

Pastoral Curriculum

Resources @ Google Drive > Pastoral Matters > Pastoral Curriculum



Motivational Mondays

- ✓ Motivational Quotes
- ✓ Class Assembly Discussions
- ✓ Motto 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
- ✓ Mindfulness / 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 Joke on a Friday
- ✓ Relaxation
- ✓ Breathing Exercises