



PSHCE Policy (A5)

Scope:	Senior School
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Review date:	September 2018
Author:	Head of PSHCE
Reviewer:	Deputy Head Operations
Approval body:	Risk and Governance Committee of the Board of Governors

Linked documents

This policy should be read in conjunction with the

- Safeguarding and Child Protection Policy (A6)
- Curriculum Policy (A3)
- SENDa Policy (A2)
- [MH PHSCE \(A5\)](#)

Acronyms

PSHCE Personal, Social, Health and Citizenship Education.
SRE Sexual and Relationships Education

Availability

This policy may be viewed on the School website, and a printed copy is available upon request from the School Office/Pupil Services Team.

Aim

The purpose of this statement is to explain the School's approach to the teaching of topics which come under the heading of Personal, Social, Health and Citizenship Education.

Policy Statement

PSHCE provides pupils with the knowledge, understanding, skills and attitudes to make informed decisions about their lives and actively promotes the fundamental British values. As pupils move through the school, PSHCE sessions help them to learn to respect the views of others and to consider the needs and rights of other citizens. They clarify their opinions and attitudes in discussions with peers and informed adults and consider the consequences of their decisions. Our approach to PSHCE includes guiding pupils towards adopting a positive attitude to general well-being, fitness, nutrition and self-image. There are many choices to be made as pupils progress through the school and the PSHCE programme - in its widest sense - aims to enable the pupils to make positive and hopefully life-enhancing choices based on a consideration of a range of possibilities within issues such as alcohol consumption, recreational drug use, smoking, sexual health and relationships, career path, developing a sense of belonging to their communities and developing their charitable sensibilities. In our PSHCE sessions, we aim to promote the pupils' spiritual, moral, social and cultural development thus preparing them for the opportunities and experiences of life.

Broad topic areas covered in our PSHCE sessions include:

- Settling into secondary school
- Study in the Sixth Form
- University and work applications
- Learning Skills
- Preparation for exams
- e-safety including cyber-bullying
- Water, travel, and home safety
- Citizenship including developing as a citizen and becoming aware of the work of charities in our society
- Banking, Mortgages, Credit/Loans
- Topics in the news and the power of the media
- Awareness of global issues
- Personal well-being including dealing with stress
- Developing self-knowledge and the ability to manage emotions
- Understanding how to develop a healthy lifestyle, to think about alternatives when making decisions about personal health, and the consequences of these decisions
- Sex and relationships education
- Keeping safe when around alcohol and recreational drugs, and the potential links of both to sexual health
- Government and Politics
- Current world affairs

Delivery of PSHCE

In the course of delivering the facts about each topic covered, a variety of methods (internet research, video clips, role play, small group discussion, whole class discussion summaries, questionnaires, worksheets, group work and individual reflection) are used, so that opportunities are provided for all pupils to learn and achieve. Teachers are unbiased in their delivery of the topics covered and do not indoctrinate pupils. For example, staff should not aim to influence the political views of the pupils. Teachers challenge and record any radical views that are disclosed in the sessions.

Sex and Relationships Education

In the Lower School, the pupils cover SRE in their PSHCE sessions. The pupils also cover body issues throughout the year in both PSHCE and Science.

Towards the end of the Third Form, a specialist Sexual Health Nurse delivers a session on the use of condoms and contraceptive methods and the availability and scope of sexual health clinics, etc. It is felt that from the Third Form upwards, the pupils should be aware of the outside school agencies available to help with decisions to be made about sexual activity and sexual health, including where to go for help with issues such as contraception, emergency contraception and sexually transmitted infections. These topics are re-visited in the Middle and Upper School. Pupils in Fifth Form have sessions covering sexually transmitted infections.

Cross-Curricular Links

We recognise that some topics are addressed in academic lessons and so do not necessarily cover them specifically in PSHCE sessions, or deal with different aspects of the topic in PSHCE, e.g., Science lessons cover some aspects of smoking, alcohol and sex. Maths lessons deal with several financial issues, such as interest on loans and compound interest. Physical Education lessons cover issues such as a healthy lifestyle and the importance of physical activity for general well-being. Food and Nutrition lessons cover a healthy diet.

Careers

Careers guidance work begins in the First Form and includes work on CVs, subject choices and research into different careers.

First Aid

All First and Second Form pupils have First Aid tuition and receive certificates. This includes CPR, with practice on dummies and basic first aid linked to home and school safety.

PSHCE Programme Outline

- Pupils in First to Fifth Form have a PSHCE lesson each week
- Pupils in the Sixth Form have two life skills lessons each week
- Pupils consider a range of topics from each of the main areas: Personal, Social, Health and Citizenship
- Several topics are studied in the Lower, Middle and Upper School, progressively, to reflect the pupils' change from child to young adult
- Sixth Form pupils use some Life Skills lessons to work on University and Job applications and consider a wide range of Current Affairs
- We aim to promote the pupils' spiritual, moral, social and cultural development, thus preparing them for the opportunities and challenges of life
- First Form pupils are helped to settle in to secondary school life, and they consider how to deal with peer relationships, right and wrong and personal safety as they become more independent of their parents
- Second Form pupils build on their First Form knowledge and also learn about Study Skills; this includes organisation and use of time
- Alcohol, Drugs, Sexual Health and Contraception, Careers and Citizenship, form the bulk of the 3rd Form work
- The Fourth and Fifth Form consider a wide range of topics, largely through group discussion with their Form Tutor. Examples are Human Rights, Healthy Relationships, Mental Health, Careers and Managing Stress. They also study Personal Finance – work, banking, mortgages, etc.
- Form Tutors help every pupil to plan and prepare for School Examinations, by covering revision methods and tips and by creating revision timetables
- All Tutors help their pupils to reflect on their academic performance and identify strategies for improvement
- Pupils discuss cyber-bullying and e-Safety and develop the skills necessary to keep themselves safe
- Body Image and the changes due to puberty are studied along with Relationship Education

Further details of the PSHCE programme are to be found in the Annual Schedules.