

Your S6C Life Skills Pathway



It's All About You

Who Do You Want to Be,
Online Safety,
Mental Health
Development Day,
Proactive Happiness,
Open Mindset,
British Values
Sexual Health &
Relationships.



Community & Values

Community Project,
Voting and Politics,
Friendship,
LGBTQ+ History,
International Women's
Day,
Community health &
wellbeing
Black History Month
Regular awareness days
and fundraising.



Skills for Life

How to Stay Safe from
Scams,
Being a Safe Driver
and Passenger,
How to Handle Money,
Cultural Capital,
Celebration of
Diversity and Culture.
*Plus other topics
explored by meetings,
speakers and notices.*



Destinations

Intro to UCAS,
Uniguide,
Apprenticeships and
UCAS Fair,
Planning work
experience,
Careers Passport,
Destinations Day
throughout Year 12
Year 13 1:1 support
with choosing and
applying for your next
steps. Managing your
digital footprint safely.



Be The Best Version of Yourself

Eating on a Budget,
Recognising
radicalisation,
Exam Stress,
Bereavement,
Mental Wellbeing
after College,
Home maintenance,
Personal finance,

S6C

LIFE SAVING KNOWLEDGE

How to Spot
Meningitis and
Sepsis

Please explore this together and watch the video

<https://www.meningitisnow.org/meningitis-explained/signs-and-symptoms/meningitis-symptoms-in-teenagers-and-young-people/>

Meningitis Glass Test

A rash that does not fade under pressure can be a sign of meningococcal septicaemia (meningococcal bacteria can cause meningitis and septicaemia). Using the glass test on a rash that appears on someone's skin will help you to determine whether the rash is a medical emergency or not.



A rash may be one of the last symptoms to appear or may not appear at all. Do not wait for a rash. If someone is ill and getting worse, get medical help immediately.

Meningitis
now

Around 1 in 8 students are unprotected against meningitis

Approximately 13% of new students missed their free *MenACWY* vaccine in school and remain unprotected against 4 deadly types of meningitis.

Ring your GP and check your record

Do the quiz as a class

<https://www.surveymonkey.com/r/3TMYH8V>

SEPSIS IN ADULTS IS A SERIOUS CONDITION

that can initially look like flu, gastroenteritis or a chest infection. Sepsis affects more than 250,000 people every year in the UK.

The UK Sepsis Trust registered charity number (England & Wales) 1158843

Seek medical help urgently if you develop any or one of the following:

Slurred speech or confusion

Extrême shivering or muscle pain

Passing no urine (in a day)

Severe breathlessness

It feels like you're going to die

Skin mottled or discoloured

JUST ASK "COULD IT BE SEPSIS?"

IT'S A SIMPLE QUESTION, BUT IT COULD SAVE A LIFE.

Explore this link

<https://sepsistrust.org/about/about-sepsis/>

<https://www.nhs.uk/conditions/sepsis/>

The NHS has guides like this for all major conditions and is a trusted source of information (in a sea of misinformation)

Look up meningitis, sepsis, and then one other illness you feel you should know more about.

Just google 'NHS' and the illness.

NOTICES

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Careers notices

Next week's assembly will be at 11:30 in your tutor bases (not at 10:45 in the Theatre as it usually would be. Theatre is use for exams.)

Don't forget to sign up to a group careers session or message Rosie Roberts for a 1:1 careers appointment (QR code below)

On Wednesday 22nd January we have the Apprenticeships Fair here at the College. All Year 12s will attend a talk at 9am in the Theatre from an employer (please note the 9am start, not 9:30am) and then attend the fair during Period 1.

- all Year 12s must attend.

Attendance will be registered.



You are now going to continue with the Work Experience section of your Careers Passport. It is set as an Assignment called *Work Experience Planning Tasks* on Information Classroom. Or do some REVISION.