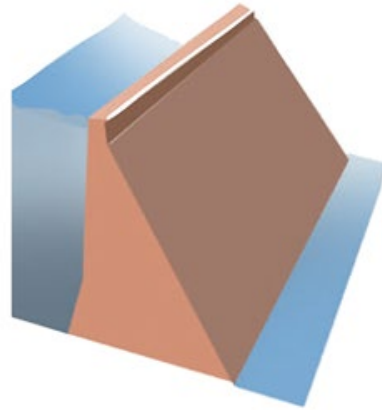
1. A sharp intake of breath as you enter the water (think about times when you have stepped into a swimming pool for the first time). This could lead to inhaling water as you enter the body of water.
2. This can lead to you losing control of your breathing and it becomes very rapid (hyperventilation).
3. Your blood pressure will rise as your body reacts to keep your blood warm by moving it quickly to the middle of your body.
4. As your muscles cool they lose their strength and endurance meaning you cannot swim as effectively. This can lead to swim failure and an inability to swim at all.



DANGER REVIEW

Use what you have just talked about to make note of what each of the images below represent in terms of dangers from swimming in dams and canals.





What will I experience going through puberty?

Task 1. Write an appropriate response to the following scenarios.

1. I'm really worried that everyone is starting to talk about periods and voice changes and I'm not experiencing any of this. Am I normal?

2. I've suddenly started arguing with my family all the time and it's getting me down. Why can't we get on like we used to?

3. One of my older brother's friends keeps suggesting we spend some time alone together at his place. I really fancy him but something doesn't feel right. What should I do?

4. My auntie keeps forwarding messages and posts about how women should behave before marriage and within relationships. It's making me uncomfortable, and I'm worried I'm supposed to behave in ways that don't feel right. What should I do?

Task 2: Sort the cards to show the different types of physical changes young people experience during puberty. Sort them into three categories: Biologically male, biologically female or changes that can happen to anyone. Write the category under the card

Voice changes to get deeper	Period starts	Sometimes nipples become fuller or darker	Moods seem to change a lot
Some people begin to masturbate	A white liquid (discharge) starts coming out of the vagina	Hair starts to grow under arms	Hair starts to grow on face
Hair starts to grow around the genitals	Start to sweat more and smell differently	The body starts to change shape and size	Shoulders become wider
Hips grow wider	Feeling intense emotions	Sexual feelings may begin	The penis and testes grow
Breasts begin to grow	May have spontaneous erections and wet dreams	Sperm starts being produced	Eggs start to mature
Hair may become greasy	Confusion about maturity	Can feel teary or angry for no reason	Spots might start appearing

What will I experience going through puberty?

Task 3. In your groups, pick a scenario and give advice to the character about what they should do next.

My emotions are all over the place. One moment I feel really happy and over-excited and then the next I feel really down. Often, when I'm sad, there isn't really any reason for it. My mum keeps asking what's wrong, but it's hard to explain it to her. She thinks there must be a reason why I'm sad and when I say "Nothing" she thinks I'm keeping secrets from her.

My parents are so strict. Everyone else is allowed to stay out much later than me, and they all hang out in town together. My parents have so many rules and say I have to be back straight after school so I can do my homework and chores. I wanted to hang out with friends, so I came back late a couple of times last week and now I'm grounded for a month. I hate being a teenager!

I started my period but I'm too embarrassed to tell anyone at home. I have an older sister, but she's a lot older and has been out a lot. Some blood leaked on my bedsheets overnight and I didn't know what to say. I need to buy some period products but I'm not sure what to get and I haven't got that much money.

I've started dating someone at school and I really want to tell my parents. Before, I've always told them everything - we're really close. But I'm worried they'll say I'm too young and should focus on school and getting good grades. I've become anxious about letting them down and they're putting a lot of pressure on me to do well. How will they react if I tell them I've fallen in love?

Suggestions

It's good to talk and be open and honest with family, even if this can feel embarrassing or awkward

Writing a bullet point list to take into a conversation or writing a letter can help if someone is worried about what to say

As young people develop more independence, people may need to negotiate new rules with their parents/carers, and stick to them!

Demonstrating responsible behaviour and helping out where possible builds trust with parents/carers

Find a good time and place to talk to family about embarrassing or difficult issues; for example, they might find it harder to listen if they are in the middle of cooking dinner or rushing out to the shops

Remember there are lots of sources of advice and support on puberty including teachers at school and websites like [Childline](#)

It is important to demonstrate the ability to balance time between friends/relationships and school work, for example by making sure to complete homework before asking to go out with friends

Some parents/carers are more open to these kinds of discussions than others. Speaking to another trusted adult can help.



What is menstrual wellbeing?

Task 1: Fill in the boxes using the resources around the room. Use appropriate classroom language only.

Product	How it's used	Advantages of using the product	Drawbacks of using the product
Tampons			
Towels/pads			
Menstrual cups			
Reusable pads			
Period pants			

What is menstrual wellbeing?

Task 2: What advice do you have for the following scenarios?



