

## 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.

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

## Websites for further information and support

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

## **PSHE – what is happening this half term?**

### **Year 8 Sikhi talk – Vaisakhi**

Thank you to Himmat from Gurdwara Guru Nanak Parkash who delivered a fantastic assembly to our year 8 students about the Sikh faith and Vaisakhi. This was an important, engaging, and exciting assembly for our students who have learned more about the Sikh faith. We would also like to wish our Sikh families and community a very happy Vaisakhi!



### **Eid party**

The staff and students at Blue Coat School would like to wish our Muslim families Eid Mubarak for all those who celebrated.

On April 16 we are hosting an Eid party for students and staff during both lunchtimes. We hope any students who have fasted during the month of Ramadan will attend to celebrate their amazing dedication.



### **Year 8 careers event**

On Friday, April 12, our year pupils will be taking part in an online careers event. The event is a careers roadshow with ThinkHigher and Coventry Careers Hub

The event offers a chance for Year 8 students to learn about the different pathways after GCSEs from knowledgeable, experienced delivery staff who will give an insight into the different routes to allow students to think more about what is available and the best route for them.



### **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 will mark this day in their RE lessons, and will sign a pledge to show their commitment to this day.

