Holy Cross
CATHOLIC HIGH SCHOOL

Health and Minds Pupil Pathway

Year 11

- How to cope with exams
- Addiction
  Including eating disorders
- Promoting emotional wellbeing
- Self Worth

Year 10

- Beliefs, values and attitudes
- Grief and Loss
- Mental Health and Wellbeing
  Screens and sleep
- Pressue and Influence

Year 9

- Health and Wellbeing
  Diet and Exercise

Year 8

- What is mental health
- Healthy Inside and Out

Year 7

- Online Bullying
  How to help and where to go
- Transition Activities
  Where tp seek support

www.holycross.lancs.sch.uk