1. I can't go to swimming training when I have my period, but I'm too embarrassed to tell my mate or coach.

2. I do get moody on my period and my mates get annoyed with me. One of them is always saying 'she must be on her period' even when I'm not.



3. I just want to stay in bed and eat sugary snacks during my period. I also get really bad cramps.

4. I have to be really careful with how many pads I use as we can't really afford to buy more than one pack a month.



5. I leaked last time during the day and it showed through my clothes. I didn't know what to do, I was so embarrassed! I ended up wearing my big coat around my waist and waiting at school until everyone had gone before going home.

6. I ended up in a loo with no disposal bin, I was fairly sure there was one just outside but I ended up flushing the pad down the loo. I knew I shouldn't but I was too worried someone might see me putting it in the bin.



7. I have only just started my periods a few months ago so they are very irregular. I know that's completely normal but I'm anxious as I'm never quite sure when I'm due to start.

8. I'm so tired during my period and just want to curl up and sleep on the sofa but then at bedtime I'm not tired and feel worse the next day.



Suggested advice

Period problem post	Suggestions
<p>1. I can't go to swimming training when I have my period, but I'm too embarrassed to tell my mate or coach.</p>	<p>It's nothing to be embarrassed about. Talk to your coach, they will likely have encountered this before and will understand. Products such as tampons or menstrual cups can be worn when swimming.</p>
<p>2. I do get moody on my period and my mates get annoyed with me. One of them is always saying 'she must be on her period' even when I'm not.</p>	<p>Speak to friends- explain it is upsetting when they make statements like this and ask them to stop. These kinds of comments are sexist and not appropriate, so talk to a trusted adult if they happen again. Try to avoid taking frustrations out on friends where possible, even if periods are affecting mood – but confiding in friends that you are feeling out of sorts can be helpful as others often feel the same. Relaxation techniques and good sleep habits can help to manage mood.</p>
<p>3. I just want to stay in bed and eat sugary snacks during my period. I also get really bad cramps.</p>	<p>Sugary food can make people feel bloated and affect mood and energy. Exercise is good for relieving cramps and, together with eating healthily, can help people feel more energised. Warm baths and hot water bottles can also be relaxing for cramps. Some people find painkillers help. If the cramps do not improve, seeing a GP can be helpful.</p> <p>Purchasing menstrual products can be more difficult for those on stretched household budgets. There are places to get free products and often the school nurse and/or PSHE teacher has spares. Local food banks and Red Box Project boxes can also help. Reusable products are more expensive to buy initially but work out much cheaper over time so may be worth considering.</p>
<p>4. I have to be really careful with how many pads I use as we can't really afford to buy more than one pack a month.</p>	<p>This is common, especially when periods are just starting and can be quite irregular. People will understand! It can be helpful to carry a spare set of pants, pads, tampons, tissues/wipes until feeling more confident about predicting the menstrual cycle and which products are most suitable. Going to the toilet more regularly during breaks and lunch can help, as can using a higher absorbency product on heavier days (which tend to be at the start of a period).</p>
<p>5. I leaked last time during the day and it showed through my clothes. I didn't know what to do, I was so embarrassed! I ended up wearing my big coat around my waist and waiting at school until everyone had gone before going home.</p>	<p>Most would not notice or worry about someone putting a pad in the bin. Products are not designed to be flushed down the toilet, so they can block the drains. If it happens again, wrap it up in the wrapper of the next pad or in some tissue and put the whole lot in the nearest bin.</p>
<p>6. I ended up in a loo with no disposal bin, I was fairly sure there was one just outside but I ended up flushing the pad down the loo. I knew I shouldn't but I was too worried someone might see me putting it in the bin.</p>	<p>It is common for periods to be irregular at the start, so it can help to be prepared with a spare set of pants and menstrual products. Some people use panty liners around the time they are due to start their period. There are free phone apps and calendars which can help predict when someone is likely to start their period.</p>
<p>7. I started my periods a few months ago and they're very irregular. I know that's completely normal but I'm never sure when I'm due to start which is making me anxious.</p>	<p>Puberty affects the sleep cycle – the body naturally shifts feelings of sleepiness to later (10-11pm or even later) yet there is still a need for a full night's sleep. Sleep is beneficial for overall health, so it is important to try to maintain regular sleep routines. Exercise during the day can help a person to feel less lethargic, relieve cramps and sleep better at night.</p>
<p>8. I'm so tired on my period and just want to curl up and sleep on the sofa but then at bedtime I'm not tired and feel worse the next day.</p>	<p>Puberty affects the sleep cycle – the body naturally shifts feelings of sleepiness to later (10-11pm or even later) yet there is still a need for a full night's sleep. Sleep is beneficial for overall health, so it is important to try to maintain regular sleep routines. Exercise during the day can help a person to feel less lethargic, relieve cramps and sleep better at night.</p>

Task: Write true or false next to the statements

1
Bullying is mostly a male
behaviour.

3
Bullies come from all different
types of families rich and
poor.

5
You can spot bullies because
they are large and aggressive

7
Bullies are insecure and have
low self-esteem.

9
Targets of bullies are usually kids
with physical differences (overweight,
glasses, funny looking, etc.).

2
Once a bully always a bully

4
Bullies are just as likely as
the rest of us to be successful
in life.

6
Fighting back against a bully
will not solve the problem.

8
You can change a bully's
behaviour by focusing on what
happens at home.

10
We should report bullying because
it almost always makes the
situation better.

Think about a time you saw bullying happening.

