



GATEWAYS
SCHOOL

Personal, Social, Health and Economic Education

2018

Personal, Social, Health and Economic Education at Gateways School

Every Child Matters focuses on five outcomes which are crucial for wellbeing.

They are:

- Be healthy
- Stay safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic wellbeing

The ethos, activities, roles of responsibility, mentoring and reward systems of Gateways, together with cross curricular links and careful planning of schemes of learning, ensure the wellbeing of all its individuals. The above outcomes are at the core of our beliefs and practices.

Personal, Social, Health and Economic Education (PSHE) includes all those opportunities and experiences made available by the school to its pupils to develop themselves in a well-balanced way; this includes spiritual, moral, social, cultural, mental and physical development. Children are taught to how to keep themselves safe; how to adjust their behaviour to reduce risks and build resilience.

At Gateways we aim to use these experiences collectively so that each pupil can:

- move from childhood through adolescence to young adulthood with flexible support and guidance
- develop the skills to approach adulthood with confidence
- develop responsible independence
- develop individual talents
- be respectful of others, particularly in relation to any protected characteristics such as –
 - age;
 - disability;
 - gender reassignment;
 - marriage and civil partnership;
 - pregnancy and maternity;
 - race;
 - religion or belief;
 - sex;
 - sexual orientation

Therefore within the overall PSHE provision there is a structure and range of experiences which will encourage the personal, social and emotional development of our pupils, as well as promoting their health and wellbeing. PSHE embraces all aspects of school life and therefore every member of staff has a contribution to make to its successful provision. Governors and parents also have an important role to play in actively supporting the ethos of the school.

As well as being the entitlement of each pupil, it is worthwhile considering another benefit of a successful PSHE programme; that of raising standards. Gateways is a school which has always promoted the individual needs of each of its pupils, concentrating its efforts on building confidence, self-esteem and good relationships both with peers and teaching staff. This involves the acknowledgement of each individual's achievements, both academically and in extracurricular activities. Hence the foundations from which a pupil can establish themselves as a successful, informed, and thoughtful adult, capable of reaching their own real potential, are firm.

In light of these aims the emphasis of PSHE provision alters from EYFS through to Sixth Form in accordance with the needs of a particular age group.

Section 1 of this document outlines the opportunities/experiences available to:

- The Whole School - Full Participation
- The Whole School - Opportunities to Participate
- EYFS pupils
- Prep pupils
- High School pupils
- Sixth Form students

Section 2 refers to the taught curricula for each section of the school. Relevant school policies and procedures may be read on the school management drive.

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EYFS

Prep School

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Sixth Form

Gateways School

Whole School Events: Full Participation

Event	Timing
Celebration of Harvest	October
House Music Competition	October
Book Week	November
Carol Service	December
House Cross Country	January/February
House Drama Competition	March/April
Sports Day	July
Prize Giving	July
House point Awards	House Assemblies Awards Assemblies
School Assemblies, including Remembrance and Holocaust Memorial, External speakers as appropriate	Assemblies
Song, hymn, music practice	Assemblies

Whole School Events: Opportunities to Participate

Event	Timing
Horticulture Club	All year; weekly
Lit Soc	All year; weekly
House Challenge Events	Throughout the year
House competitions inc House photography	Throughout the year
Sports clubs	Throughout the year
Amnesty International: raising awareness, fund raising, letter writing	Flexible throughout the year
House Events: fundraisers e.g. U4 event; House Charity Comic Relief, Sports Relief	Throughout the year
Musical Concerts; internal and external National and Local Music Competition Drama workshops with professional practitioners Professional and School Performances in the Performing Arts Centre Theatre Visits	Throughout the year
Senior, Intermediate, Junior and Senior Team Maths Challenge	Throughout the year
Enterprise Challenge	November/December
Annual School Production	High School - March Prep School - July
Individual Music Competition	March
Cycling Club	Summer Term
Cycle Tour	July
Debating Club	Weekly throughout the year

Gateways School – EYFS and Prep: Opportunities/Experiences Available

Responsibilities	Head Girls House Captains Early Years Prefects Community Outreach Prefects Head Chorister Games Captain Librarians School Council Representative Form Assemblies School 'Tours' With Open Day Visitors
Educational Activities	London residential (Lower 3) Outdoor pursuits residential (Upper 2, Lower 2, Upper 1) Topic related day visits (Reception, Transition, Lower 1) Skiing Trip (U2 – U6) Lower 3 Business project Visiting speakers; e.g. poet, authors, writing workshops Subject related visits as appropriate Primary Maths Challenge Poetry Competition Crucial Crew Fire service visit Word Book Day Prep Science Week Enrichment programme L3 Careers Day (Summer Term)
Extra Curricular Clubs, Teams and Activities	Junior Choir Prep Band Instrument and singing lessons House Ensemble Drama Lessons (LAMDA) Hockey, cross country, athletics, netball and rounders teams Football, rugby, tennis and cricket clubs (KS2) Ball skills (Reception) Team games, multisport and tennis club (Reception – Lower 1) Enrichment clubs Spanish club (Pre-reception - Reception – Lower 1) Dance lessons (optional for whole Prep School)
House and Social Occasions	Fund raising events Many House challenges Inter house competitions

