Holy Cross
CATHOLIC HIGH SCHOOL

Health and Minds Pupil Pathway

Year 11

- How to cope with exams
- **Addition**
  Including eating disorders
- Resilience Speaker
- Self Worth

Year 10

- Humanutopia Day
- Beliefs, Values and Attitudes
- Mental Health and Wellbeing
  Screens and sleep
- How self esteem changes
- Pressure and Influence

Year 9

- Health and Wellbeing
  Diet and exercise
- What is mental health
- SUMO

Year 8

- Healthy Inside and Out
- Online Bullying
  How to help and where to go
- Transition Activities
  Where to seek support

Year 7

www.holycross.lancs.sch.uk