

PSHE

Hello Yr11's.

You may not be in school at the moment, but that doesn't mean that you cannot continue your personal development. In fact, now is a great opportunity to develop valuable skills for life. So we have put together a series of resources that you can access during this time:

Financial Capability

Many of you have asked to learn more about how to manage finances. Well now you can! Martin Lewis (Money Saving Expert) has produced a textbook for students called 'Your Money Matters'. You may have spotted it on his bookshelf as he has been giving lots of interviews and advice on financial matters. He has made his book available online:

<https://www.young-enterprise.org.uk/resources/your-money-matters-financial-education-textbook/>. It is really easy to work through with short chapters on all money matters from savings accounts to loans and pensions.

Careers and Employability

You might also find it useful to use this time to think about your future career pathway. There are lots of websites that give careers advice. Here are some that you find helpful as a starting point:

<https://successatschool.org/>

<http://www.mybigcareer.org/>

<https://www.ucas.com/further-education/find-career-ideas>

<https://www.prospects.ac.uk/jobs-and-work-experience/apprenticeships>

In addition, the government has launched a new website to help people develop their skills during the Covid-19 outbreak and beyond. Courses are available to help build up their skills, progress in work and boost their job prospects. For details please see the website

<https://theskillstoolkit.campaign.gov.uk/>

Mental Health and Wellbeing

During this time, prioritising wellbeing is key. There are some excellent sources of support and resources that I would like to highlight to you:

Mind has produced a specific guide to maintaining good wellbeing and strategies to cope with anxiety related to coronavirus and having to stay at home. <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

This NHS website has resources and links to activities to help maintain good mental health and wellbeing and has a particularly good section on sleep. <https://www.nhs.uk/oneyou/every-mind-matters/>

Action for Happiness has lots of resources, but the coping calendar has some great daily suggestions for activities to bring some joy to the day. <https://www.actionforhappiness.org/coping-calendar>

PSHE is an important part of your studies in Sixth Form at King Edward VI. Nevertheless, these resources can be used whether you intend to continue your studies at King Edward's or not.

Miss R.Baggott (Head of PSHE)