Gateways School – High School: U3, L4 and U4: Opportunities/Experiences Available

Responsibilities	<p>School & Food Council Representatives Form Assemblies Team Captains School 'Tours' With Visitors House helpers House sisters Subject prefects</p>
Educational Activities	<p>Carlton activity weekend (U3) Liverpool Residential (L4) Skiing Trip (U2 – U6) Visiting speakers; e.g. poet, authors, writing workshops Subject related visits as appropriate Spanish visitors Salters' chemistry festival Biology Challenge Top of the Bench Chemistry competition Physics olympics Maths team Challenges Poetry Competition; Short Story Competition Spoken English Examination Big Bang science exhibition</p>
Careers	<p>Lessons Careers week activities U4 Moving up day prior to option choices Careers Drop-In Service</p>
Extra Curricular Clubs, Teams and Activities	<p>Choir, Orchestra, Band, Instrument and singing lessons, House Ensemble, Art Club Horticulture Club Debating Society Cycling Club, including 200+ mile annual tour for charity Athletics, Netball and Tennis Teams Rounders Club & Badminton Club Drama Lessons and Drama Club Stella Science Club Social Enterprise Challenge Bronze D of E (U4) Maths clinics Cross country & sprinting club Dance club</p>
House and Social Occasions	<p>Fund raising events Many House Challenges & competitions Christmas Activities</p>

Gateways School – High School: L5 and U5: Opportunities/Experiences Available

Responsibilities	School & Food Council Representatives U5 House Assistant Team Captains Lunch Duties during sixth form study leave Form Assemblies Common Room Committee School 'Tours' With Visitors Participation in Head Girl selection (U5) Subject prefects
Educational Activities	L5 cross curricular residential visit to London Subject related visits as appropriate Visiting speakers European visits Maths Challenge Biology challenge
Careers	Lessons Careers Fair Careers week activities Careers talks and visits One-to-one guidance interviews Access to interviews with external career professional Meetings with Head of Pastoral Care & Careers Co-ordinator (U5) Study Skills Training Sessions Overseas Universities Fair L5 Careers stepping up day L5 Sixth Form Experience Day Sixth Form Information Evening Careers Drop-In Service
Extra Curricular Clubs, Teams and Activities	Debating Society Duke of Edinburgh Silver Awards (L5) Social Enterprise Challenge Athletics, Netball and Rounders Teams Senior Netball Tour Cycling Club, including 200+ mile annual tour for charity Horticulture Club Amnesty International Drama Lessons Art Club Choir, Orchestra, House Ensemble, Musical Instrument Lessons; Singing Lessons Dance club

House Activities	Community projects and fundraising House Challenges Competitions
Social Occasions	U5 Social Activities organised by Common Room Committee Christmas activities

Gateways School - Sixth Form: Opportunities/Experiences Available

Responsibilities	Head Girl & School Prefects – various roles of responsibility House Captain Team Captains Enterprise events L6 U5 Tutoring scheme L6 Mentors to U3 School tours with visitors Assist at major school events: Open Events, Carol Service, Option Evenings, Prize Giving, Entrance Examination Day, parents’ evenings Leading a club for younger members of the school; e.g. sporting activities, art, drama, maths, science, Amnesty, debating etc.
Educational Activities	Residential cultural visits which embrace several subjects; e.g. Art, Religious Studies, History Biology field trip Business Studies visits to local businesses Chemistry Practical Day at Leeds University English; theatre, museums, conferences, visiting authors, writing workshops Visit to Poland; Auschwitz Theatre Studies; WY Playhouse, London, York Geography field trip Maths Challenge Economist of the year competition RS lectures at York Minster University essay Competitions – various subjects
Higher Education/Careers	One-to-one guidance interviews Careers lessons & workshops Morrisby Psychometric Profiling Information of taster courses; Medilink Information/presentations from various professions and institutions Careers Week activities Nuffield Science Bursary and opportunity of placement at Leeds University University/College Open days UCAS Fair UCAS Parents’ Information Evening Admission Officer visits Mock Interviews for University Oxbridge application schedule & conference Global Young Leaders Conference

