



Maidstone Grammar School
for Girls

Non sibi sed omnibus

PSHE Day Overview 2025–2026

Intent	Implementation	Impact
To deliver a PSHE curriculum that supports the spiritual, moral, cultural, mental and physical development of students, and prepares them for the opportunities, responsibilities and experiences of later life. We aim to help students build resilience, understand personal safety and wellbeing, and become active, respectful citizens in modern Britain.	PSHE is embedded across all year groups through PSHE Days, form time sessions, assemblies, enrichment and drop-down events. Lessons address statutory PSHE and RSE guidance, and are tailored to suit each year group's developmental needs. Our PSHE Day programme includes external speakers, active learning, creative expression, and careers education.	Students are equipped with knowledge and strategies to manage their health, relationships, and future aspirations. They demonstrate increased confidence, empathy and responsibility. The impact is seen in positive student engagement, improved awareness of personal safety and wellbeing, and readiness for post-16 and post-18 transitions.

	PSHE Day 1	PSHE Day 2	PSHE Day 3	PSHE Day 4	PSHE Day 5
Year 7	Health and Wellbeing: Transition <ul style="list-style-type: none"> Road Safety What Makes a Good Friend? Managing My Emotions What is RISE? Team Building Team Building 	Relationships <ul style="list-style-type: none"> Bullying Positive Relationships – Friendship Positive Relationships – It's Not OK Resilience Online Safety Peer Pressure 	The Environment <ul style="list-style-type: none"> What Does it Mean to Be a Global Citizen? Ethical and Fair Trade Fast Fashion and Ethical Finance Eco-Friendly Living Climate Conference Climate Conference 	Health and Wellbeing <ul style="list-style-type: none"> Puberty Confident Me Dental Hygiene Personal Hygiene Alcohol Physical Fitness 	Living in the Wider World: Careers <ul style="list-style-type: none"> Meeting Alumni Skills Linking Skills to Careers Labour Market Information (LMI) Gender & Stereotypes Unifrog Treasure Hunt
Year 8	Equality <ul style="list-style-type: none"> Equality Multicultural Britain LGBTQ+ Feminism Project Work 	Relationships and Mental Health <ul style="list-style-type: none"> Consent Sexting Body Image 	Online Safety <ul style="list-style-type: none"> Fake News Self-Image Tools for Fact Checking Influencers for Truth 	Health and Wellbeing: Transition <ul style="list-style-type: none"> Aim a Little Higher Sun Safety Energy Drinks 	Living in the Wider World: Crime and Society <ul style="list-style-type: none"> Art Project Art Project First Aid

	<ul style="list-style-type: none"> • Project Work 	<ul style="list-style-type: none"> • Physical and Mental Health • Attitudes Towards Mental Health • Yoga / Mindful Colouring 	<ul style="list-style-type: none"> • Influencers for Truth (continued) • Mindful Colouring / Yoga 	<ul style="list-style-type: none"> • Relationships • Family Relationships • Friendship Bracelets 	<ul style="list-style-type: none"> • Criminal Responsibility • County Lines • Microaggressions
Year 9	Keeping Healthy <ul style="list-style-type: none"> • Drugs Awareness • Drugs and the Law • Alcohol • Smoking and Vaping • Pathway to GCSE • Creative Task 	Wellbeing and the Wider World <ul style="list-style-type: none"> • MidKent Mind • Sexual Violence • Body Image • Periods Awareness • Managing Peer Pressure • Art Wellbeing 	Careers: Step into the NHS <ul style="list-style-type: none"> • Intro to NHS • Job Satisfaction • NHS Research • Create a Job Advert • Presentations • Competition Entries 	Risky Behaviour <ul style="list-style-type: none"> • Personal Safety • Risk Taking • Self Defence • Gangs and Media Influence • Knife Crime • Art Wellbeing 	Equality and the Media <ul style="list-style-type: none"> • Microaggressions • Understanding Racism • Radicalisation • Civil Rights Research • Poster Creation • Animal Workshop
Year 10	Preparing for the Future <ul style="list-style-type: none"> • Apprenticeships • WEX Planning • Making Informed Choices • Creative Revision • What is Democracy? • Media & Democracy 	Online Behaviour <ul style="list-style-type: none"> • Maths Speaker • Cyberbullying • Social Media (TikTok) • Volleyball • Obsessive Online Behaviour • CV Writing 	Careers and Decision-Making <ul style="list-style-type: none"> • Interview Prep • Making Choices • Online Scams • WEX Workshop • Strengths • Careers Reflection 	Work Experience <ul style="list-style-type: none"> • Full-Day Work Experience 	Careers <ul style="list-style-type: none"> • STIs • Condom Demo • Female Health • Apprenticeship Talk • Microaggressions • Rounders
Year 11	Preparing for the Future <ul style="list-style-type: none"> • Revision Systems • Memory Magic • A-Level Options • Post-16 Pathways • Free Revision • Friendship Bracelets 	Future Preparation <ul style="list-style-type: none"> • Fake News • Business Ethics • Budgeting • Wellbeing (Boardgames) • Careers Fair Visit • Mock Reflection 	Careers Focus <ul style="list-style-type: none"> • Interview Prep • Interview • AI & Future Work • Finance • Free Revision • Art Wellbeing 	Wellbeing and the Wider World <ul style="list-style-type: none"> • Morning Mindfulness • Consent & Rejection • Self-Worth • Benchball • Subject Support • Subject Support 	—
Year 12	Keeping Healthy <ul style="list-style-type: none"> • Benchball • WEX • Unifrog • Social Media • Free Revision • Driving Theory 	Risky Behaviour <ul style="list-style-type: none"> • Watch Documentary • Intro by RWI • External Speakers • External Speakers (continued) 	Wellbeing & Future Prep <ul style="list-style-type: none"> • Cooking / Benchball • Cooking / Mindfulness • MidKent Mind • Post-18 Prep • Menopause 	Looking Ahead <ul style="list-style-type: none"> • Cooking / Benchball • Cooking / Revision • University Talk • Financial Literacy • Fake News 	Independent Study <ul style="list-style-type: none"> • Self-Directed Revision and Post-18 Preparation

		<ul style="list-style-type: none"> • Careers Fair Visit • Careers Fair Visit (continued) 	<ul style="list-style-type: none"> • University Research 	<ul style="list-style-type: none"> • Free Revision 	
Year 13	Preparing for the Future <ul style="list-style-type: none"> • AI • Free Revision • Future Thinking • Art Wellbeing • Personal Statements • Recruitment 	Wider World <ul style="list-style-type: none"> • Managing Money • Decision-Making • Budgeting • Fake News • Free Revision • Careers Fair 	Ethical Choices <ul style="list-style-type: none"> • Is Britain Christian? • Religions in UK • Multi-Faith Presentations • Q&A • Free Revision • LinkedIn 	Independent Study <ul style="list-style-type: none"> • Self-Directed Revision and Post-18 Preparation 	—