

RUGBY HIGH SCHOOL

PERSONAL, SOCIAL, HEALTH and ECONOMIC (PSHE) EDUCATION and CITIZENSHIP POLICY

PSHE supports the curriculum in achieving the aims and objectives of the school. It relates to the planned learning opportunities provided by school to promote the personal and social development of our students. PSHE is provided through discrete lessons as well as through opportunities provided by assemblies, guidance and support systems, special projects, drop down days and other events that enrich students' experiences.

The PSHE programme is broad and balanced providing effective learning opportunities for all students. The curriculum helps to prepare students for the opportunities, responsibilities and experiences of adult life and promotes the spiritual, moral, cultural, mental and physical development of students in school and society. The programme contributes to the development of key skills such as communication, problem-solving and inter-personal skills. The provision addresses the statutory requirements of the national curriculum programmes of study for Citizenship.

Knowledge, skills and understanding are taught in three inter-related sections:

1. developing confidence and responsibility and making the most of their abilities;
2. developing a healthy, safer lifestyle;
3. developing good relationships and respecting the differences between people.

Also key to our provision are the Fundamental British Values which our lessons are inspired by and also use to enhance student understanding of Democracy, Rule of Law, Respect, Tolerance, and Individual Liberty. Safeguarding also plays an essential role of the PSHE curriculum, with lessons on different aspects of this being delivered throughout the year to Year 7-9. The Year 10 and 11 provision for Safeguarding will be led through the different drop down days, including performances by Loudmouth for Year 10 which focus on CSE and Grooming, and a Well-being Day for Year 11 which looks at contraception, STIs, Sexting, Sex in the Media as well as self-defence and yoga for mindfulness. We aim to provide a clear understanding of all issues relevant to our girls as they progress mentally and physically through the years.

1. Developing confidence and responsibility and making the most of their abilities

The programme intends to increase student self-awareness. This includes an understanding of personal learning styles, self-presentation, coping with stress and anxiety and target-setting. The programme in this area has elements in Years 7 – 13. Students are supported to develop self-discipline. This includes help with organisation to be at the right place, at the right time, with the right equipment and having done the right preparatory work. Planning the use of personal time is included. There is clear progression here from the highly structured, small pieces of work, homework timetable of Year 7 through to the coursework elements of the GCSE courses and A level requirements. Self-control, both of personal needs in times of stress and in reacting to others is discussed.

Careers Education and Guidance is provided for Years 7 – 13; students are encouraged to think through issues and reach a personal conclusion alongside independence of thought, decision-making skills are developed. Students will develop skills of enquiry and communication. For further details, see Work Related Learning Policy.

Citizenship units for every year group provide opportunities for students to become informed

citizens and develop skills of participation and responsible action. Wherever there is an opportunity, students make a contribution to school democracy and experience active involvement in decision-making in school. With this in mind, the decision has been made to introduce Citizenship GCSE. Students will study aspects of the course in Year 7, 8 and 9, and then have a drop down day in Year 10 prior to students undertaking the exam in the same year. This will begin with the current Year 7 starters (2016) with them taking the Citizenship GCSE in the summer of 2020. The School Council, organised by Sixth Formers, discusses issues raised by staff seeking student opinion and also raises concerns originated by students themselves. In every year group there are opportunities to hold posts of responsibility.

2. Developing a healthy, safer lifestyle

Over Key Stages 3, 4 and 5 students receive Sex and Relationships Education and Drugs Education. The school works in partnership with health professionals to ensure the provision is appropriate and accurate. The content for each year is driven by student needs and where possible responds to student demand. Students are taught about stress and have strategies for preventing and reducing it; throughout the programme students are helped to recognise and manage unwanted pressure. Careers Education and Guidance helps students to know about health and safety matters in the workplace. Key to achieving a safer lifestyle, a Year 10 drop down day will involve all Year 10 students learning basic First Aid provision, so that they are aware of what to do should an emergency arrive.

3. Developing good relationships and respect the differences between people

All PSHE work addresses the issues of concern and tolerance for others; this work is reinforced in forums such as assemblies. Work on bullying is included throughout the course, supported by sixth formers and Year 10/11 mentors, trained to help in anti-bullying strategies. Students learn about diversity in units which seek to develop respect for different ways of life, beliefs and opinions. Students have opportunities which enable them to develop strategies to help manage change and changing relationships. Essential to this will be the education provisions using the Fundamental British Values, which will allow students to enhance their understanding and respect for one another, and the wider community.

The aim of Citizenship Education is to enable young people to:

- gain knowledge and understanding of different communities;
- develop their self-confidence and their decision-making skills;
- enquire about the differences, injustices, rights and responsibilities within their own and the wider community;
- gain an appreciation of the necessary part they play within the community of our school and how this is reflected in the wider community;
- learn about institutions, issues, problems and practices in our democracy.

The Programme of Study: Schemes of Work

The content of the programme for Years 7 – 13 is guided by student needs. Needs are assessed by consultation with students, teachers and other professionals with expertise in particular fields, for example our Careers Advisor, school nurses and others. Therefore, the programmes of teaching materials for each year group are constantly evaluated, revised and are relevant to student needs.

NOTE: Due to the diverse nature of PSHE and Citizenship, this policy should be read in conjunction with the policies on Drugs Education, Sex and Relationships Education, Anti-bullying, Child Protection, and Work Related Learning.