Write or draw what it looked like, felt like and sounded like in the table below.

What does
bullying look like?



What do people
who bully feel like?



What does
bullying sound like?



Bullying as a group behaviour



Don't support a bullying ringleader

1. Don't laugh at unkind jokes
2. Don't support bullying comments
3. If someone says something mean either defend the person its being said about or don't say anything at all and move the conversation on
4. Tell an adult if you're not sure how to help
5. If you're happy to try to be a defender and support the person being targeted

Where can you get support?



Childline: childline.org.uk/info-advice
Or call 0800 1111
Or text Shout:
Text 85258



Your online mental wellbeing community

Free, safe and anonymous support

• [Watch our film](#) • [Join Kooth](#)



Just some of the things you'll find on Kooth

- Magazine: Read stories, articles and more from our community.
- Discussion Boards: Get your questions answered by our community.
- Chat with the team: Get help and support from our experts.
- Daily Journal: Write your thoughts and feelings.



This is a CONFIDENTIAL way to stop YOU or a FRIEND or SOMEONE you have seen SUFFERING.

The TELL US Reporting System can be used by students to safely submit any concerns confidentially so that we can HELP and SUPPORT when and where needed. Please let us know if anything is worrying YOU.

Don't keep it to yourself - TELL US!

Use the form below to report anything of concern to the school support team. For example, unkindness and unkind behaviour, making concerns about a friend - anything you wish to tell us. You do not have to provide your name or email address and without, the form is completely anonymous. However, if you do wish to be contacted about your message then these details are included.

Name:

First: Last:

Email:

Message to the School:

Report bullying when you see it or experience it. Tell a teacher you trust.

Having a Healthy Lifestyle



LIFE PROGRAMME

HEALTH AND WELLBEING (HEALTH AND PUBERTY)

Healthy routines, influences on health, puberty, unwanted contact, and FGM



'Being healthy' can feel like a bit of a balancing act. There are several factors to consider that all must be in balance for use to consider ourselves healthy. Look at the diagram below:



TASK:

Think about each of the sections and answer the following to show what you understand at this stage:

1. What is "enough sleep"?
2. What is a "balanced diet"?
3. How much is "enough" water?
4. How much exercise should you be doing?
5. How to we keep up a good, daily hygiene routine?
6. What are the health risks of drugs, alcohol and tobacco?

Make Notes of your ideas here:

Sleep:

Balanced Diet:

Enough water:

Exercise:

Hygiene and Risks:

How do I get a good nights sleep?

Strategy	Impact
Reduce blue light exposure in the evening (light emitted from phones, Television and computers)	
Take a relaxing bath or shower	
Don't consume caffeine late in the day	
Relax and clear your mind in the evening	
Optimise your bedroom environment - minimal light and noise	
Reduce irregular or long daytime naps	
Exercise regularly - but not before bed	
Try to sleep and wake at consistent times	

Exercise



LIFE PROGRAMME

HEALTH AND WELLBEING (HEALTH AND PUBERTY)

Healthy routines, influences on health, puberty, unwanted contact, and FGM



EXERCISE AND BEING ACTIVE

Let's start with the advice that the WHO (World Health Organisation) says about young people and being active.

THE WHO recommends the following:

- Children between 5-17 should accumulate 60 minutes of moderate-vigorous physical activity each day.
- The daily physical activity should be aerobic in nature (it should get your heart rate and breathing rate up, sometimes referred to cardiovascular). This is opposed to strength or flexibility training.
- Any activity after 60 minutes does have additional benefits therefore this is not a limit.

TASK

This advice may seem a little daunting but does include some everyday activities such as recreation/play, PE, planned exercise activities/sports, chores and general physical activity that gets the heart rate up. For example if you walk to school at it takes 15 minutes at a brisk pace then walking to and from school already gives you 30 minutes of activity.

1. Think about a normal school day. What are the moments of physical activity and how long do they last?
2. On a day to day basis do you hit your 60 minute accumulated time?
3. What could you add in to help you get to the WHO's total?

1. _____

2. _____

3. _____

Task: What makes a balanced diet? Complete the pie chart to show how much of each food type you should eat. Give the foods a picture to represent them in the key

Fruit and Vegetables (they contain vitamins and minerals. Guidance says you should eat 5 pieces of fruit or veg a day)

Milk and Dairy (Cheese, milk and eggs help develop our bones and maintain healthy teeth)

Fats (There are saturated fats that you find in products like cream, oil and butter as well as healthy fats in nuts, avocados and olives)

Carbohydrates (products like bread, pasta and potatoes. They give us the energy we need to keep on the move)

Protein (found in meat, beans and pulses they help our bodies grow and repair themselves)

