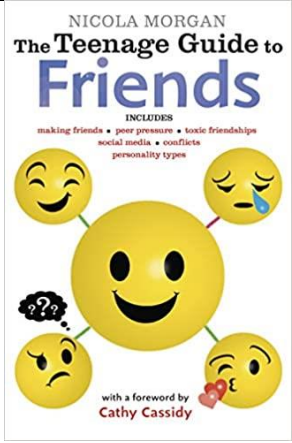
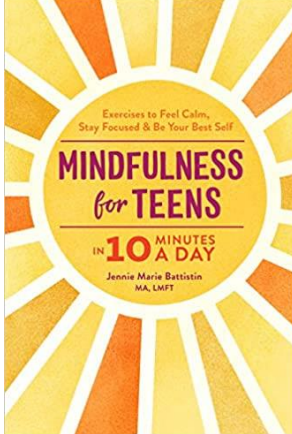




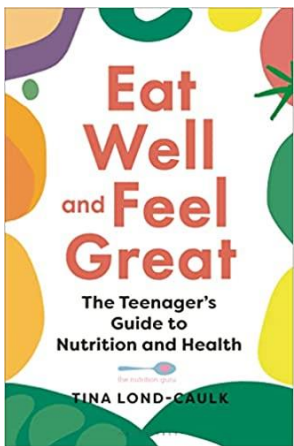
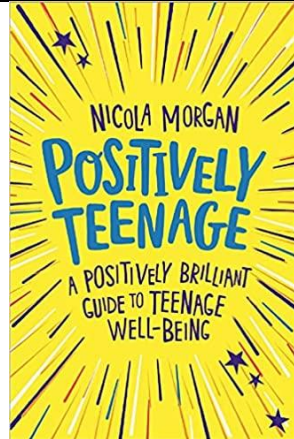
WIDER READING IN PRSHE

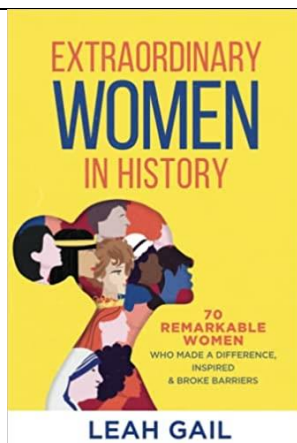
Reading is an essential part of PRSHE lessons. The vast majority of PRSHE lessons include opportunities to read a variety of texts, including extracts from authentic sources, worksheets, prophetic teachings, educational materials and newspaper and magazine articles. Through discussions and debates, pupils read and collate relevant research and are encouraged to read out their viewpoints to the class.

We encourage our pupils to read in school and outside of school. Below are a selection of books we recommend to our KS3 and KS4 pupils.

	<p>A comprehensive guide to teenage friendships, by award-winning author and well-being expert Nicola Morgan. Essential reading for teenagers and the adults who care about them.</p> <p>Nicola Morgan is an established expert on the teenage brain and adolescent stress, known for her engaging, clear style. She is author of the internationally renowned <i>Blame My Brain: The Amazing Teenage Brain Revealed</i> (shortlisted for the Aventis prize for science) and <i>The Teenage Guide to Stress</i> (winner of the School Library Association Award 2015, with both the judges' and readers' awards). Now <i>The Teenage Guide to Friends</i> – written for teenagers but essential for adults who want to understand – tackles the all-important subject of teen friendships. Contents include a section on making friends, keeping friendships strong, and what happens when they break down – as well as a look at online friendships, cyber-bullying, toxic friendships and frenemies, and empathy. There is also a section on personality types – introverts and extroverts – and quizzes to help you discover what sort of person you are, how you relate to others and how to deal with difficult situations. Complete with a list of helpful resources in the back.</p>
	<p>Calm your mind and find your best self with 10-minute mindfulness exercises for teens</p> <p>Learn how to use mindfulness, or the ability to be fully aware in the present moment, to reduce everyday stress. <i>Mindfulness for Teens in 10 Minutes a Day</i> shows you how to take control of your feelings and focus your attention with short, simple mindfulness activities.</p> <p>Discover a wide variety of mindfulness techniques that will fit easily into your routine and help you thrive in every area of life. These engaging exercises show you how to find peace in the face of stress, improve relationships with friends and family, boost your self-esteem, and increase your focus to help you succeed at school and work.</p> <p>This book about mindfulness for teens includes:</p> <ul style="list-style-type: none">• Short practice, big benefits—Take just a few minutes each day to find calm, focus, reconnect with your emotions, and respond to challenging situations.• Exercises for going deeper—Find suggestions for connecting more deeply with each activity, including journal prompts and meditations for further reflection.• Breathing techniques—Learn three key breathwork techniques to help you relax, reduce anxiety, and energize your body.



