

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 70 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.

Holocaust memorial day 2024

To commemorate Holocaust Memorial Day in school, our year 8 and 9 pupils took part in an online workshop and talk with a Holocaust survivor. The talk was with Yvonne Bernstein MBE and was hosted by the Holocaust Memorial Day Trust, and the Anne Frank Trust.

West Midlands Fire Service – dangerous driving workshop

Year 12 and 13 students took part in a workshop about the dangerous of reckless driving. This was delivered by the West Midlands Fire Service and was an engaging, important, and, memorable experience.

West Midlands police – county lines and gangs

On March 7, all year 10 students will be taking part in a workshop with the West Midlands Police about county lines and gangs. This forms part of county lines week which is March 4.

Online safety workshop

On Feb 9 our PSHE ambassadors took part in an online session about online safety as part of safer internet week. Their feedback will be used to train teachers and school staff nationwide!

Allies week 2024

January 29 marks Allies week, which is a national youth-led effort that encourages students to become allies & challenge discrimination that LGBTQ+ students face. Our pride group created a fantastic resource which has been delivered in PSHE lessons and assemblies.



Online Learning Event
HOLOCAUST MEMORIAL DAY
For Secondary Schools
WITH GUEST SPEAKER
YVONNE BERNSTEIN MBE

Yvonne Bernstein was one of thousands of Jewish children hidden across Europe during the Holocaust. Her identity disguised, she was able to survive, avoiding the fate of 1.5 million Jewish children who were murdered by the Nazis. Yvonne has dedicated much of her post-retirement life to Holocaust education and commemoration.

Friday 26th January
10 - 11:00am

Anne Frank.
The Anne Frank Trust UK



PSHE in the news

Measles: Why are cases rising and what is the MMR vaccine?

Measles cases are likely to keep spreading rapidly unless more people get vaccinated, the UK Health Security Agency says.

More than four million parents and carers, as well as many young adults, are being contacted because they, or their children, have missed out on one, or both, doses of the measles, mumps, rubella (MMR) vaccine.

<https://www.bbc.co.uk/news/uk-england-birmingham-68007804>

Schools in England given new guidance on stopping phone use

Schools in England have been given new guidance intended to stop the use of mobile phones during the school day. The government said the move was part of a plan to "minimise disruption and improve behaviour in classrooms". It added that many schools had already banned phones and the change would ensure a consistent approach.

<https://www.bbc.co.uk/news/uk-68334602>

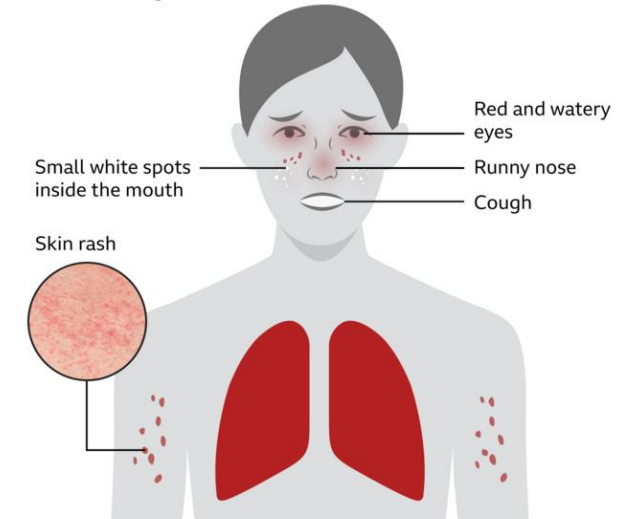
Meta tool to block nude images in teens' private messages

Meta has said it will launch a new safety tool to block children from receiving and discourage them from sending nude images, including in encrypted chats later this year. The tool is likely to be optional and available to adults too on Instagram and Facebook. It follows criticism from government and police after Meta started to encrypt Messenger chats by default.

<https://www.bbc.co.uk/news/technology-68093343>

Symptoms of measles

Highly contagious disease spread when an infected person breathes, coughs or sneezes



Note: Measles can lead to serious and potentially life-threatening complications in some people, including infections of the lungs and brain.

Source: World Health Organization, UK National Health Service

BBC

