



**Brighton Hill
Community
School**

Making success inevitable

My World (Values) Curriculum

Summer term

Parent Collaboration

31/3/25



Coverage in this session

- What is being covered & why?
 - HT5: Health & wellbeing focus
 - HT6: Finance related & careers
- Delivered by Tutors in 2 afternoon Tutor sessions





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HT5 Health & Wellbeing



Statutory requirements

Health education (PSHE curriculum):

Every child is guaranteed a PSHE education that covers:

- Mental health and wellbeing
- Physical health
 - Healthy lifestyles
 - First aid





Why Health & wellbeing? (NHS 2023)



Among 8 to 16 year olds, rates of probable mental disorder were similar for boys and girls, while for 17 to 25 year olds, rates were twice as high for young women than young men.



HT5: Health & Wellbeing

Y7	Y8	Y9	Y10
Understanding mental health			
Managing stress			
Impact of fat & sugar on the diet & Eatwell Plate			
Puberty & menopause			



BHC

Health & wellbeing: Mental health

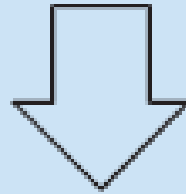
As a school we need to:

- Help students understand the difference between being anxious v anxiety; feeling sad or upset v depression
- Ensure students are able to manage their mental health before it gets to the point where they get to crisis point
- Talk openly about mental health in the same way we would talk about physical health
- Teach how exercise, sleep and diet impact out mental health as much as our physical health

Most importantly: It's about helping our students make informed decisions about how they can help themselves



Health & wellbeing: Physical health



The prevalence of obesity in Year 6 children decreased

from 23.4% in 2021/22 to 22.7% in 2022/23

This is still higher than in 2018/19 and 2019/20

Children who watch more than 60 minutes of TV a day are 50% more likely to have tooth decay, largely because of the extra sugar they consume.



Health & wellbeing: Physical health

- We need to help students understand what their body needs to function effectively
- Students need to understand the reality of the consequences of not giving their body what it needs to be healthy

Most importantly: It's about helping our students make informed decisions now they are at the age they have more freedom to make their own choices





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HT6 Finance & careers



Statutory requirements

Money (Citizenship programme of study):

- Students are equipped with the skills to enable them to manage their money on a day-to-day basis, and plan for future financial needs.

Careers skills (Careers framework)

- Skills delivered in My World link closely to the statutory careers framework which was covered in a November session



Headlines

Only 2/5 young adults are financially literate

May 15, 2023 | No Comments

The Money and Pensions Service (MaPS) estimates from its findings that around 5.4 million children across the UK do not have the money they will need in adulthood.

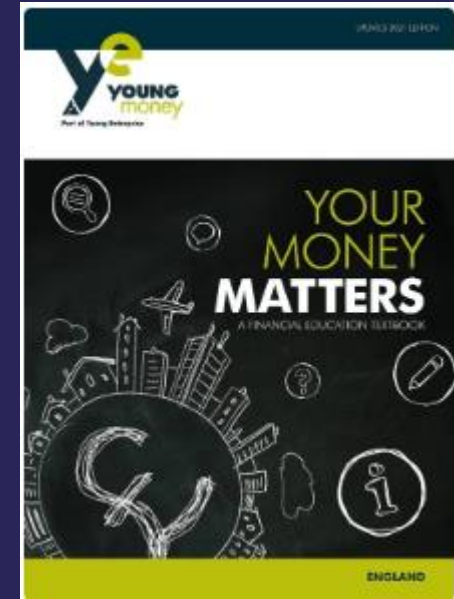


Careers: Work skills

- Finance:
- Your Money Matters
 - Martin Lewis (Money Saving Expert)

Careers:

- We use Barclays Life Skills resources
- Links to the summer DLD: Careers
- Further reinforced with activities using UniFrog during tutor sessions



HT6: Finance & Careers

Y7	Y8	Y9	Y10
Intro & functions of money			
Risks & consequences of financial decisions			
Work skills: Resilience			
Work skills: Problem solving			



Why teach careers skills & money?

Money

- Prepare students for managing their money as adults
- Help them to make informed choices
- The reality of the difference between their salary amount and the what they actually 'take home'
- The reality of living on their own

Careers skills:

- Students need to understand the soft skills required for the workplace
- They need to see how they practice these skills across the range of subjects they study so can see their relevance





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Any questions?





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