

Policy: **Personal, Social and Health Education (PSHE)**



Reviewed: 18th September 2017 (Learning & Standards)

Adopted: 12th September 2016 (Learning & Standards)

1) Introduction

Personal, social and health education (PSHE) help to give pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens. Students are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities. In doing so they learn to recognise their own worth, work well with others and become increasingly responsible for their own learning.

They reflect on their experiences and understand how they are developing personally and socially-, tackling many of the spiritual, moral, social and cultural issues that are part of growing up. They also find out about the main political and social institutions that affect their lives and about their responsibilities, rights and duties as individuals and members of communities. They learn to understand and respect our common humanity, diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life and learning.

2) The Teaching of PSHE

PSHE is delivered in a number of ways at Sidmouth College:

- All students spend 40 minutes a week with their tutors, in their vertical tutor groups following the Personal Development curriculum (this is included in appendix 1.)
- Each year group has one full day per year, to focus on PSHE and related areas. The outline for these Impact Days is included in appendix 2.
- Students at Sidmouth College follow a rich and diverse curriculum where they are encouraged to develop their interpersonal skills. Many topics which feature in the humanities curriculum challenge their ideas about themselves and the world they live in.

3) Other PSHE opportunities

The ethos of the College contributes greatly to the wider PSHE curriculum. Students are encouraged to take an active role in the College community, through fund-raising activities, the student executive and the Student House Council. Students are encouraged to take part in a wide range of extra-curricular activities, at lunchtime and after school. Students' health is actively promoted through the P.E. curriculum.

Wherever possible and following published guidelines on their use, we encourage the use of visitors to enrich the PSHE programme. This includes members of the College community, local community representatives, staff from Careers South West, Police Officers, Drugs project workers, local employers, providers of Theatre in Education projects, and others.

4) Statement on Styles of Learning

It goes without saying that student involvement and activity in the PSHE curriculum is not going to be promoted by a didactic style of teaching. Materials should be provided that encourages a style of learning develops their learning habits and therefore their character, these are:

Collaboration: Working effectively with others

Listening to understand

Empathising with feelings and views

Imitation: Picking up good habits from others

Independence: Working effectively alone

Questioning: Asking questions to get below the surface

Making links and recognising relevance

Imagining how things could be and seeing a range of possibilities

Reasoning: Thinking rigorously, methodically and giving explanations.

Capitalising: Using resources purposefully

Managing distractions and sustaining concentration

Effective use of time

Noticing details

Perseverance: Overcoming frustration and difficulty

Planning your learning in advance

Adapting: Reflecting and making changes

Distilling what you have learnt and what you need to learn

Meta Learning: Talking about how you have been learning

5) Reviewing the Policy

In the light of the above, we recognise the need to:

- Review and update all programmes on a regular cycle, the nature of the vertical tutoring system ensures that the curriculum for PSHE is reviewed at least annually.
- involve students and parents in reviewing and challenging our practice in PSHE delivery
- to hold Parents Evenings to consult with and inform parents of developments.
- to continue to organise regular programmes of CPD for tutors.
- to work with a wide range of agencies, the Police, Health Service, local youth services and others, to improve the range of activities offered, and to ensure they are adequately resources, effectively managed and well delivered.

6) Conclusion

The provision of PSHE in the College says much about the values and ethos of the school. College students are good citizens - their annual fund-raising for charity, their support for a range of causes bears this out. Students have generally positive attitudes towards sexual health, healthy lifestyles, mental health and well-being and substance misuse. They are well informed about Career options and subject choices, and are well prepared for life as members of the community.

However, no-one is complacent, and we believe that more can yet be done, to promote the aims and values of the PSHE Framework, more specifically to develop our student's resilience and attitude to their own emotional health and wellbeing. This will be achieved by continuing to gather student voice on Impact Days, further involve the students through the student executive in the design and content of the personal development curriculum and to prioritise the training and development of tutors within our college CPD program.

Appendix 1: Personal Development and Tutorial Program for Term 1 2017

	Monday		Tuesday		Wednesday		Thursday		Friday
W/C	HoH Assembly Scott and Drake	FOCUS GROUP	HoH Assembly Raleigh and Grenville	FOCUS GROUP	SLT Assembly Scott and Drake	FOCUS GROUP	SLT Assembly Raleigh and Grenville	FOCUS GROUP	Personal Development
04/09	INSET		INSET		JIH – Welcome Back		JIH – Welcome Back		Lesson 1 - All about me
11/09		Assertive Mentor		Assertive Mentor	HP – Sponsored Walk		HP – Sponsored Walk	Year 11 in Gym – Aim Higher Day	Lesson 2 - What are my qualities?
18/09		Assertive Mentor		Assertive Mentor	MPD	Sport Captains Meeting	MPD	Sport Captains Meeting	Lesson 3 - What affects self-esteem?
25/09		Assertive Mentor		Assertive Mentor	David Luxon MYP	Assertive Mentor	David Luxon MYP	Assertive Mentor	Lesson 4 – Youth Parliament Elections
02/10		Assertive Mentor		Assertive Mentor	SH		SH		Lesson 5 – My Personal Development Tracker
09/10		Assertive Mentor		Assertive Mentor	MJW		MJW	Year 9 in Gym Careers Roundabout NY	Lesson 6 – Sponsored Walk Briefing
16/10		Assertive Mentor		Assertive Mentor	Tutorial		SPONSORED WALK		HALF TERM

Appendix 2: Impact Days for 2017 - 2018

Year	Day	Date	Themes and Workshops	Notes/ Costs
7 NUMBERS: 134	Tuesday	17 th October 2017	<p>1 physical changes and puberty session AB or SL??</p> <p>1 Exeter University Workshop – Attitudes to others</p> <p>1 Learning Habits</p> <p>1 Online Safety Workshop</p> <p>P5 1 team building house competition BW/HoH</p>	Cover for HoH P5 Cover for SL OR AB
8 NUMBERS: 130	Monday	12 th March 2018	<p>1 showing of FIT film in hall (Reg and P1)</p> <p>1 Tackling Homophobia Workshop (SS)</p> <p>1 conception Tracey Wills</p> <p>1 First Aid with Liz Harris</p> <p>1 Arson awareness Devon and Somerset Fire and Rescue Service</p>	TW £150
9 NUMBERS: 112	Friday	18 th May 2018	<p>1 Contraception and STIs Tracey Wills</p> <p>1 Healthy Relationships/ EHWB</p> <p>1 mock trial with magistrates</p> <p>1 Financial Management (Lloyds Bank)</p> <p>1</p>	TW £150
10 NUMBERS: 134	Friday	2 nd February 2018	<p>1 PD – Presentation by Teen Cancer Trust</p> <p>1 SRE Tracey Wills</p> <p>1 Road Safety Devon and Somerset Fire Safety</p> <p>1 drugs and the law with John/Mick</p> <p>1 Exeter University Workshop - Attitudes to others</p> <p>1 Social Responsibility intro workshop</p>	TW £150 Five Lives £100???
11 NUMBERS: 122	Friday	17 th November 2017	<p>1 sexual consent</p> <p>1 session with real experience groups (Five Lives)</p> <p>1 session – drugs and the law (Police??)</p> <p>2 sessions with the Army developing Leadership and Resilience</p>	TW £150 Cost for Five Lives workshop £200
TOTAL MAXIMUM COST:				

Appendix 3: Key Stage 3 PD review

See attached