

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 – Summer 1

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
Financial decision making <ul style="list-style-type: none"> • Saving, borrowing, and budgeting. • Making good financial choices. • Ethical shopping. 	Digital literacy <ul style="list-style-type: none"> • Online safety. • Media reliability and how to spot fake news. • Staying safe when online gaming. 	Preparing for employment <ul style="list-style-type: none"> • Preparation for employment, including how to apply for jobs. • Health and safety in the workplace. • Online presence. 	Employability skills <ul style="list-style-type: none"> • Employability skills. Wages, including how to understand a pay slip. • Employment rights and laws. 	Health and wellbeing <ul style="list-style-type: none"> • Stress management and mindfulness. • First aid and emergencies. • Goal setting and self worth. • Managing personal health, including tattoos, piercings, blood/organ donation. 	Living in the wider world <ul style="list-style-type: none"> • Managing money away from home. Including student finance and student banking. • Budgeting, debt, and overdrafts.

Websites for further information and support

Managing money – https://www.moneyhelper.org.uk/en/family-and-care/talk-money/how-to-help-teenagers-manage-their-money	Online safety – https://saferinternet.org.uk/guide-and-resource/parents-and-carers	Job applications – https://uk.indeed.com/career-advice/finding-a-job/how-to-find-a-job-as-a-teenager	Payslips and wages - https://www.gohenry.com/uk/blog/financial-education/help-teens-understand-first-payslip	Stress management – https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/coping-with-stress-for-young-people	Student finance – https://www.gov.uk/suppo-rt-child-or-partners-student-finance-application
Budgeting – https://www.cashfloat.co.uk/blog/money-saving/budgeting-tips-for-teens/	Fake news – https://www.internetmatters.org/issues/fake-news-and-misinformation-advice-hub/dealing-with-fake-news/	Health and safety – https://www.hse.gov.uk/young-workers/parents-carers.htm	Employability skills - https://www.youthemployment.org.uk/what-key-employability-skills-should-my-child-be-developing-and-how-advice-for-parents/	First aid – https://www.redcross.org.uk/get-involved/teaching-resources/first-aid-and-the-bystander-effect-teaching-resources	Student banking – https://www.savethestudent.org/money/student-banking/student-bank-accounts.html
Ethical shopping - https://www.ethicalconsumer.org/ethical-shopping-guide	Online gaming - https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/gaming/	Online presence - https://www.internetmatters.org/hub/expert-opinion/how-to-help-your-teenager-manage-their-online-reputation/	Health and safety – https://www.hse.gov.uk/young-workers/parents-carers.htm	Tattoos and piercing - https://rotherhamcsyp.proceduresonline.com/p_tattoo_policy.html	Debt – https://www.payplan.com/blog/helping-your-child-with-debt/

What's been going on in PSHE this half term?

PSHE ambassadors

We are 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 9

On April 17 year 9 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.

British Transport Police – Rail safety assembly

On April 24 year 7 took part in an important assembly about safety around train lines. This was delivered by the British Transport Police and forms an important part of the PSHE curriculum.

Stephen Lawrence Day

April 22 marks Stephen Lawrence Day, which marks the death of Stephen who was murdered in an unprovoked racist attack. This day aims to inspire a more equitable, inclusive society and to foster opportunities for marginalised young people in the UK. Students marked this day with tutor times activities, have signed a pledge to show their commitment to this day.

