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CO-EDUCATIONAL DAY SCHOOL

Senior 7 Pastoral Lessons

Asking for Help
Building Stronger Friendships
Together Against Bullying
Communication Styles
Teamwork and Decisions
R U OK
Growth Mindset in Action
Overthinking & Catastrophising
Real Life Resilience
The Science Behind Strengths
Positive Psychology & PERMA
Deep Fakes and AI
Digital Footprint
The Dangers of your Internet Algorithm
Online Relationships
Online Masculine Narratives
Making Sense of Money
Smart Saving Strategies
Budgeting Basics
The Evolution of Money
Healthy Eating, Healthy Living
Rethinking Snacking Habits
Conflict Resolution
Exploring Personal Values
Fundamentals of AI





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Senior 8-9 Pastoral Lessons

Friendship Reminiscing
Growing Positivity & Optimism
Changing Emotions
Finding Calm Amidst Chaos
A letter of Appreciation
The Healing Power of Forgiveness
Mental Health Monitoring
Respectful Language
Mindfulness in Action
Getting the family moving
Health Trends across Generations
Male Body Image
Macro Nutrients 101
Understanding Stress
De-stressing Tool Box
Gay Rights
Power & Gender - Based Violence
Ageism and Ableism
Gaming Addiction
Phones and Sleep
Bank Accounts
Fundamentals of Business
Introduction to Investment
Financial Risk
Credit Cards





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Senior 10 Pastoral Lessons

Caring for your Mental Health
Catastrophising & Thinking Traps
Dealing with Challenging Thoughts
Embracing the Present Moment
Challenging Negative Thinking
Building Self Awareness
Empathy in Action
Exploring Emotional Intelligence
Building Healthy Masculinity
Laughter, Gratitude & Happiness
A letter of Gratitude
Random Act of Kindness
S.M.A.R.T. Goals
Clear Communication
Decision-Making Frameworks
Respectful Communication in Relationships
Leadership in Action
Support and Communication
Public Money
Wages and Payslips
Living Independently
Financial Potholes
Credit and Debt
Different Types of Employment and Income
Advanced Budgeting





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Senior 11 Pastoral Lessons

Being Assertive
Building Empathy & Connection
Consent & Coercion
Overcoming Mob Mentality
Power Dynamics & Consent
Help-Seeking and Peer Support
The Achievement Strength
Developing Positive Habits
Organised and Efficient
Career Pathways
Will you Marry Me
Ethical Dilemmas & Moral Reasoning
Safeguarding Democratic Systems
Substance Use and the Law
Separation of Power
Flow & PERMA
Self-Confidence
Growing Zest, Energy and Enthusiasm
VIA Character Strengths Survey
Embracing Your Unique Gifts
Cryptocurrency
Mortgages
Taxation
The Advanced Economy
Your Pension your Future

