

What is PSHE Education?

PSHE is an umbrella term for a whole range of different education topics that are grouped under the headings Personal, Social, Health, and Economic Education. These topics include themes such as personal finances, drugs and alcohol awareness, mental health and wellbeing, careers, online safety, and relationships and sex education (RSE)

PSHE provides children and young people with the skills and knowledge they need to live healthy lives in an ever-changing and diverse society.

How can I support my child's PSHE Education?

- Allowing your child to talk about PSHE topics at home can be a really good way for them to explore and contextualise some of the content.
- If you have time, research some of the areas you know are coming up in your child's PSHE programme, and anticipate any awkward questions.
- Be honest if you don't know the answer to a question. However, you can listen to your child and explore these areas further together.
- Sensitive conversations can be easier to have if you are not facing each other directly, so whilst driving or walking, for example.
- Ask open questions. For example, how is your friendship group at the moment?
- Listen and try not to lecture. They will ask for advice when they want it.

The PSHE programme at Blue Coat School

Pupils in years 7-10 have fortnightly PSHE lessons. PSHE classes are taken by a dedicated PSHE teacher to facilitate respectful and responsible discussions in an inclusive atmosphere.

Pupils in year 11 have 12 hours of PSHE delivered by their RE, English, and PE teachers during the Autumn and Spring terms.

Pupils in the sixth form have fortnightly PSHE assemblies and a dedicated MS teams PSHE channel with lessons and guidance.

You can view the PSHE curriculum and guidance (including RSE policy) on the school website here: <https://bluecoatschool.com/pshe/>

As a parent or carer, you play a crucial role in supporting your children's learning in PSHE. Please see below for further guidance and information

The DfE has published a useful list of FAQs for parents on the new RSE/Relationships Education requirements, and two new guides on Relationships Education, RSE and Health Education.

You can read it here: <https://www.gov.uk/government/news/relationships-education-relationships-and-sex-education-rse-and-health-education-faqs>

Brook is a great website for advice and support for many PSHE topics. Brook website: <https://www.brook.org.uk/>



PSHE topics – Spring 2

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
<p>Health and puberty</p> <p>Healthy routines including good hygiene and dental hygiene. Good sleep routines.</p> <p>Puberty and emotions. Including periods.</p>	<p>Emotional wellbeing</p> <p>Mental health and emotional wellbeing - including body image.</p> <p>Healthy coping strategies and Mindfulness.</p>	<p>Healthy lifestyle</p> <p>Healthy work life balance when transitioning to KS4.</p> <p>Personal safety and cancer awareness.</p>	<p>Exploring influence</p> <p>The influence and impact of drugs.</p> <p>Gangs, role models and the media.</p>	<p>Next steps</p> <p>Revision and study skills.</p> <p>Post 16 options and pathways.</p> <p>Employability.</p> <p>CV writing and interview skills.</p>	<p>Planning for the future</p> <p>Exploring future opportunities.</p> <p>Post-18 options.</p> <p>The impact of financial decisions.</p>	<p>Financial choices</p> <p>Managing money and financial contracts.</p> <p>Budgeting, saving, and debt.</p> <p>Influences on financial choices.</p>

