

### **The PSHE (Personal, Social, Health and Economic) Programme at Lacon Childe School**

*In order to deliver an effective PSHE provision, secondary schools must ensure that they cover the compulsory required topics of 'Health & Wellbeing, Relationships and Sex Education (RSE) and Living in the Wider World'.*

Upon feedback from our students, it was evident that the delivery of PSHE at Lacon Childe School needed adapting and enhancing. With two common responses coming from students being:

***"PSHE would be better if it was a full day on one topic, rather than my form tutor following a PowerPoint"***

***"Some teachers do not seem confident in some lessons than others so they should be able to choose what they teach"***

Therefore, we decided there was need for a change and we now endeavour to deliver an engaging and detailed PSHE curriculum that is accessible to all students. We have developed a programme which allows each member of staff to flourish in an area of their interest and expertise by choosing one of the following topics to deliver :

- **Careers Education**
- **Healthy Lifestyle**
- **Citizenship**
- **Relationships and Sex Education (RSE)**
- **Thinking and Learning**

Throughout the academic year, the PSHE curriculum is delivered on 'PSHE Days' where students will not be on their usual curriculum timetable. On these PSHE Days, each year group will experience one of the topic areas above, delivered by staff and, in some cases, some invited external providers. These topics will be delivered in different formats such as :

- Classroom based lessons
- Practical sessions
- External provider sessions
- Experiments
- Games and Challenges
- Off-site visits
- Fundraising Activities

Staff work collaboratively to develop a forward-thinking and progressive curriculum for each topic area to deliver to the students. Each year group will revisit the topic areas throughout school and will experience a different programme of study each time.

Below is an example of the programme of study from the 2019/2020 academic year.

### Careers Education

The Careers Education Team looks to develop the skills and knowledge that students will need in order to help them live in the 'wider world'. Staff look to give students guidance on potential careers that they can access upon leaving education and the steps needed in order to go on their journey. Students will also be challenged to develop their personal 'employability' skills throughout the programme by focusing on aspects such as confidence, teamwork and communication, as well as being exposed to real life scenarios such as job interviews, writing CVs and personal finance. For the older students, there are also visits to and from local Colleges, Universities and Apprenticeship providers where the students are able to access information about the Post-16 and Post-18 opportunities that are available to them.

### Healthy Lifestyle

The Healthy Lifestyle Team aim to focus on the skills that students require to keep themselves physically and mentally healthy throughout their lives. Delivering sessions based around cooking healthy foods and making students aware of the healthy food and drink that they need to be consuming to remain physically healthy is something which the team have found very successful and engaging. Within this programme, the team also provide the students with the opportunity to develop their basic first aid skills from a qualified instructor, as well as having sessions delivered by an experienced and qualified leader in Road Safety to make them aware of how they should be behaving around the roads. Students' mental wellbeing is also key to this programme, whereby they will experience ways in which they can relax via different methods of meditation and various other activities similar. To further stimulate the students' physical and mental wellbeing, they are also given the opportunity to take part in a range of physical activities using our fantastic facilities and educated on how sport and physical activity plays an integral part of an individuals overall health and wellbeing.

### Citizenship

The Citizenship Team aim to educate students on aspects of the 'wider world' and teach them how they can play their part in society as a good citizen. Students engage in activities and lessons which allow them to learn about common laws, British values, political matters, as well as understanding how the law system works in the UK and in other countries. The Citizenship Team also give students the opportunity to be involved in 'Mock Trials', which sees them participate in a court environment whereby they take on the different roles in a magistrates court. These practical sessions, along with alternative sessions throughout the year, all combine to create the fantastic Mock Trial Team that we have here at Lacon Childe School, winning awards in the last two years of local Mock Trial events against other schools in the area. During the academic year when the Year 10 students learn about Citizenship, they are given the responsibility of organising and hosting a party for our local old-aged pensioners. This includes the food, entertainment, invites, raffle prizes and much more. The event is something which is a great

	<u>Year 7</u>	<u>Year 8</u>	<u>Year 9</u>	<u>Year 10</u>	<u>Year 11</u>
Thursday 24 <sup>th</sup> October 2019	Careers Education	Citizenship	Thinking and Learning	Healthy Lifestyle	Relationships and Sex Education (RSE)
Monday 16 <sup>th</sup> December 2019	Relationships and Sex Education (RSE)	Healthy Lifestyle	Careers Education	Citizenship	Thinking and Learning
Tuesday 14 <sup>th</sup> January 2020	Citizenship	Careers Education	Relationships and Sex Education (RSE)	Thinking and Learning	Healthy Lifestyle
Thursday 5 <sup>th</sup> March 2020	Healthy Lifestyle	Thinking and Learning	Citizenship	Relationships and Sex Education (RSE)	Careers Education
Tuesday 9 <sup>th</sup> June 2020	Thinking and Learning	Relationships and Sex Education (RSE)	Healthy Lifestyle	Careers Education	

tradition at Lacon Childe School and always well attended and respected within the community. Overall, the team are dedicated to ensuring that all students are aware of how to be a good citizen when they leave school and express the importance of abiding by and respecting laws that are in place in society.

### **Relationships and Sex Education (RSE)**

The RSE Team have built a progressive and relevant scheme of work which is tailored to each specific year group they are delivering to. This ranges from what a healthy/unhealthy relationship looks like, how to be a positive part of a healthy relationship, the different relationships that people can have, as well as how students are able to maintain a sensible and healthy approach to sexual matters. The team ensures that the sessions being delivered to the students are confidential and in an environment where students feel comfortable to discuss such matters. Students engage in sessions where they are given expert advice from external providers on how to remain sexually healthy, along with what the implications are should they not take precautions or measures to remain healthy. Students are also educated on up-to-date and ever-growing personal matters regarding different communities such as LBGQTQ (lesbian, gay, bisexual, transgender, and questioning [or queer]). Students are taught to accept and respect any form of relationship that two people are involved in and consistently encouraged to not discriminate against any.

### **Thinking and Learning**

The Thinking and Learning Team have developed a highly creative and engaging curriculum which encourages and challenges students to overcome barriers and forces them to use deep thinking skills. Various practical activities such as problem-solving tasks, team building activities, external sessions from military forces and group-based thinking challenges, all combine together to encourage the deeper thinking skills of the students. Students are also taught how they can train their brain to learn more effectively by using certain techniques in order to help retain information, both in the classroom and when revising for upcoming exams. This aspect is something which is taught throughout the key stages, but is more of an emphasis in both the Year 7, when they have just joined us from primary school, and Year 11 when they are approaching their final academic year with us.

December 2020