

Every high school should have a mandatory class called "Life" which teaches you how to: sew, change a tire/oil, do taxes, basic first aid, basic cooking etc. Basic things that you need in real life.

*At Woodhouse Grove we do!*



## PSHEE and Life Skills

Preparing Sixth Formers for the challenges, opportunities and responsibilities of life.

# Giving you the skills to build your brand...



“It takes courage to grow up and become who you really are”

# What will I learn...

- NCS talks and workshops
- Gambling
- Pornography
- Festival dangers and chem sex
- Partner abuse
- First Aid
- Mindfulness
- UCAS/personal statements etc.
- Wellbeing/Stress
- Drugs and Party Lifestyle
- Drink driving
- Project trust and Gap Years
- Studying Abroad
- Mental Health
- University survival cooking
- Housekeeping
- Ironing Skills
- Sleep
- RSE 2020