

The Oak Sixth Form Tutor and Assembly Plan 2022/2023



2022-23	Assemblies and Annual Days		Tutor Time Activity Themes	Assemblies and Annual Days		Tutor Time Activity Themes
			Year 12			Year 13
Term 1	5.9 SPH	Welcome – ethos and expectations	VESPA – A Level mindset Study skills Revision skills – Exam prep E-Safety Safe Drive Stay Alive: PSHE foci: H22. to understand how alcohol and drug use can affect decision making and personal safety, including looking out for friends, safe travel and drink-spiking H23. the impact of alcohol and drug use on road safety, work-place safety, reputation and career H24. the risks of being a passenger with an intoxicated driver and ways to manage this PSHE focus: Self-concept H1. skills and strategies to confidently manage transitional life phases H2. to recognise how idealised images of bodies and pressure to conform, can adversely affect body image and self-esteem; strategies to manage this pressure H3. to understand the issues and considerations relating to body enhancement or alteration, including long-term consequences	5.9 SPH	Welcome – ethos and expectations	Review of Year 12/Mocks
	WB 12.9 SPH	SPH - Ambition		WB 12.9 SPH	SPH - Ambition	Revision skills
	WB 19.9 SPH	E-Safety & social media profile		WB 19.9 SPH	E-Safety & social media profile	Study skills
	WB 26.9 SPH	Self-image		WB 26.9 SPH	Self-image	E-Safety
	WB 3.10 SPH	Aspiration		WB 3.10 SPH	Cohesive & Controlling behaviours	UCAS Personal Statements
	WB 10.10 SPH	Tolerance		WB 10.10 SPH	Tolerance	WIN Targeted students
	WB 17.10 WRU	Black History		WB 17.10 WRU	Black History	UCAS -Oxbridge/Medical/Vet applications
Collapsed timetable day tbc			Critical Thinking and Leadership		Revision, Study Skills and interview techniques	
Term 2	WB 1/11 SPH	Mental Health	Stress management WIN workshops for targeted students PSHE focus: Mental health and emotional wellbeing Sex and the media Anti-bullying week H4. to recognise signs of change in mental health and wellbeing and demonstrate a range of strategies for building and maintaining positive mental health, including managing stress and anxiety. H8. to take responsibility for monitoring personal health and wellbeing, including sun safety, breast awareness and self-examination, testicular self-examination and cervical screening. November Nurse visit. Work experience planning- World of work.	WB 1/11 SPH	Mocks - focus	Mock exams revision, Mocks and review UCAS applications Post 18 choices Sex and the media Mock reviews and target setting H4. to recognise signs of change in mental health and wellbeing and demonstrate a range of strategies for building and maintaining positive mental health, including managing stress and anxiety. H8. to take responsibility for monitoring personal health and wellbeing, including sun safety, breast awareness and self-examination, testicular self-examination and cervical screening.
	WB 8.11 SPH/SLT	Remembrance Day		WB 8.11 SPH - Exams	Remembrance Day	
	WB 14.11 SKI	Anti Bullying Week		WB 14.11 SKI	Anti Bullying Week	
	WB 21.11 Fire Service visit tbc	National Parliament Week		WB 21.11 Fire Service visit tbc	National Parliament Week	
	WB 28.11	Consent		WB 28.11	Consent	
	WB 5.12 SLT	World AIDS Day		WB 5.12 SLT	World AIDS Day	
WB 12.12 HOY	Human Rights Day	WB 12.12 SPH	Human Rights Day	Mock interviews /CV writing		
	Christmas/Celebration		Christmas/Celebration			
Term 3	WB 3.1 SPH	New Year's Resolutions	Global citizenship British values Celebrating different religions PSHE focus: Mental health and emotional wellbeing H5. to recognise common mental health issues such as anxiety, depression, eating disorders, self-harm and compulsive behaviours [NB It is important to avoid teaching methods and resources that provide instruction on ways of self-harming, restricting food/inducing vomiting, hiding behaviour from others etc., or that might provide inspiration for students who are more vulnerable (e.g. personal accounts of weight change).] H6. to recognise when they, or others, need support with their mental health and effective strategies to address difficulties and promote wellbeing H7. to analyse and evaluate support available to manage common mental health issues, and how to access the most appropriate support	WB 3.1 SPH	New Year's Resolutions	Exam reviews – focused targets
	WB 9.1 SPH	World Religion Day linked to Global Citizenship		WB 9.1 SPH	World Religion Day	Work/life balance
	WB 16.1 SPH	Martin Luther King Jr Day		WB 16.1 SPH	Martin Luther King Jr Day	Study skills and exam priorities
	WB 24.1 SPH – visitor tbc	Holocaust Memorial Day		WB 24.1 SPH – visitor tbc	Holocaust Memorial Day	Study skills
	WB 30.1 SLT	British Values		WB 30.1HOY	Safer Internet Day	Exam stress
	WB 6.2 SLT	LGBT+ Month Valentines		WB 6.2 SLT	LGBT+ Month Valentines	Building up to the real world: Uni life/living on your own Healthy vs controlling relationships Consent, date rape & sexual assault. Reporting & the Law. Contraception, fertility & reproductive health
Collapsed timetable: Futures Day			Yr12 University visit		Yr13 Study Skills, revision & mindfulness	
	WB 28.2 SPH	Fairtrade Fortnight	Exam preparation		Personal finance	
	WB 7.3 Exams	World Book Day	Stress management -Relaxation techniques:	Fairtrade Fortnight		
	WB 14.3 Exams	World Cancer Day		World Book Day		
				World Cancer Day	Personal finance	

