



## **PSHE POLICY – SENIOR SCHOOL**

### **1. Introduction**

PSHE (Personal, Social and Health Education) is a subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe and prepare for life and work in the modern world. Evidence shows that well-delivered PSHE programmes have a positive impact on both academic and non-academic outcomes for pupils.

### **2. Aims**

The curriculum aims to develop pupils' personal skills and attributes such as resilience, self-esteem, risk-management, team working and critical thinking in the context of learning grouped into three core themes:

- (i) health and wellbeing;
- (ii) relationships; and
- (iii) living in the wider world (including economic wellbeing and aspects of careers education).

### **3. Teaching**

The PSHE sessions are delivered by a pupil's academic tutor or by specialist teachers (for example the Head of Careers and Higher Education, Heads of Key Stage or by teachers who have experience in a specific field) every Saturday morning between 9.00-9:40 am during tutor time. All academic tutors are supported by the Head of PSHE with a scheme of work and resources being readily available for use.

### **4. Curriculum Summary**

The following themes are covered by individual year groups during the course of the academic year:

**i) Key Stage 3**

Year 7	Year 8	Year 9
<ul style="list-style-type: none"> <li>• Coping with changes</li> <li>• Social skills</li> <li>• Bullying</li> <li>• Healthy eating and healthy lifestyle</li> <li>• Puberty</li> <li>• Personal hygiene</li> <li>• Life in a community</li> </ul>	<ul style="list-style-type: none"> <li>• Cyberbullying</li> <li>• Identify one's strengths and weaknesses</li> <li>• Family relationships; coping with change and separation</li> <li>• Health and safety</li> <li>• Sexting</li> <li>• Being enterprising</li> <li>• Being grateful and introduction to Mindfulness</li> </ul>	<ul style="list-style-type: none"> <li>• Academic resilience (growth mindset)</li> <li>• Social media; importance to disconnect</li> <li>• Careers: make informed decisions for the IGCSE options</li> <li>• First Aid training</li> <li>• Body image</li> <li>• Illegal substances</li> </ul>

**ii) Key Stage 4**

Year 10	Year 11
<ul style="list-style-type: none"> <li>• Character / Resilience</li> <li>• Emotional health</li> <li>• Managing own health</li> <li>• Alcohol and tobacco - awareness</li> <li>• Healthy and unhealthy relationships</li> <li>• Discrimination</li> <li>• Study skills</li> </ul>	<ul style="list-style-type: none"> <li>• Media; fake news</li> <li>• Sexting</li> <li>• Careers: life after Key Stage 4</li> <li>• Illegal substances: dangers and consequences</li> <li>• Health and personal development</li> <li>• Finance</li> <li>• Values</li> </ul>

**iii) Key Stage 5**

Year 12	Year 13
<ul style="list-style-type: none"> <li>• Identity</li> <li>• Managing own health</li> <li>• Mental health: strategies to cope with stress and pressure</li> <li>• Online safety</li> <li>• Relationships education</li> <li>• Finance: understand and manage debt</li> <li>• Leadership in action</li> <li>• STIs</li> <li>• Drug and self-medication awareness</li> </ul>	<ul style="list-style-type: none"> <li>• First Aid training</li> <li>• Life after the College: living abroad, cultural shocks, money, support, working abroad, cooking kills, etc.</li> <li>• Mental health</li> </ul>

**5. Monitoring and evaluation of the programme**

In order to be successful, it is very important that the programme is seen as relevant to the age and needs of our pupils. To meet this objective, regular monitoring and evaluation is carried out with both the pupils and their academic tutors. This includes pupils in Key Stage 5 completing online forms at the start of the academic year offering suggestions on the topics they would like to be taught and on their content. At the end of the academic year all pupils complete a questionnaire evaluating the programme, with tutors and HMMs being encouraged to do intermediate mid-year evaluations too.

Forums are also organised with the tutors of each Key Stage, providing an opportunity to reflect on what went well in the sessions and what needs to change for the future. Parents are aware of the programme and are encouraged to communicate with the Head of PSHE should they have any questions or concerns.

## 6. Useful links and resources

Parents and staff seeking further information may find the following links and resources helpful:

- *'What's happening to me?'* - *An Illustrated Guide to Puberty*, Peter Mayle, published by Kensington Publishing Corp.
- *I am here now - A Creative Mindfulness Guide and Journal*, The Mindfulness Project, published by Tarcher Perigee
- *Happiness Now*, Andrew Matthews, published by Seashell
- Preparing for examinations: An emotionally healthy approach to (I)GCSEs - a guide for parents: [https://docs.wixstatic.com/ugd/b5791d\\_a51e981777114f85aff0180fbb216156.pdf](https://docs.wixstatic.com/ugd/b5791d_a51e981777114f85aff0180fbb216156.pdf)
- New psychoactive substances and club drugs - a handbook for parents and carers: <https://drive.google.com/file/d/1-Lhqc3idZASqcs08TgJEQFPDcnbU92Nv/view?usp=sharing>
- Girls' confidence and body image - a parents' guide: <https://drive.google.com/file/d/1ObYXa477MTuUd5cG5szTgzx9eswI1LeK/view?usp=sharing>
- Online gaming - an introduction for parents and carers: <https://drive.google.com/file/d/1cUG304XHAAf5FeDecf379qBmw6r0bQvK/view?usp=sharing>
- Information and support to parents in digital family life: <https://parentzone.org.uk/advice/parent-guides>