	<p>Improve focus, reduce stress, and be fully present with help from <i>Mindfulness for Teens in 10 Minutes a Day</i>.</p>
	<p>Nutrition and Physical Activity* offers information on the health risks associated with eating an unhealthful diet. Students are challenged to consider the influences that affect their dietary choices, and learn ways to manage weight healthfully using MyPlate and other tools.</p> <p>In the Physical Activity chapter, the importance of daily physical activity is addressed, as well as how students can assess their own fitness. Students also learn to develop a personal fitness plan and ways that they can prevent sports injuries by using proper equipment.' *Each print module contains the same front matter section, titled Your Health and Wellness. This content is relevant to the entire program. It teaches the 10 Health Skills that are the foundation of the Teen Health program.</p>
	<p>This easy-to-use and friendly handbook for teenagers will help you learn how to develop a healthy and loving relationship with food and your body, for life. Packed with helpful tips, advice and recipes, in an easy-to-digest format.</p> <p>In no time at all you can dramatically improve the way you feel by making better choices with your food and lifestyle habits. <i>Eat Well and Feel Great</i> shows you how simple changes can have profound effects on your self-confidence and well-being, helping you to:</p> <ul style="list-style-type: none"> - improve your mood - reduce stress and anxiety - sleep better and focus more - maintain a healthy weight - have a fresher complexion and healthy hair - feel happier in your body. <p>Written by an expert nutritionist with over 20 years' experience, the book features case studies from the author's clinical work with young people. With a selection of quick and easy recipes, you'll learn how simple it is to nourish your brain and body with key nutrients.</p> <p><i>Eat Well and Feel Great</i> aims to shape the health, wellbeing and self-esteem of current and future generations.</p>
	<p><i>Positively Teenage</i> gives you tools to approach your teenage years with optimism and understanding and to develop real wellbeing for life.</p> <p>The media so often portray adolescence negatively but this book shows you how to approach these years far more positively so that you can really flourish and be in control. You'll find simple strategies to develop a positive attitude, growth mindset, self-understanding, determination and resilience and you'll see how those strengths will help you cope with any challenges, enjoy life and achieve your potential.</p> <p>Full of practical, proven strategies for physical and mental health, <i>Positively Teenage</i> will show you lots of ways to flourish physically and mentally - from doing things you enjoy to learning new skills; looking after your diet, exercise and attitude to being healthy online; getting great sleep to understanding your personality - allowing you to take control of many areas of your life. With these new strengths and skills, you can survive any storms and thrive on the challenges of your exciting life.</p>



Discover the inspiring lives and legacies of some of history's most unstoppable women!

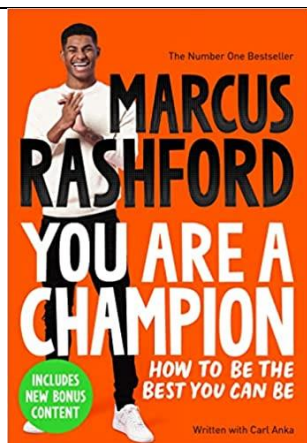
Are you searching for a profound and empowering celebration of influential women throughout history? Do you want to uncover the lesser-known stories of the women around the world who helped shape history? Or do you want to motivate yourself to dream big with *real* stories of female heroes? Then this book is for you!

Compiling the incredible real-life stories of **70 remarkable women throughout history**, these short stories seek to inspire and empower women of all backgrounds to dream big and break barriers by sharing the amazing achievements of truly unstoppable female heroes. From female daredevils and pioneering innovators to radical reformers, dedicated activists, leaders, wordsmiths, artists, veterans and more, inside you'll discover the lives and legacies of these once-in-a-lifetime trailblazers.

Paying homage to some of the greatest women the world has ever seen, *Extraordinary Women in History* is a testament to the power of dedication, courage, tenacity, and never giving up. Their stories will encourage you to take action and prove that barriers only exist to be broken.

Here are just a few of the extraordinary women you'll find inside:

- Junko Tabei, the first female to reach the summit of Mount Everest
- Lily Parr, the unstoppable English star of women's football
- Mary Eliza Mahoney, the first licensed African American Nurse
- Marie Curie, the pioneer of Radioactivity



I want to show you how you can be a champion in almost anything you put your mind to.

Marcus Rashford MBE is famous worldwide for his skills both on and off the pitch – but before he was a Manchester United and England footballer, and long before he started his inspiring campaign to end child food poverty, he was just an ordinary kid from Wythenshawe, South Manchester. Now the nation's favourite footballer wants to show YOU how to achieve your dreams, in this positive and inspiring guide for life.

Written with journalist Carl Anka, *You Are a Champion* is packed full of stories from Marcus's own life, brilliant advice and top-tips from performance psychologist Katie Warriner. It will show you how to be the very BEST that you can be.

It shows kids how to:

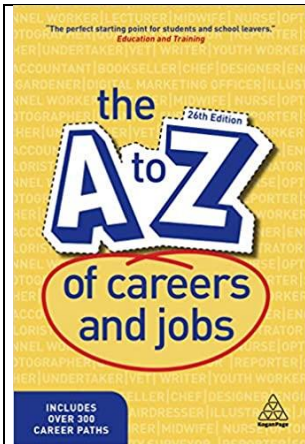
- Be comfortable with who you are – you can't be a champion until you're happy being you!
- Dream big
- Practise like a champion
- Get out of your comfort zone and learn from your mistakes
- Navigate adversity in a positive way
- Find your team
- Use your voice and stand up for others
- Never stop learning



PRESTON MUSLIM GIRLS

HIGH SCHOOL

Education with Patience Modesty Gratitude Humility Sincerity



From accountant to zoologist, this new edition of *The A-Z of Careers and Jobs* is your one-stop shop for insightful guidance on more than 300 different career areas in the UK. This book is designed to help identify what personal strengths fit to what kinds of work, what skills you should highlight on a CV and what you need to know about each job.

This book is a quick and informative way to find out about what jobs and careers are out there, from traditional roles to new opportunities in the digital world. For those looking for their first job after school or university, or for anyone considering a change of career, this book provides reliable and up-to-date advice on a wide range of professions to help you choose the right path for you.

The A-Z of Careers and Jobs covers the practical issues you need to understand, such as the extent of job opportunities in each industry, what personal skills are needed, what experience is required, entry qualifications, training, as well as typical earnings and starting salaries. In an ever more competitive and changing job market, information will help maximize your chances of success. This handy and informative reference guide is also a valuable resource for careers advisers working in schools, colleges and universities who need to keep track of new developments - such as new roles and routes of entry, professional associations and exams - to offer the very best guidance to today's job hunters.