	<p>Biology placement in SJUH research laboratory</p> <p>Careers Fair</p> <p>Careers talks and visits</p> <p>Careers Drop-In Service</p>
Houses, embracing Community Outreach	<p>Organising fundraising days</p> <p>Preparatory school liaison</p> <p>Amnesty International</p> <p>Co-coordinating House Challenges and Competitions</p>
Extra Curricular Clubs, Teams and Activities	<p>Sixth Form Think-tank</p> <p>English Speaking Board Advanced Certificate in Spoken English</p> <p>Business Club</p> <p>Fitness Suite</p> <p>Netball Team</p> <p>Outlook Expeditions</p> <p>Duke of Edinburgh Award; Gold</p> <p>Leavers' Assembly</p> <p>Produce the Leavers' Yearbook/organise hoodies</p> <p>Choirs and band</p> <p>House Ensemble</p>
Social Occasions	<p>Social events as organised e.g go-karting</p> <p>Leavers' Dinner</p>

Aims of the Personal, Social, Health and Economic Education Curriculum

PSHE lessons at Gateways School seek to encourage the positive growth of all pupils so that they may take their places in society as educated, independent, caring and thoughtful citizens. To this end each of the following schemes of learning offers opportunities to explore issues which will encourage this growth.

The curriculum brings together personal, social, and health education with economic wellbeing which includes work related learning, careers, enterprise and financial capability.

Personal wellbeing concentrates on the personal development of pupils and covers sex and relationships and drugs education. Learning is enhanced by cross curricular reference; science and health schemes of learning, for instance. Physical Education, and the Duke of Edinburgh programme contribute to leading a healthy lifestyle. In developing schemes of learning, the Head of Pastoral Care audits the PSHE schemes in relation to personal and financial well-being, as well as citizenship.

It is the intention of this PSHE course to promote the following outcomes for each pupil:

- Development of self awareness, positive self esteem and self confidence
- Development of a healthy lifestyle; physical, nutritional and emotional health.
- Learning to keep themselves and others safe
- Development of effective and satisfying relationships
- Learning to respect themselves and others
- Development of independence and responsibility
- Playing an active role as members of society
- Making the most of their abilities and talents

At various stages throughout their school life and in various contexts, pupils will be faced with difficult choices. These may be presented at school, at home or socially. It is the particular aim of this course, together with careers, health, citizenship and enterprise projects, to equip our pupils to make responsible, informed and healthy

decisions which enhance their physical, mental and spiritual growth and do not endanger it.

Overview of Personal, Social, Health and Economic Education (PSHE) Provision

PSHE provision emphasises the broad role of pastoral care; it is an essential support for pupils' learning.

The schemes of learning refer to organisation of self, time and belongings, relationships and promotion of systems to encourage positive academic achievement and self-image. The curriculum addresses self-esteem, emotional literacy, assertiveness, power, sex and relationship education and bullying. Consequently we encourage development of the whole person and aim to both prevent and protect our pupils from child abuse. Activities are planned to encourage pupils to value both themselves and others.

The Prep School includes the SEAL Scheme of Learning which focusses on qualities and skills which promote positive behaviour and effective learning. These include self awareness, managing feelings, motivation, empathy and social skills.

Communication between Prep and High Schools ensures the progress and continued development of its pupils.

Registration happens twice daily. 'Form Time' every Tuesday, is for the checking of planners, hearing from the School Council representative and giving relevant messages. These may involve reminding pupils of school's practices and expectations. In High School, most Thursdays are dedicated to a specific form activity chosen by the tutor or a Pastoral assembly lead by Head of Pastoral Care (High School) or Head of Sixth Form. In the Prep School, most Tuesdays are dedicated to class assemblies to which parents are invited.

EYFS including the Gatehouse Nursery

Personal, emotional and social development is continuously threaded throughout the curriculum, routine and daily experiences of the school.

In addition there is a focussed session each week.

Children in the Early Years are supported to gain awareness of their personal, social and emotional development continuously throughout each day. Consideration is given to the needs of each individual, the environment and the development of independent and active learning.

Key attachments with practitioners are prioritised in order to foster a feeling of belonging and emotional well-being. Practitioners work closely with parents and carers in order to fully appreciate the needs of each child.

Content

Key themes are used to support children's knowledge, understanding and skills in empathy, self-awareness, social skills and motivation.

Plans are adapted as necessary to accommodate the needs of the children and any issues/interests which arise and need addressing promptly.

Primarily, skills and awareness are developed using the documents; ***Social and Emotional Aspects of Development (DfFC, 2008)*** and ***Excellence and Enjoyment: Social and Emotional Aspects of Learning (DfCSF, 2008)***.