Websites for further information and support

<p>Hygiene - https://www.schoolhealth.cnl.wnhs.uk/young-people/health-and-wellbeing-zone/personal-hygiene/</p> <p>Sleep routines - https://www.nationwidechildrens.org/specialties/sleep-disorder-center/sleep-tips-for-adolescents#:~:text=Don't%20study%2C%20read%2C,enough%20to%20let%20you%20sleep.</p> <p>Puberty – https://www.nationwidechildrens.org/family-resources-education/700childrens/2015/06/how-to-talk-with-your-kids-about-puberty</p> <p>Periods - https://www.bodyform.co.uk/our-world/daughters-first-period/</p>	<p>Mental health - https://mhanational.org/talking-adolescents-and-teens-starting-conversation</p> <p>Body image – https://www.frederm.co.uk/body-image-and-self-esteem</p> <p>Mindfulness - https://mindfulnessmeditationinstitute.org/2021/03/06/7-tips-for-teaching-mindfulness-to-teens/</p>	<p>Transition to KS4 - https://www.theparentsguideto.co.uk/post/how-to-help-your-teenager-choose-their-gcse-options</p> <p>Work life balance - https://www.educatingmatters.co.uk/blog/healthy-work-life-balance-for-teens/</p> <p>Personal safety - https://www.surreycc.gov.uk/children/support-and-advice/families/support-and-advice/keeping-your-family-safe/personal-safety-outside-of-the-home</p> <p>Cancer awareness - https://www.macmillan.org.uk/cancer-information-and-support/diagnosis/talking-about-cancer/talking-to-children-and-teenagers</p>	<p>Grooming and exploitation – https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming/</p> <p>Drugs and alcohol - https://www.nspcc.org.uk/keeping-children-safe/talking-drugs-alcohol/</p> <p>Smoking and e-cigarettes and vapes - https://drugfree.org/article/how-to-talk-with-your-kids-about-vaping/</p>	<p>Post 16 options – https://www.ucas.com/further-education/ucas-progress/getting-started/what-are-my-options-after-gcse-or-national-5s</p> <p>Revision and study skills – https://www.theparentsguideto.co.uk/post/helping-your-child-with-their-revision</p> <p>Interview skills - https://www.myworldofwork.co.uk/parents-and-carers/preparing-your-child-for-their-first-interview</p>	<p>Help with searching careers: https://nationalcareers.service.gov.uk/</p> <p>Having a positive online presence: https://blog.hubspot.com/marketing/online-presence</p> <p>Post 18 options: https://nationalcareers.service.gov.uk/careers-advice/career-choices-at-18</p>	<p>Managing money: https://www.moneyhelper.org.uk/en/family-and-care/talk-money/how-to-help-teenagers-manage-their-money</p> <p>Budgets: https://www.barclays.co.uk/moments/children-and-money/teaching-teens-about-money/</p> <p>Debt: https://moneynerd.co.uk/help-son-debt/</p>
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What's been going on in PSHE this half term?

PSHE ambassadors

We were delighted to have over 40 students from year 7-13 sign up to be PSHE ambassadors! This role involves supporting the PSHE curriculum and lessons. Our ambassadors are committed to being a representative for important issues such as mental health and supporting whole school events such as Holocaust Memorial Day and Black history month. If your child would like to sign up it is never too late. Please ask them to email Miss Clemo and she will add them to the edulink group.

Guiding young minds – year 11

On March 1 year 11 took part in an engaging talk about gangs, knife crime, and myths about gangs. This talk was delivered by Guiding Young Minds who support young people transform their lives through attitude and behaviour management. They encourage young people to overcome difficulties and struggles in life, guiding them through growth and development in a positive way, exposing them to choices, and empowering them to become the masters of their own successful journeys.

John Bernard inspirational talk

On March 16, year 11 will have an inspirational talk with John Bernard. John is a spoken word artist and rapper based in Coventry, whose work commentates on social issues, youth empowerment, faith and purpose. He is the founder of BACE (Be A Change Everywhere), an organisation that helps young people find a medium through poetry and spoken word. John has been commissioned for work by organisations including Apples & Snakes and the BBC (with his poem 'Loaded Handgun', written for Black History Month), and was the first local artist to receive £700 from The Herbert Art Gallery & Museum for a digital micro-commission responding to their 'Thirteen Ways of Looking' exhibition. He was recently selected as a finalist on 1Xtra and Asian Network's BBC Words First programme.

Fire safety with West Midlands Fire Service – year 10

Year 10 will be taking part in fire and car safety workshops delivered by the West Midlands Fire service. The sessions will take part in their PE lessons and students will have an opportunity to learn about fire safety, and also the dangers of reckless driving.

Christian Life Ministries – dignify workshops

Year 12 and 13 have been taking part in assemblies delivered by CLM Church delivered by experienced youth communicators. Their aim is to facilitate lessons and assemblies that create opportunities for pupils to be reflective by asking the question "What do you think?", encouraging pupils to think a bit deeper about issues that are so important to their lives.

This half term they have been taking part in dignify workshops which explores relationships education and personal dignity.

