PSHE Policy 2021-2022

We believe that the knowledge, skills, understanding and attributes associated with PSHE are developed most effectively when threaded across the whole curriculum. Thus lessons in all subjects are designed to help develop self-confidence and self-esteem and encourage the development of positive relationships. Citizenship and Personal, Social Health Education play an important part in students' experiences at Our Lady's Catholic College. The aim is for students to not only learn about issues which affect both themselves and the wider world, but to become informed, confident, skilled, active, healthy and socially aware young people.

Importantly, PSHE is delivered in two ways - within other subjects such as Drama, Humanities and RE, and also as part of the students' wider experience of school life. Lessons are encouraged to be as inventive and active as possible, making use of current affairs, film and video, and visiting speakers Students are encouraged to participation in wider College and Community events such as charity fundraising, and representing the school in fixtures and external events which are all part of the PSHE experience.

From September 2019 we will have timetable provision for Years 7, 8 and 9. This will be provided as a block of lessons within curriculum time. PSHE also takes place in drop down sessions across all year groups when guest speakers are invited to talk on specific subjects.

At Our Lady's students' learn over time, revisiting themes in an age-appropriate manner, building on prior knowledge and understanding and further developing skills. One theme will be on student wellbeing, promoting our commitment to this as a school. Examples of some of the topics covered are given below.

Mental health and emotional wellbeing run through all of the core themes. The curriculum builds students' resilience and supports our strategy to foster core British values. This whole school approach to PSHE also plays a vital role in keeping students safe.

Topics which appear as a recurring theme include:

- Managing risk; attitudes and behaviours, Sex and Relationships Education, Drugs Awareness
- Positive attitudes; image, anti-prejudice and anti-bullying, rights and responsibilities
- Work readiness; ambition, choices and Career planning
- The wider world; the global village, poverty, immigration
- Money, and economic awareness
- Social Issues; crime and punishment, the influence of the Media, animal rights

What about Careers?

All students are encouraged from an early date to think about how their attitudes, options choices, skills and interests will affect their future pathways.

All students are assisted in receiving the right information for future destinations with all students receiving guidance in KS4 and 5 on when and how to apply to the various options (Sixth Form, College, Apprenticeships, and University) which are available. In addition, all students in KS5 have academic mentoring and assembly sessions which maintain their involvement with PSHE and Citizenship issues. These have involved visits from Health Professionals and work on Career planning and the responsibilities and challenges of adult life.

YEAR 7 COURSE OUTLINE

- Health and Wellbeing: – Personal Hygiene; Smoking and Alcohol Education; Puberty
- Relationships: – Anti-Bullying Week; Change and Loss; Family and Friendship
- Living in The Wider World: – Young People and The Law; Citizenship Day; Team Building Day; Careers

YEAR 8 COURSE OUTLINE

- Health and Wellbeing – Sexually Transmitted Disease; Recognising and Understanding Drug Abuse; Self-Esteem
- Relationships – Marriage and Different Types of Family; Tackling Racism; Anti-Bullying Week
- Living In The Wider World – Government and Youth; Knowing the Law; Personal Finance; Citizenship Day; Careers

YEAR 9 COURSE OUTLINE

- Health And Wellbeing – Mental Health; Contraception; Coping With Family Change
- Relationships – Sex And Sexuality Education; Caring for Others; Domestic Violence
- Living In The Wider World – Personal Finance; Careers And Choice at GCSE; Giving Charity Work; Homelessness; Tackling Discrimination