Prep School

- PSHE lesson incorporating Thinking Skills, Citizenship and SRE
- Religious Studies lessons
- Computing lessons

Content

The Prep School predominantly follows the SEAL Scheme of Learning which focuses on qualities and skills which promote positive behaviour and effective learning. These include self awareness, managing feelings, motivation, empathy and social skills. The PSHE scheme also includes citizenship and SRE. Here the children learn about having respect for property, each other and the world around them. SRE looks at how the body works and the changes that happen. Some of this learning, along with health and drugs education takes place within the science curriculum. The older pupils have the opportunity to experience running a business. This is incorporated into the wider curriculum. Please refer to the Prep School PSHE (and Citizenship) Procedures and EYFS/KS1 and KS2 long term planning.

High School: U3, L4, U4

- PSHE lessons
- Religious Studies lessons
- Computing lessons

Content

Reviewed Spring 2018
Next review Spring 2019

Each year group has a PSHE Scheme of Learning to follow although their interpretation is a matter for the individual Form Tutor, with guidance from the Head of Pastoral Care. Careers is taught within these schemes of learning and is delivered by the Careers Co-ordinator. Sex Education is not addressed in years 7 and 8, although some Sex Education is given in biology lessons in year 7 and the PSHE scheme covers menstruation.

High School: L5, U5

- PSHE lessons
- Religious Studies lessons
- Computing lessons

Content

The careers scheme of work includes looking at personal qualities and compiling a C.V. and personal statement. These are added to Personal Portfolios. 16+ options are explored. This programme includes meetings with an external careers professional, the school's Careers Co-ordinator and Head of Pastoral Care. Reliable, up-to-date and impartial information, advice and guidance about learning and work options are given.

Health includes sex education, drugs education, mental well-being and personal protection and safety. Personal protection and safety involves learning about looking after ones self; for example knowing how to identify possible illness such as those which are transmitted sexually; being aware; breast and skin awareness for example and being drink and drug safe.

Citizenship provides knowledge and understanding of government and society so that our pupils become informed and responsible citizens. Pupils gain an awareness of their abilities to affect both local and global communities. They learn of the influence of the political, legal and economic systems on their lives.

RS includes moral and ethical issues such as: suffering, forgiveness, prejudice, discrimination, crime and punishment, war and peace, marriage and divorce, abortion and euthanasia.

The Academic Monitoring programme in High School involves the Head of Pastoral Care and Form Tutors cascading assessment data to the pupils and helping them to set realistic targets in the light of the data and their ambitions.

The Learning Access Co-Ordinator arranges a number of study skills sessions throughout the two years to ensure revision is effective.

Sixth Form

- PE lessons

Reviewed Spring 2018
Next review Spring 2019

- Enrichment lessons including The Extended Project Qualification (EPQ), ESB Advanced Certificate of Spoken English preparation

The Form Tutor is also the student's Personal and Academic Tutor. Thus Form time, tutor sessions and the Academic Monitoring programme ensure nurturing of the individual student so that she aspires to achieve her highest potential in all areas of her life.

Academic Monitoring, which reviews ALIS predictions and test results in a formal and quantitative manner, involves specific meetings throughout the year between the student and her Tutor. Individual target grades are set by the student in the light of ALIS information and staff estimates. Achievement in mocks and unit tests is compared with the original target.

Outside of Form contact, further meetings of every student with her Tutor occur twice per half term. These sessions are less formal in manner and involve discussion of academic progress and any issues which need addressing. The student's attention is drawn to formative comments made by staff when reporting. Short-term targets are set which are discussed at the following meeting.

Form Time allows for administrative tasks and for giving relevant, and perhaps individual, guidance.

A structured careers and higher education programme is followed. The Enrichment schedule includes university preparation, benefiting from the expertise of visiting speakers, advice from the external careers professional and the continued development of the sense of responsibility, independence and team building.

Enrichment in L6 focuses mainly on UCAS, Spoken English and the EPQ. The U6 programme focuses on UCAS and then more practical life skills such as personal finance, budgeting and cooking.

At the beginning of the year, L6 attend a development day which offers a variety of study and leadership skills training led by both staff and students.

The school prefects attend a residential 'Leadership Training Course' run by the Head of Sixth Form during the summer holidays in preparation for their future role.

The students become responsible citizens by taking part in Community Outreach activities within the House system and outside school, researching their articles for the English Speaking Board's Advanced Certificate in Spoken English and by volunteering for many roles of responsibility within school.

Schemes of Work - PSHE

EYFS:

Early Years PSED Long Term Plan

Social and Emotional Aspects of Development (SEAD)

Children in the Gatehouse Nursery are supported to gain awareness of their personal, social and emotional development continuously throughout each day. Consideration is given to the needs of each individual, the environment and the development of independent and active learning.

Key attachments with practitioners are prioritised in order to foster a feeling of belonging and emotional well-being. Practitioners work closely with parents and carers in order to fully appreciate the needs of each child.

