



Personal, Social, Health Education Department

Departmental Overview

At Saint Cecilia's, PSHE (Personal, Social, Health Education) is taught twice a fortnight to all pupils in Key Stage 3 (Years 7 - 9), once a fortnight for Key Stage 4 (Years 10 - 11) and twice a fortnight for Key Stage 5 (Sixth Form). These lessons are tailor-made for each year group to ensure the appropriate level and depth is met and that topics are suitable for our pupils' and students' needs.

Research and evidence conducted by the PSHE Association strongly suggests that an effective PSHE programme can tackle barriers to learning, raise aspirations, improve the life chances, attainment and social mobility of all pupils and students, especially vulnerable and disadvantaged children. Lessons provide a safe and respectful environment where pupils and students can talk about sometimes difficult and sensitive topics within a loving and kind Christian framework. All queries are handled respectfully, patiently and sensitively.

Whilst these lessons are timetabled, we will continue to be flexible according to the needs of our pupils and students, often having outside agencies give presentations and talks, perform plays and workshops. Recent visitors include the Police Schools' Liaison Officer, Wandsworth Local Councillor Nick Cuff, the Chaplain at Brixton Prison, Tender – a London based charity working to educate children on gender-based violence, experts in both mental and sexual health and a production of *'Chelsea's Choice'*, a play bringing to light the harsh realities of child exploitation.

Furthermore, the PSHE department, working closely with the Leadership Team and Year Leaders, are quick to tackle pressure points which we feel need to be addressed outside the curriculum. Examples include understanding fake news and fear in the light of the District Line bombing in 2017, the Cambridge Analytica scandal in 2016, incel culture and dangerous social media trends. These lessons could be one-off sessions or form part of a series where the main curriculum is paused to give space to tackle discussions and understanding, support pupils' social and emotional growth.

Finally, the PSHE department ensures the curriculum covers the key statutory requirements including relationships and sex education, careers, first aid and British values.

Key Stage 3

Year 7 Topics covered:

- Resilience
- Mind and Body
- Internet conflict
- Learning needs
- Gender
- Racism

Year 8 Topics covered:

- Relationships and Sex Education
- Online Safety
- Political Advocacy
- Mind and body: substance abuse

Year 9 Topics covered:

- Online Safety
- Relationships and Sex Education
- Careers
- Social Issues
- Being a critical consumer

Key Stage 4**Year 10 Topics covered:**

- Transition to GCSE
- Crime and behaviour
- First Aid
- Financial well-being
- Exam techniques

Year 11 Topics covered:

- Organisation and focus on Year 11 studies
- CV writing and job interview practice
- Supported revision – how to revise effectively?
- Exam stress management

There will be assessments each year – three in Year 10 and three in Year 11.

Key Stage 5

Personal, Social, Health and Economic Education (PSHE) is compulsory for all students in Sixth Form. Unlike other subjects that are solely academic, PSHE acts as a breather for students and a space to discuss topics including mental health, current affairs, political interests, UCAS guidance, preparation for university and RSE (relationships and sex education) to name just a few.

Year 12 Topics covered:

- Independent study skills and transitioning into the Sixth Form
- Relationships and sex education
- A Philosophy and Ethics Inquiry (that could lead to an EPQ)
- UCAS application preparation from which course, which college or university to how to write your personal statement

Year 13 Topics covered:

- Relationships and sex education: LBGTQ+
- Driving 'school'
- University preparation
- First Aid