

Safety in independent contexts

Ellesmere Port Catholic High School



YEAR
11

YEAR
10

YEAR
9

YEAR
8

YEAR
7

Stress management

Healthy eating promotion

Role models

Gangs

School recipe book

Healthy choices

Self efficacy

Lv2 Sports Leaders

Ill health and safeguarding health

Diet and exercise

Team building

YEAR
10

Healthy choices

Peer influence

Mental health and stigma

Influence and impact of drugs

Gangs

Promote your own club

Substance use

Team Building

Positive body image

Residential

Affects of alcohol

Birds of Prey

Team Building

Drugs and peer pressure

Mental health

Heathy Lifestyles



First Aid

Setting routines



Local clubs

Introduction

Self Concept

Your Wellbeing Learning Journey