Pastoral Curriculum

Motivational Mondays
- Motivational Quotes
- Class Assembly Discussions
- Moto for The Week Ahead
- Goal Setting

Tech-Free Tuesdays
- THINK Poster
- Screen Time
- Friends & Oversharing
- Social Media Savvy
- Online Safety / Digital Footprint
- Millennial Discussions

Well-Being Wednesdays
- Well-Being Workshops
- Canteen Healthy Meal Deal
- Mindfullness / Being Resilient
- Emotional Literacy / Self-Care
- Healthy Mind / Healthy Lifestyle
- Getting Involved / Giving Back

Thinking Thursdays
- Expectations / Standards / Attendance
- Anti-Bullying / Acts of Kindness
- Study Skills / Revision
- Literacy & Numeracy Tasks
- Drugs / Alcohol & Smoking
- Manners & Respect

Friday Take Five
- Review the Week (Highs & Lows)
- Self-Reflection
- Best Jokes on a Friday
- Reflection
- Breathing Exercises