

NOTRE DAME SENIOR SCHOOL PSHE POLICY

NOTRE
DAME
SCHOOL



Our Mission:
KEEP THE FLAME ALIVE
STRETCH OUT A HELPING HAND
LIVE UP TO OUR NAME
SERVE IN A WAY THAT IS ALWAYS NEW
KEEP FRIENDSHIP AMONG US

Introduction

Personal, social, health and economic (PSHE) education is a timetabled subject that acknowledges and addresses the changes and challenges young people experience in an ever-changing world. Through sequenced lessons, students develop skills, knowledge and qualities that enable them to confidently manage their lives, both now and in the future. Our PSHE programme of study supports personal development, raises awareness of fundamental British Values and promotes tolerance and respect towards the protected characteristics, as defined in law. PSHE plays a key role in safeguarding, as well as supporting students physical and mental wellbeing.

PSHE comprises of three key themes:

- Relationships and Sex Education (see RSE policy)
- Health and wellbeing
- Living in the wider world (including economic wellbeing and careers)

The aim of PSHE is to encourage students to foster healthy relationships by being kind to others and themselves. It provides a 'toolkit' that builds students confidence and independence, enabling them to appropriately manage risks, challenge inappropriate behaviour and become aware of the increasing influence of their peers and the media. PSHE will help pupils develop life skills, independence, health and employment skills. PSHE by its very nature, nurtures students, ensuring their happiness and promotes community cohesion.

Parents were consulted when the School drafted the RSE policy. The School informs parents of the RSE programme before it is taught to each year group.

Staffing

The team comprises Headmistress, Anna King, Deputy Head (Pastoral) Amanda Windibank, Curriculum Leader for PSHE Emma Carlstedt-Duke and Governors with Responsibilities for Safeguarding and PSHE.

RSE is delivered via PSHE lessons, Emma Carlstedt-Duke (Head of PSHE) and a select group of teachers who have received external INSET through the PSHE association. All teachers have a responsibility of care; as well as fostering academic progress they will actively contribute to the guidance of the physical, moral, spiritual well-being of all pupils. Staff must remain impartial and teaching material must always be balanced.

Appropriate training is made available to all staff teaching RSE/PSHE and this will continue to be reviewed and developed.

Inclusion/Equity and Diversity

We ensure, through differentiation and inclusion that RSE is sensitive to the needs of individual pupils, respects pupils' different abilities, levels of maturity and personal circumstances e.g. sexual orientation, faith and culture.

Our school strives to do the best for all pupils, in particular those protected characteristics listed under the Equalities Act 2010.

Children with Special Educational Needs and disabilities (SEN-D) will have support in varying ways depending upon their individual needs and in consultation with their parents. (see SEN policy and PSHE Scheme of Work)

Safeguarding Procedures

The school has procedures and policies in place to deal with any sensitive issues or pupils thought to be vulnerable. All staff will adhere to procedures set out in the Safeguarding policy in relation to reporting concerns.

Schemes of Work

Below are the planned schemes of work for KS3 and KS4 pupils. Topics have been reviewed to ensure that they are age appropriate.

Key Stage 3 PSHE Programme of Study – September 2023 – July 2024

	Autumn Term				Spring Term				Summer Term		
Year 7	<u>Health and Wellbeing</u> - Personal Strengths - Learning Skills - Target Setting	H A L	<u>Relationships</u> - Self-Awareness - Communication Skills - Relationship with ourselves - Peer pressure	C H R I S	<u>Health and Wellbeing</u> - Puberty - Sleep & the brain - Exercise - Healthy Eating - Periods - Needs and Wants	H A L	<u>Living in the Wider World</u> - Diversity & British Values - Contemporary Society	E A S T E	<u>Living in the Wider World</u> - Careers & Enterprise - First Aid	H A L	<u>Relationships</u> - Friendship - Romantic Relationships - Bullying - Personal Safety
	<u>Health and Wellbeing</u> - Resilience - Growth/Fixed Mind-set - Teenage Brain - Self-Awareness - Target setting	F T E	<u>Relationships</u> - Body Image - Healthy & Unhealthy relationships - Peer pressure	T M A S H	<u>Health and Wellbeing</u> - Emotional Wellbeing - Emotional changes - Managing stress and anxiety	F T E	<u>Living in the Wider World</u> - Social Media & Online Safety	R H O L	<u>Relationships</u> - Gender Identity - Relationships - Consent	F T E	<u>Living in the Wider World</u> - Communication and teamwork - Careers & Enterprise - First Aid
	<u>Health and Wellbeing</u> - Wellbeing - Alcohol - Drugs - Vaping - Healthy Coping Strategies	R M	<u>Living in the Wider World</u> - Learning Strengths - GCSE Options - Careers Options - Target Setting	O L S	<u>Relationships</u> - Families and parenting - healthy relationships, conflict resolution - relationship changes	R M	<u>Living in the Wider World</u> - Diversity - Equality rights in the work place - Equal opportunities - The Media – Role models - Content analysis of the information we are given	S	<u>Relationships</u> - RSHE - Sexting - Consent - Romance - Different Types of Relationships - Bodies	R M	<u>Health and Wellbeing</u> - Healthy lifestyle - Diet, exercise, lifestyle balance - Healthy choices - First aid

- Each unit of work is planned to cover 1 hour long lessons for the duration of the half term.

Key Stage 4 PSHE Programme of Study – September 2023 – July 2024

Autumn Term					Spring Term					Summer Term			
Year 10	<u>Relationships</u> - The Family – family relationships - Healthy and unhealthy relationships	H A L F	<u>Living in the Wider World</u> - Careers & Enterprise - Work experience - CVs - Application letters - Careers Assessment	C H R I S T	<u>Health and Wellbeing</u> - RSE - Pregnancy & Contraception - STIs - LGBTQ+ Cultural Understanding of different perspectives	H A L F	<u>Living in the Wider World</u> - civil and criminal law, public institutions and services in England	E A S T E R	<u>Health and Wellbeing</u> - Personal safety (related to the extra freedom that comes with age) - Body Image - First Aid -	H A L F	<u>Living in the Wider World</u> - PREVENT - Cultural diversity - Tolerance - Diversity - Extremism - Honour based violence		
Year 11	<u>Living in the Wider World</u> - GCSE Goals - Careers Interviews and feedback	T E R M	<u>Health and Wellbeing</u> - Managing stress and anxiety Varying Techniques	M A S H O L S	<u>Living in the Wider World</u> - Finance - Debt and financial planning Gambling - Consumer Rights	T E R M	<u>Relationships</u> - Abusive relationships and power - Pornography and Revenge Porn - Relationships and sex expectations Pleasure and Challenges - Impact of media and pornography	H O L S	<u>Health and Wellbeing</u> - Responsible health choices - Rule of Law - Festival/Holiday safety <i>(4 weeks before study leave)</i>	T E R M			

- Each unit of work is planned to cover 1 hour long lessons for the half term.
- Each lesson will be planned and linked to learning objectives, lesson activities and will be supported by a worksheets.
- The Key Stage 4 Programme of Study will directly link to the Key Stage 3 Programme of Study and will feed into the Key Stage 5 Programme of Study