Our School Vision

We will:

- Provide a world class learning experience for all our students
- Raise aspirations and support students to achieve their full potential
- Develop global citizens who are ready to overcome the challenges of tomorrow

Term 4	WB 20.3 SPH_SLT	International Women's Day	PSHE focus: Healthy lifestyles H8. to take responsibility for monitoring personal health and wellbeing, including sun safety, breast awareness and self-examination, testicular self-examination and cervical screening H9. to consistently access reliable sources of information and evaluate media messages about health H10. how to register with and access health services in new locations H11. to recognise illnesses that particularly affect young adults, such as meningitis and 'freshers' flu' H12. how to maintain a healthy diet, especially on a budget H13. how to maintain work-life balance, including understanding the importance of continuing with regular exercise and sleep, and balancing time online		International Women's Day	Personal finance
	WB 27.3 SPH	Mother's Day			Mother's Day	Study skills
	Easter				Easter	Basic car maintenance Life skills: healthy cooking on a budget
Term 5	WB 17.4 Exams	Shakespeare Day	Exam preparation PSHE foci: Healthy lifestyles H9. to consistently access reliable sources of information and evaluate media messages about health H10. how to register with and access health services in new locations H11. to recognise illnesses that particularly affect young adults, such as meningitis and 'freshers' flu'. NHS input. H12. how to maintain a healthy diet, especially on a budget. -Cooking on £5 challenge H13. how to maintain work-life balance, including understanding the importance of continuing with regular exercise and sleep, and balancing time online	WB 17.4 SPH	Shakespeare Day	Registering at new health practitioners/registering to vote.
	WB 24.4 Exams	Exam focus		WB 24.4 SPH	Zero Discrimination Day	Managing risks & personal safety: travelling/ transport/ insurance/ festival safety/ freshers' safety
	WB 1.5 SPH	International Children's Day		WB 1.5 SPH	International Children's Day	Stress management & relaxation
	WB 8.5 SPH	Mental Health Awareness Week		WB 8.5 SPH	Mental Health Awareness Week	Stress management & relaxation
	WB 15.5 SPH WB 22.5 SPH	Healthy Lifestyles Week		WB 15.5 SPH WB 22.5 Exams	Healthy Lifestyles Week	Stress management & relaxation
Term 6	WB 5.6 Exams	World Environment Day	Work experience- World of work. Year 12 UCAS CV writing UCAS Personal statements - WIN workshops for students. PSHE Foci: Managing risk and personal safety H14. to assess and manage risk and personal safety in a wide range of contexts, including online; about support in place to safeguard them in these contexts and how to access it H15. to manage personal safety in relation to travel, such as cycle safety, young driver safety, passenger safety, using licensed taxis and getting home safely H16. to travel safely around the UK and abroad; understand legal rights and responsibilities when travelling abroad, including passport, visa and insurance requirements H17. to perform first aid and evaluate when to summon emergency services, irrespective of any potential legal implications, for example, when the situation involves alcohol, drugs, gangs or violent crime Sexual health Possible after school First Aid course. H18. to develop a nuanced understanding of how to select appropriate contraception in different contexts and relationships H19. how to reduce the risk of contracting or passing on a sexually transmitted infection (STI) H20. how to take responsibility for their sexual health and know where, and how, to access local and national advice, diagnosis and treatment Drugs, Alcohol and Tobacco Visit by medical professionals/counsellors H21. to manage alcohol and drug use in relation to immediate and long-term health. Visits by former users/external agencies.	WB 5.6		Check-in
	WB 12.6 Exams	Father's Day		WB 12.6		Check-in
	WB 19.6 Exams	Refugee Week				
	WB 26.6 SPH	Windrush Day				
	WB 3.7 SPH	Transition week				
	WB 10.7 HOY					
	WB 17.7	Celebration/end of term handover				