Social and Emotional Aspects of Learning (SEAL)

Children in Littlegates continue to develop personal, social and emotional skills at every opportunity. In addition to this there is a weekly focus to extend learning and understanding. This takes place in small groups in a calm and supportive atmosphere.

Key themes are used to support children's knowledge, understanding and skills in empathy, self-awareness, social skills and motivation.

Plans are adapted as necessary to accommodate the needs of the children and any issues/interests which arise and need addressing promptly.

Primarily skills and awareness are developed using the documents; *Social and Emotional Aspects of Development (DfFC, 2008)* and *Excellence and Enjoyment: Social and Emotional Aspects of Learning (DfCSF, 2008)*. The following themes are introduced each half term;

Autumn Term 1	New Beginnings Focus on contributing to a fair learning community.
Autumn Term 2	Good to be me Focus on understanding feelings.
Spring Term 1	Getting on and falling out Focus on working together and resolving conflict.
Spring Term 2	Relationships Focus on understanding relationships.
Summer Term 1	Going for goals Focus on self-awareness and individual strengths.
Summer Term 2	Changes Focus on managing feelings associated with change and transitions.

Prep School:

KS1	<u>Transition (Year 1)</u>	<u>Lower 1 (Year 2)</u>
Autumn 1	<p>Being Healthy: Hygiene</p> <p>QCA PSHE Healthy Lifestyles Unit 2 Keeping my body healthy</p>	<p>Enjoy & Achieve: Feeling Safe</p> <p>SEAL Good to be me (child protection)</p>
Autumn 2	<p>Emotional Health: Friendships & Bullying</p> <p>QCA Citizenship Unit 1 Taking Part Section 5</p> <p>SEAL Getting on and falling out, Relationships Say no to Bullying</p>	<p>Being Healthy: Healthy Choices</p> <p>QCA PSHE Healthy Lifestyles Unit 3: Making choices for a Healthy Lifestyle</p>
Spring 1	<p>Staying Safe: Outdoors – Road Safety</p> <p>QCA Citizenship Unit 2 Choices: Section 1 Citizenship Unit 4 People who help us: Section 2</p>	<p>Relationships: Families</p> <p>SEAL Relationships Changes</p>
Spring 2	<p>Enjoy & Achieve: Rules and Relationships</p> <p>QCA Citizenship Unit 1 Taking Part: Section 4</p> <p>SEAL New beginnings, Going for goals Relationships</p>	<p>Positive Contribution: Community</p> <p>QCA Citizenship Unit 3 Animals and us: Section 2 Citizenship Unit 5 Living in a diverse world: Section</p>
Summer 1	<p>Positive Contribution: Environment</p> <p>Topic related – thinking about their environment and the living things found there</p>	<p>Staying Safe: Drugs – medicines Household substances</p> <p>QCA Drugs Unit A Keeping ourselves and others safe</p>

Summer 2	Relationships: Changes – Myself and others – feelings SEAL Changes, Relationships Good to be me	Emotional Health: Similarities and Differences QCA Citizenship Unit 5 Living in a diverse world, Section 1 SEAL Getting on and falling out Good to be me
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Lower KS2	<u>Upper 1 (Year 3)</u>	<u>Lower 2 (Year 4)</u>
Autumn 1	Enjoy & Achieve: Rights & Responsibilities at School SEAL New beginnings Changes Say no to bullying	Being Healthy: Being Active / Early Stages of Puberty Nutrition QCA PSHE Healthy Lifestyles Unit 6: Eating Healthy, Being Active
Autumn 2	Being Healthy: Healthy teeth (nutrition)	Positive Contribution: Environment, Recycling QCA Citizenship Unit 6 Developing our school grounds
Spring 1	Staying Safe: Staying Safe Outdoors SEAL Getting on and falling out	Staying Safe: Recognising Dangerous Situations QCA PSHE Drugs Unit B Keeping ourselves and others safe Citizenship Unit 2 Choices: Section 2 Citizenship Unit 9 Respect for property

Spring 2	Relationships: Other People’s Lives / Being part of a community. QCA Citizenship Unit 5 Living in a diverse world: Sections 2 & 3 SEAL Changes	Enjoy & Achieve: Rights & Responsibilities at Home SEAL Change Going for goals
Summer 1	Emotional Health: Self Esteem	Relationships: Accepting Differences

	<p>Good to be me QCA Citizenship Unit 1 Taking Part: Section 7</p> <p>SEAL Relationships Going for goals</p>	<p>QCA Citizenship Unit 5 Living in a diverse world: Section 4</p> <p>SEAL Good to be me Relationships</p>
Summer 2	<p>Positive Contribution: Jobs</p> <p>Positive contribution QCA Citizenship Unit 4 People who help us: Section 3</p>	<p>Emotional Health: Assertiveness</p> <p>QCA Citizenship Unit 1 Taking part: Section 8</p> <p>SEAL Say no to bullying Getting on and falling out</p>

