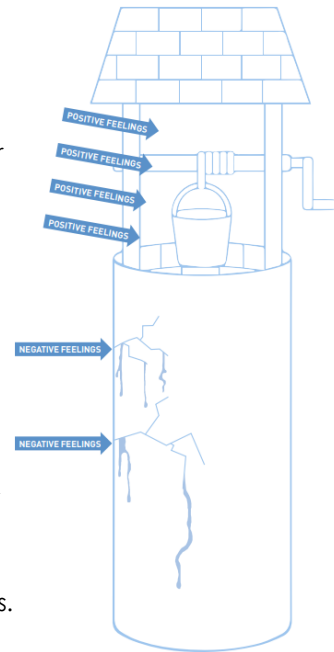


# How might you lead a happy and healthy life?

**Mental Health:** a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her own community.

**Stress:** a state of mental or emotional strain or tension resulting from adverse or demanding circumstances.



## Potential Challenges

- Losing a friend or family member
- Being bullied
- Getting stressed about school work
- Having an argument with someone
- Worrying about the way you look or your popularity



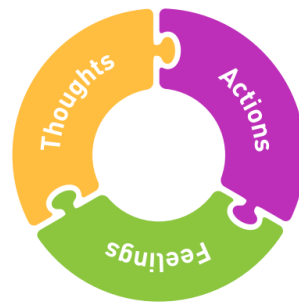
## Potential Supports

- Stop talking myself down and comparing myself with others
- Spending time doing something you enjoy
- Enjoying time with friends and family
- Talking to someone about how you feel
- Using a 'calm me' time

## Stages of Grief

- Stage 1: Denying**  
Feelings of loss, numbness, pain, disbelief, shock
- Stage 2: Fighting**  
Feelings of anger, guilt, sadness, pain, despair
- Stage 3: Overwhelmed**  
Feelings of depression, sadness, hopelessness, misery
- Stage 4: Accepting**  
Coming to terms, still upset but able to move on

## The Cycle of Thoughts, Actions and Feelings



## Staying Safe and Happy Online

- The SMARTT rules**
- S** Stay safe by not posting or sharing private information or pictures
  - M** Meeting someone you have met online can be dangerous. It is best not to do this at all but if you must, take a parent or carer with you.
  - A** Accepting messages and emails or opening files, pictures or links sent by someone you don't know can be risky. They might contain viruses or have nasty messages or images meant to upset you.
  - R** Reliable information is important. People online can be whoever they want to be and say whatever they like. Many things on the internet are fake. Check things out to make sure they are true or real by asking an adult you trust. If you like chatting online only do this with friends and family who you know in REAL life, and use your privacy settings.
  - R** Rights and Responsibilities. Remember we have the right to be treated with respect online and we have a responsibility we do the same for others. If you are going to be unkind to someone online (because you feel you want to, or because others are encouraging you to), stop and think if this is the right thing to do.
  - T** Tell a trusted adult if something online is worrying you or a friend. If something makes you feel uncomfortable online, listen to your conscience and tell someone. Also speak out if there is bullying happening online to you or someone you know.

**Clickbait:** content whose main purpose is to attract attention and encourage visitors to click on a link to a particular web page.

**Cyberbullying:** the use of electronic communication to intimidate a person, typically by sending messages of an threatening nature.

**Bereavement:** be deprived of a close relation or friend through their death.

**Grief:** intense sorrow, especially caused by death.

## Design and create something healthy for me to consume during my triathlon.

### Steps to success...

- Step 1:** Interview target market
- Step 2:** Evaluate existing products
- Step 3:** Design a suitable product
- Step 4:** Learn techniques of production
- Step 5:** Create a prototype
- Step 6:** Evaluate the prototype
- Step 7:** Adapt the design based on the evaluation
- Step 8:** Create a final product



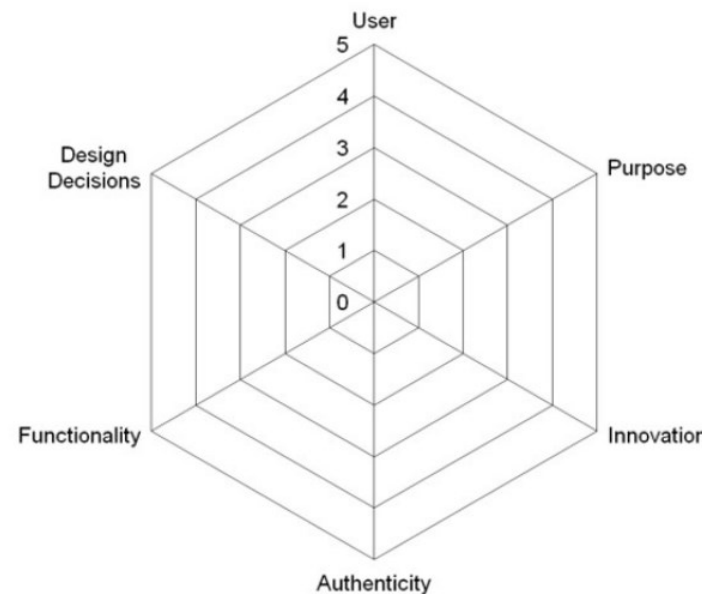
### Subject Specific Key Vocabulary

- Functionality:** the purpose of being suited or to serve a purpose well.
- Combine:** join and merge to form a single unit or substance.
- Criteria:** a principle or standard by which something may be judged or decided.
- Purpose:** the reason for which something is done or created.
- Recipe:** a set of instructions for preparing a particular dish, including a list of the ingredients required.
- Ingredients:** any of the foods or substances that are combined to make a particular dish.
- Utensil:** a tool, container, or other article, especially for household use.

**Appliances:** a device or piece of equipment designed to perform a specific task.



### Star Profile Analysis



What is **real** Design and Technology (D&T)?

**"The 3 Ss"**  
Designing...

- Something**
- for
- Someone**
- for
- Some purpose**

## Science

Light  
Refraction  
Reflection  
Transparent  
Translucent  
Opaque  
Shadow

## Maths

Axis  
Plot  
Point  
Intersect  
x and y  
Vertex  
Polygon  
2D and 3D

## Maths

Subtraction  
Addition  
Multiplication  
Division  
Translation  
Reflection  
Perimeter  
Volume

## Maths

Area  
Fraction  
Portion  
Whole  
Bar model  
Percentage  
Decimal  
Rounding

# Summer One

## P.E

Rounders  
Bowling  
Umpire  
Batting  
Fielding  
Retrieving  
Deep catching  
Long barrier  
Short barrier

## English/Grammar

Present perfect  
Present progressive  
Past progressive  
Synonym  
Antonym  
Passive  
Active

## English/Grammar

Determiner  
Adjective  
Verb  
Adverb  
Noun  
Conjunction  
Pronoun  
Modal Verb

## English/Grammar

Subjunctive  
Relative Pronoun  
Subordination  
Subject  
Object  
Parenthesis  
Hyphen  
Apostrophe

## R.E

King  
Kingship  
Leadership  
Followers  
Poverty  
Hunger  
Lack  
Attributes  
Temptation  
Wilderness