

# Wellbeing

Head of Department - Mrs Jenkin

# What will I learn?

## Year 12

- EPQ launch
- New challenges and Transitions
- Breast Cancer Awareness
- Work Experience Launch
- LGBTQ+ - Review and update
- Future planning, university, apprenticeships
- Victim support
- Mental Health support

## Year 13

- UCAS prep and CV update
- Me and my politics
- LinkedIn
- Mosaic
- Vita Nova
- Life at University and Beyond

# How will I be taught?

- Time to Talk Sessions with your tutor.
- External Speakers – Victim support, Vita Nova, Mosaic, University and Apprenticeship speakers
- Sixth Form Team
- Mrs Wilkinson
  
- Discussion, presentation and group activities

# Other opportunities - Become a Wellbeing Peer Mentor.

- Training is with Mrs Jenkin and is part of the enhancement programme
- You will be working mainly with Year 7 and 8 pupils
- 1:1 Mentoring
- Small group work
- Running a drop-in centre – this would be on a Wednesday lunchtime
- Run 3 wellbeing sessions
- Contribute to a Wellbeing newsletter