Upper KS2	<u>Upper 2 (Year 5)</u>	<u>Lower 3 (Year 6)</u>
Autumn 1	<p>Emotional Health: Feelings, Anger and Conflict</p> <p>SEAL New beginnings Good to be me Say no to bullying Getting on and falling out</p>	<p>Positive Contribution: Community Action</p> <p>QCA Citizenship Unit 3 Animals and Us: Section 4; Unit 4 People who help us: Section 4 & 5; Unit 6 Developing our school grounds</p> <p>SEAL New Beginnings</p>
Autumn 2	<p>Positive Contribution: Democracy and Politics</p> <p>QCA Citizenship Unit 7 Children’s Rights, human Rights; Unit 8 How do rules and laws affect me; Unit 10 Local democracy for young citizens</p>	<p>Relationships: Inequalities</p> <p>SEAL Say no to bullying</p>
Spring 1	<p>Staying Safe: First Aid and Getting Help</p> <p>QCA Citizenship Unit 11: In the media what’s the news.</p>	<p>Emotional Health: Taking Risks</p> <p>QCA Citizenship Unit 2 Choices; Section 3</p>

		SEAL Going for Goals Good to be me Relationships
Spring 2	Relationships: Different Types of Relationships QCA PSHE SRE Unit 4 Support Networks SEAL Changes Relationships	Enjoy & Achieve: Financial capability QCA Unit 7 Looking after my money
Summer 1	Being Healthy: Puberty QCA PSHE SRE Unit 5 how the body works, changes in puberty	Staying Safe: Substance Use and Misuse QCA PSHE Drugs Unit C Building knowledge and understanding about drugs and alcohol Crucial Crew
Summer 2	Enjoy & Achieve: Smoking QCA PSHE Drugs Unit C Building Knowledge and understanding about drugs and alcohol – smoking only	Being Healthy: Puberty and Reproduction QCA PSHE SRE Unit 5 how the body works, changes in puberty

High School:

At Key Stage 3 the PSHE programme is split into 2 areas - Personal, Social & Health (PSH) and Thinking skills (TS). The latter are aimed at teaching money matters, thinking skills, learning skills and will be used to monitor and review academic progress as well as setting targets.

At Key Stage 4 the PSHE programme is split into 2 distinct areas – PSHE and Health.

Some topics require obvious timetabling; while others can be taught at anytime during the year, topics that require teaching at specific times are shown in **bold** on the sheet. This is meant as a guide to ensure all topics are covered, it shows the approximate number of sessions allocated to each section. The **Teacher record sheet** should be completed as a record of what has been covered.

The Thinking skills folder contains ideas on how to hold class discussions and setting ground rules.

Form assembly planning – PSHE lessons are used for the group work of planning a form assembly.

PSHE lessons are not used for admin tasks such as signing planners; these tasks should all be carried out during Tuesday or Thursday form times.

Resources

There are additional resources in the Pastoral Room.

Please feel free to create your own resources, update, comment in the files and share ideas.

All electronic resources can be found on the staff drive. You may add resources here.

Completion of pupil progress file portfolios

The PSHE lessons should be used to build up a written record that will become a comprehensive portfolio of her progress in High School. It is important that they build up written evidence of their progress so as this will then be built upon to support their careers work and personal statements.

Sections:

- Achievements record
- Pupil progress
- Thinking & learning information
- PSHE lesson information

Upper 3:

Date	Topic	File	Notes
8/9/17	Hopes and Fears	PSH	Induction
15/9/17	Carlton		
22/9/17	Information literacy	MS	Library
29/9/17	Learning styles audit Homework	TS	
6/10/17	Study Skills	TS	
13/10/17	Secret letter task	PSH	Induction
20/10/17	Appearance & conduct	PSH	Induction
Half term			
10/11/17	Academic monitoring	TS	Reviews & data provided
17/11/17	Academic monitoring	TS	Reviews & data provided
24/11/17	Personal Finance	TS	
1/12/17	Personal Finance	TS	
8/12/17	Emotional Health: friendship issues	PSH	
15/12/17	Emotional Health: friendship issues. Positive friendships – I can form healthy relationships	PSH	
Christmas			
5/1/18	Emotional Health: friendship issues. Restorative approaches – I can support my friends when they need help	PSH	
12/1/18	Emotional Health: Mental Health Introduction	PSH	
19/1/18	Drug Education: Smoking	PSH	
26/1/18	Drug Education: Smoking	PSH	
2/2/18	Identity	PSH	
9/2/18	Strong Emotions: Anger	PSH	
Half term			

