

SKILLS
FOR
LIFE

Life Skills @ Sancroft

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Keeping your child safe in the Modern World





Damian Hinds - Conservative MP

Former Secretary of State Foreword

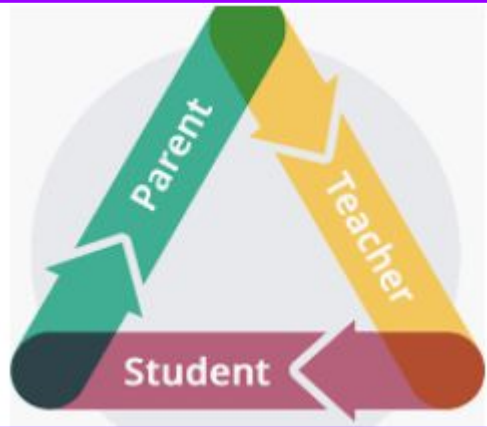
“Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment children and young people need to know how to manage their academic, personal and social lives in a positive way”.

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- The curriculum and lessons are being developed with evidence based resources, extensive training, student, parent / carer, and governor consultation as well as an understanding of our local health data.



NSPCC
'Learning'



Harleston Sancroft Academy - RSHE

Vision Statement

Our Relationships, Sex and Health Education curriculum equips all our students with the knowledge, values and skills to live life in all its fullness.

Our curriculum creates and changes life chances for students, whatever their background. Within RSHE at ASHS we want to ensure all our students feel safeguarded, happy and healthy.



Diocese of Norwich
St Benet's
Multi Academy Trust

How questions
will be
answered...

How do the sperm
move?
can your eggs
Brake?

do they make
Sexual intercourse
oo euh ooo



**Questions can be
submitted
confidentially to an
'Ask it Basket'. The
teacher can then read
them and answer
appropriately.**

what happens
of somebody
starts the
period in S

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Life Skills represents a huge opportunity to help our children and young people develop. The knowledge and attributes gained will support their own, and others', wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society.



Classroom agreement

18th September 2020

No singling people out

No judging

No personal questions

Use the
scientific term

No shouting
out

appropriate
behaviour

Binge drinking



Write in title of the lesson. Thank you!

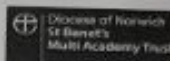
LESSON TITLE

Binge drinking

Baseline Confidence Checker										
Before the Learning	1	2	3	4	5	6	7	8	9	10
Planned		NOT CONFIDENT				CONFIDENT				VERY CONFIDENT
After the Learning					✓					
Before the Learning	1	2	3	4	5	6	7	8	9	10
Planned		NOT CONFIDENT				CONFIDENT				VERY CONFIDENT
After the Learning								✓		



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Binge drinking - the consumption of an excessive amount of alcohol in a short period of time.

Alcohol poisoning - condition in which alcohol causes the body's functions (heart rate, breathing and gag reflex) to shut down, and when the liver can no longer detoxify the alcohol in the body.

Online Fraud

16th October 2020



Write in title of the lesson. Thank you!

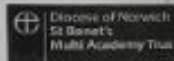
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Online Fraud

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After the Learning								✓		



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Phishing - fraudulent practice of sending emails purporting to be from reputable companies in order to induce individuals to reveal personal information.

Fraud - wrongful or criminal deception intended to result in financial or personal gain.

Cybercrime - criminal activities carried out by means of computers or the internet.

Stress Management

Friday 20th November



What is the main message of this lesson?

LESSON TITLE

Stress Management

Year 10 - 10th November 2020

Day	1	2	3	4	5	6	7	8	9	10
Maths		Maths			Maths					Maths
Science					Science					
History										
PE										
Art										
Music										
RE										
PSHE										
English										
French										
Spanish										
Latin										
IT										
Design										
DT										
Woodwork										
Metals										
Textiles										
Food										
Home Economics										
Business										
Accounting										
Law										
Politics										
Geography										
Physical Education										
Religious Education										
Personal, Social, Health and Citizenship Education										



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How can we keep good mental health and cope successfully with stress?

Starter

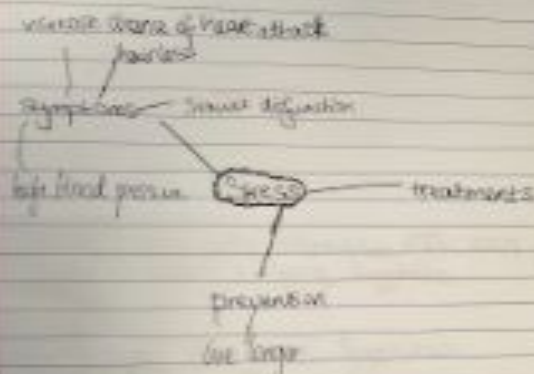
Label these common mental health symptoms - are they symptoms of stress, depression or both?



What exactly is stress? How does it make us feel? Is stress always bad for us, or can a small amount be beneficial? Explain.

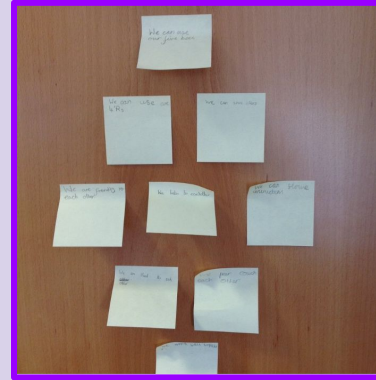
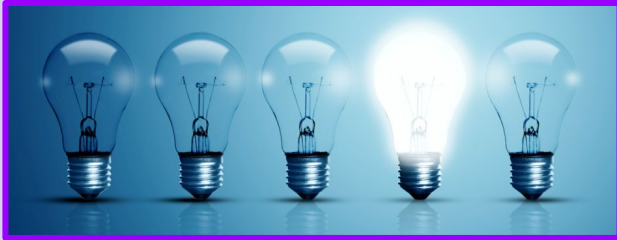
Mental health - like physical health, a measure of how well a person is, get in the mind and of their body.

Stress - a state of mental or emotional strain resulting from difficult or demanding circumstances.



Life Skills at Sancroft

- Let's develop a classroom working agreement:
- Any ideas?
- Let's make a diamond nine!



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