



Wellbeing at King's

SUPPORTING OUR YOUNG PEOPLE TO THRIVE

As we begin a new term, we are excited to continue supporting our students' personal development through our **Learning for Life (LfL)** programme. These lessons provide students with the knowledge, understanding and skills needed to navigate modern life safely, confidently and successfully.

This newsletter provides an overview of the themes being explored by each year group and offers suggestions for conversations families may wish to have at home.

We also want to highlight some key services that help support a young person's wellbeing, as well as highlight the support your child can access within school.

WHAT STUDENTS ARE LEARNING THIS TERM IN LEARNING FOR LIFE

YEAR 7 LAW, CRIME & SOCIETY Laws, rights, responsibilities and justice. FRIENDS, RESPECT & RELATIONSHIPS Healthy friendships, communication and peer influence. TALK AT HOME <i>What makes a good friend, and why do communities need laws?</i>	YEAR 8 CELEBRATING DIFFERENCES Diversity, equality, inclusion and stereotypes. DIGITAL WORLDS & EMERGING DANGERS Online safety, misinformation and digital risks. TALK AT HOME <i>How can we help everyone feel safe online and offline?</i>
YEAR 9 BODY CONFIDENCE Self-esteem, media influence and positive self-image. COMBATTING EXTREMISM & TERRORISM Critical thinking, democratic values and harmful influence. TALK AT HOME <i>How can we judge whether online information is trustworthy?</i>	YEAR 10 EXPLORING BRITISH VALUES Democracy, law, liberty, respect and tolerance. APPLYING FOR WORK EXPERIENCE Employability, communication and workplace expectations. TALK AT HOME <i>Which skills and qualities help someone make a positive impression at work?</i>
YEAR 11 ADULT HEALTH & LOOKING AFTER YOURSELF Sleep, stress, nutrition, physical and mental health. POST-16 CHOICES Sixth Form, college, apprenticeships and careers. TALK AT HOME <i>What are your next-step goals, and what will help you reach them?</i>	YEAR 12 & 13 12 - POST 18 and Work Experience TALK AT HOME <i>How are you settling into sixth form life and what do future plans look like?</i> 13 - FINANCIAL PLANNING & MOVING ON Budgeting, student finance and post 18 applications TALK AT HOME <i>How are plans going for next year, what support and information can we help with?</i>

Any questions about the LfL curriculum please contact

Mrs L Phillips phillips.l@kings.peterborough.sch.uk (Y7-11) or

Mr R Dew dew.r@kings.peterborough.sch.uk (Y12-13)

SUPPORT & CONTACT

Outside of school

Kooth - is a **digital mental health platform** available both as a mobile app and online service, offering free, safe, and anonymous support for young people aged 10 to 25 in the UK [Home - Kooth](#)

MHST - The Mental Health Support Teams work with parents, young people and schools. We provide guided self-help strategies and interventions using Cognitive Behavioural Therapy (CBT). If your child is:

- primary school aged (5 to 11 years old) - they will work with the parents or carers.
- secondary school, college or sixth-form aged (11 to 18 years old) - they will work directly with the young person. [Cambridgeshire and Peterborough Mental Health Support Team](#)

In school

Your child is welcome to access the support we offer in school; this includes:

- their form tutor
- Miss N Key JD and Y7 Pupil Support Officer key.n@kings.peterborough.sch.uk
- Mrs J Farrell Y8 and 9 Pupil Support Officer farrell.j@kings.peterborough.sch.uk
- Mrs M Jones Y10 and 11 Pupil Support Officer jones.m@kings.peterborough.sch.uk
- Mrs S Rickard Y12 and 13 Pupil Support Officer rickard.s@kings.peterborough.sch.uk
- Mrs L Willis Pastoral Lead willis.l@kings.peterborough.sch.uk

You might also find the wellbeing resources on our website helpful:

[Wellbeing - The King's - School](#)

If your child walks from the City Centre, Bus or Train station, we have an advised route which we feel is the safest way to walk to school:

[Walking-Route-to-Kings-Picture-linked-to-above.jpg \(720×756\)](#)

This Route will also be shown to our pupils in the next couple of weeks during main school assembly.

If your child wants to report their own concern, they can find a link to My Voice on the school homepage, please do encourage your child to add their name if they wish to receive support from anyone in school...



MY VOICE®

“Wellbeing grows when young people feel supported, connected and able to cope.”