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Date	Topic	File	Notes
23/2/18	Personal Wellbeing: Health & Mentstruation	PSH	
2/3/18	Personal Wellbeing: Health & Mentstruation. Developing independence – I am becoming more comfortable with change.	PSH	
9/3/18	Assembly Prep		
16/3/18	Assembly Prep		
23/3/18	Revision skills & timetable	TS	
Easter			
20/4/18	Revision skills	TS	
27/4/18	Revision skills	TS	
4/5/18	Academic Monitoring	TS	Reviews & Data provided
11/5/18	This is me. I'm good at....and I'd like to be better at...	TS	
18/5/18	Review of the year. Start personal portfolio document	TS	
25/5/18	Exam Week		
Half term			
8/6/18	Careers	MS	
15/6/18	Careers	MS	
22/6/18	Review of the year. Start personal portfolio document	TS	
29/6/18	Play Safe	PSH	
6/7/18	Prize Giving		

Additional topics if you have time:

- Air pollution
- Britain's government
- Current Affairs – Prepare a 5 min talk on topic of choice. Could take advantage of ICT/iPads and use the smart boards.

Lower 4:

Date	Topic	File	Notes
8/9/17	Listening skills	TS	
15/9/17	Anxieties & Worries. Stress	PSH	
22/9/17	Safety Matters	PSH	
29/9/17	Feeling Good & Self-esteem	PSH	
6/10/17	Prepare for residential – Discover Liverpool		Liverpool: 12th-14th Oct
13/10/17	Feeling Good & Self-esteem. Positive Strokes & Vogue Self Image. I can help myself cope better when things are difficult.	PSH	
20/10/17	Personal Finance: Choices	TS	
Half term			
10/11/17	Academic monitoring	TS	
17/11/17	Academic monitoring	TS	
24/11/17	Alcohol	PSH	
1/12/17	Discrimination – Being the same & being different – ethnicity & gender	PSH	
8/12/17	Family Relationships	PSH	
15/12/17	Friends & Friendship. Communicating. Resisting peer pressure.	PSH	
Christmas			
5/1/18	L4G - Mental Health - Loss L4W - Careers	PSH MS	
12/1/18	L4G - Mental Health - Resilience L4W - Careers	PSH MS	
19/1/18	L4W - Mental Health - Loss L4G - Careers	PSH MS	
26/1/18	L4W - Mental Health - Resilience L4G - Careers	PSH MS	
2/2/18	YLA: Lesson 1	TS	
9/2/18	YLA: Lesson 2	TS	
Half term			

Reviewed Spring 2018
Next review Spring 2019

Date	Topic	File	Notes
23/2/18	Both forms - Assembly Prep		
2/3/18	YLA: Lesson 3	TS	
9/3/18	YLA: Lesson 4	TS	
16/3/18	YLA: Lesson 5	TS	
23/3/18	Study skills	TS	
Easter			
20/4/18	Academic monitoring	TS	Reviews & data provided
27/4/18	Mental Health Problems	PSH	
4/5/18	Mental Health – Stigma & discrimination	PSH	
11/5/18	Revision skills	TS	
18/5/18	Revision timetable	TS	
25/5/18	Exam week		
Half term			
8/6/18	YLA: Lesson 6	TS	
15/6/18	Part of the UK	TS	
22/6/18	Review of the year & personal portfolio update	TS	
29/6/18	Review of the year & personal portfolio update	TS	
6/7/18	Prize giving		

Additional topics if you have time:

- Current Affairs – Prepare a 5 min talk on topic of choice. Could take advantage of ICT/iPads and use the smart boards.
- Old Age
- Gambling

Upper 4:

Date	Topic	File	Notes
8/9/17	Team working skills	TS	
15/9/17	Self-Image & Self Esteem	PSH	
22/9/17	Images & Stereotypes	PSH	
29/9/17	YLA: Lesson 5	TS	
6/10/17	YLA: Lesson 6	TS	
13/10/17	Images & Stereotypes	PSH	
20/10/17	YLA: Lesson 7	TS	
Half term			
10/11/17	Your future / careers	MS	
17/11/17	Your future / careers	MS	
24/11/17	Your future / careers	MS	
1/12/17	Academic Monitoring		Reviews & data provided
8/12/17	Academic Monitoring		Reviews & data provided
15/12/17	YLA: Lesson 8 & 9	TS	
Christmas			
5/1/18	YLA: Lesson 8 & 9	TS	
12/1/18	Options - Moving up day		Looking at subject choices GCSE Options eve Thurs 25 th Jan
19/1/18	YLA: Extra lesson	TS	
26/1/18	Britain's Government	PSH	
2/2/18	U4 Assembly Prep		
9/2/18	Personal finance	PSH	
Half term			
Date	Topic	File	Notes

