



Conyers Sixth Form Transition Work

BTEC L3 Extended Diploma in H&SC

Congratulations on your enrolment to Conyers Sixth Form; please find below, tasks that will aid your transition from GCSE to Level 3 study. Your subject teacher will check completion of this work in September.

1. Read

Take time to read the information about the health of Stockton-on- Tees. Look at the statistics and what support is in place to support people with their health and wellbeing.

<https://fingertips.phe.org.uk/static-reports/health-profiles/2019/E06000004.html?area-name=Stockton-on-Tees>

<https://www.stockton.gov.uk/public-health-and-wellbeing>

<https://www.healthwatchstocktonontees.co.uk/report/2024-04-30/growing-older-planning-ahead-combined-regional-healthwatch-report>

2. Research and produce

I would like you to carry out some research and produce a 800-1000 word report on our local area. What is the health like in our area? What would you say are some of the main issues and why? How are they impacting people's health and wellbeing? What do you think needs to be done to improve this? What would you do if you were making decisions within our local council?

I want to see reasons, statistics and a conclusion.

3. Answer the

Answer the 10 questions about health and wellbeing. This needs to be in as much detail as possible. I want to see your own opinions and some research.

Yr11 to Yr12 Transition Work- H&SC

Answer the following 10 questions in as much detail as you can. You may research and use your own opinions. These will need to be answered on a separate sheet.

- 1. How can you deal with stress better in your daily life?**
- 2. Why is eating a balanced diet important for your health?**
- 3. How does exercising help your mental health?**
- 4. What can you do to improve your sleep?**
- 5. Why are friendships and social activities important for your wellbeing?**
- 6. How can schools make students healthier and happier?**
- 7. What are some ways to quit smoking or drink less alcohol?**
- 8. Why is it important to get regular health check-ups?**
- 9. How does stress affect your body, and what can you do about it?**

