



Week Beginning	Theme	Quote
07/09/26	New beginnings	'Be the change that you wish to see in the world' (Gandhi)
14/09/26	Consent	'Each time a woman stands up for herself, she stands up for all women' (Maya Angelou)
21/ 09/26	Digital footprint	'Don't say anything online that you wouldn't want plastered on a billboard with your name on it' (Erin Bury, Canadian Entrepreneur)
28/ 09/26	Body positivity	'Be yourself, it's really important that you don't try to be someone else' (Katelyn Ohashi, body positive gymnast)
05/10/26	Anti-Semitism and Islamophobia	"We may have different religions, different languages, different coloured skin, but we all belong to one human race." (Kofi Annan, Secretary General on the UN)
12/10/26	Resilience and Self-esteem	"The greatest glory in living lies not in never falling, but in rising every time we fall." – Nelson Mandela
HALF-TERM		
02/11/26	Guy Fawkes	'Remember, remember the 5 th November. Gunpowder, treason and plot'
09/11/26	Dental health	"Healthy teeth and gums are essential to overall health and well-being." – World Health Organization

THOUGHT FOR THE WEEK 2026 -27

16/11/26	Medicine Safety	"The first principle in medicine is to do no harm." – Hippocrates
23/11/26	Mindfulness and Relaxation	"Be where you are; otherwise, you will miss your life." – Buddha
30/11/26	Friendships	"There is nothing I would not do for those who are really my friends." – Jane Austen
07/12/26	Advent	"Advent is a time to prepare the heart, not just the home." – Dietrich Bonhoeffer (German Resistance WWII)
14/12/26	Winter Hygge	"Hygge is about an atmosphere and an experience, rather than about things. It is about being with people we love." – Meik Wiking (Danish Wellbeing Speaker)
CHRISTMAS BREAK		
04/01/27	Careers Pathways	"Choose a job you love, and you will never have to work a day in your life." – Confucius
11/01/27	Personal Safety	"An accident is just the absence of safety." - Anonymous
18/01/27	Bereavement and Loss	"Grief is the price we pay for love." – Queen Elizabeth II
25/01/27	Positive Citizenship in PSHE	"Ask not what your country can do for you – ask what you can do for your country." – John F. Kennedy
01/02/27	Consent	'All you need is love' – The Beatles
08/02/27	Positive Masculinity	"We need to help young men feel more comfortable with who they are and who they can become." - Gareth Southgate

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HALF-TERM		
22/02/27	Extremism	"Fanaticism consists in redoubling your effort when you have forgotten your aim." – George Santayana (Philosopher)
01/03/27	Equality and Diversity	"Injustice anywhere is a threat to justice everywhere." – Martin Luther King Jr.
08/03/27	Managing Screen Time	"Look deep into nature, and then you will understand everything better." – Albert Einstein
15/03/27	Deep Fakes	"Deepfakes represent a new era where seeing is no longer believing." – Hany Farid (Computer Scientist)
22/03/27	Grooming	'If you see something that does not feel right, say something' (NSPCC)
EASTER HOLIDAY		
12/04/27	Water, Road and Rail Safety	"Safety isn't expensive, it's priceless." – Jerry Smith
19/04/27	Budgeting	"Financial education is vital to help people manage their money" Andrew Bailey, (Bank of England Governor)
26/04/27	Revision Techniques	"Chance favours the prepared" (Louis Pasteur)
03/05/27	Sleep hygiene	"Almost everything will work again if you unplug it for a few minutes, including you." – Anne Lamott (American author)
10/05/27	Stress management	"You can't stop the waves, but you can learn to surf." – Jon Kabat-Zinn (Meditation teacher)
17/05/27	How to make a phone call	"The way we communicate with others and ourselves ultimately determines our quality of life." Tony

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		Robbins (Inspirational Speaker)
24/05/27	Cyber-bullying	"When they go low, we go high." – Michelle Obama
HALF-TERM		
07/06/27	Online Fraud, Extortion and Sextortion	"No legacy is so rich as honesty." – William Shakespeare
14/06/27	Sun Safety	"Enjoy the sunshine but respect its strength." NHS
21/06/27	Basic first aid	'First Aid saves lives' British Red Cross
28/06/27	Health before, during and after pregnancy	"Eat well, stay active, and take folic acid before and during early pregnancy." NHS
05/07/27	Things to do for free in the Summer	"Live in the sunshine. Swim in the sea. Drink in the wild air" Ralph Waldo Emerson (Philosopher and Abolitionist)
12/07/27	Reflection of the Year	"Knowing yourself is the beginning of all wisdom." – Aristotle