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23/2/18	Girlfriend/boyfriend	PSH	
2/3/18	Sexuality & Sexual Identity	PSH	
9/3/18	Health Matters & Drugs	PSH	
16/3/18	Mental Health: solutions & effective treatment	PSH	
23/3/18	Drugs	PSH	
Easter			
20/4/18	Academic monitoring	TS	Reviews & data provided
27/4/18	Mental Health: Low mood		
4/5/18	Revision timetable	TS	
11/5/18	Revision techniques	TS	
18/5/18	Revision	TS	
25/5/18	Revision	TS	
Half term			
8/6/18	Review of the year & personal portfolio update Aspirations	TS	
15/6/18			Possible Army activity day
22/6/18			
29/6/18	Developing Independence	PSH	
6/7/18	Prize giving		

Additional topics if you have time:

- The police & you
- Elderly people
- Current Affairs – Prepare a 5 min talk on topic of choice. Could take advantage of ICT and use the smart boards.

Lower 5:

Date	Topic	File	Notes
8/9/17	Introduction to L5, controlled assessments & time management	PSHE	
15/9/17	Health: Self-image & eating disorders	Health	
22/9/17	Health: Self-image & eating disorders	Health	
29/9/17	Health: Menstruation	Health	
6/10/17	Health: Contraception	Health	
13/10/17	Setting pupil grades from YELLIS & target setting		Data provided
20/10/17	Health: Conception to birth	Health	
Half term			
10/11/17	Health: Conception to birth	Video	
17/11/17	Academic monitoring	PSH	Reviews & data provided
24/11/17	Academic monitoring	PSH	Reviews & data provided
1/12/17	Mental health & physical disability	Health	
8/12/17	Alcohol talk	Fresh Knowledge	? TBC ?
15/12/17	Health: Women's health	Health	
Christmas			
5/1/18	Assembly prep - L5G		
12/1/18	Assembly prep - L5W		
19/1/18	Health: Women's health	Health	inc sexual health workshop tbc ?
26/1/18	Mental Health: Harmful behaviours	Health	
2/2/18	Health: Stress	Health	
9/2/18	Domestic violence	PSH	
Half term			

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Date	Topic	File	Notes
23/2/18	L5G Careers L5W Study & revision skills	MS PSHE	
2/3/18	L5G Careers L5W Study & revision skills	MS PSHE	
9/3/18	L5W Careers L5G Study & revision skills	MS PSHE	
16/3/18	L5W Careers L5G Study & revision skills	MS PSHE	
23/3/18	Academic monitoring Setting goals for improvement	PSHE	Reviews & data provided
Easter			
20/4/18	L5G Careers L5W Revision timetable	MS PSHE	
27/4/18	L5G Careers L5W Revision	MS PSHE	
4/5/18	L5W Careers L5G Revision timetable	MS PSHE	
11/5/18	L5W Careers L5G Revision	MS PSHE	
18/5/18	Revision & Exam stress		
25/5/18	Exam week		
Half term			
8/6/18	Being British	PSHE	
15/6/18	Government & democracy	PSHE	
22/6/18	The law	PSHE	
29/6/18	Residential ?		
6/7/18	Prize giving		

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Upper 5:

Date	Topic	Who	Notes
8/9/17			
15/9/17			
22/9/17	M4: L1 - Dealing with stress		
29/9/17	Careers - World of Work	MS	
6/10/17	Careers	MS	
13/10/17	Careers	MS	
20/10/17	Careers	MS	
Half term			
10/11/17	Managing stress & mindfulness		
17/11/17	M4: L2 - Managing your responses		
24/11/17	M4: L3 - Overcoming challenges		
1/12/17	Mock exams		
8/12/17	Academic monitoring & target setting		Based on U5 mock results
15/12/17	M3: L3 - Managing your time		
Christmas			
5/1/18	Academic monitoring & target setting		Based on U5 mock results
12/1/18	M2: L1&2 - Making a good impression & communicating with confidence		
19/1/18	M1: L1 & L2 - Working with others with different personalities		
26/1/18	M1: L3 - Building relationships		
2/2/18	M5: L1 - Having great ideas		
9/2/18	M5: L2 - Solving problems		
Half term			

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Date			
23/2/18	M5: L3 – Using your skills		
2/3/18	Revision		
9/3/18	NCS presentation - Employability		
16/3/18	Revision		
23/3/18	Academic monitoring & target setting		Reviews & data provided
Easter			
20/4/18	Revision		
27/4/18	Assembly Preparation		
4/5/18	Assembly Preparation		
11/5/18	GCSE study leave day & assembly		
18/5/18	Study leave		
25/5/18	Study leave		
Half term			
8/6/18	Study leave		
15/6/18	Study leave		
22/6/18	Study leave		
29/6/18	Study leave		
6/7/18	Prize giving		

Reviewed Spring 2018
Next review Spring 2019