



Radnor House
celebrating every individual



PSHEE stands for **Personal, Social, Health and Economic Education** and covers all the aspects of a holistic education not necessarily covered in the normal academic curriculum. It is concerned with the emotional as well as the physical wellbeing of every child. It is delivered through form time sessions, workshops, assemblies and timetabled PSHEE lessons. In order to distinguish between the two, the timetabled lessons will be referred to as PSHE and the all-encompassing delivery as PSHEE in this booklet.

Junior School Pupils will be taught PSHE once a week by their form tutors and will cover a number of different strands in line with the government published guidelines on what should be taught at this Key Stage. You can see a more detailed outline of this further on in the booklet.

Lower School Pupils will be taught PSHE and either ICT (in Y7) or Business and Enterprise (In Y8). The Enterprise course will include a programme run by BizWorld, which involves making, marketing and selling a product. Pupils will be taught in form groups and will spend half of their year on each of the aspects covered.

Y9 Pupils will be taught in their form groups and will cover PSHE, Digital Literacy and Enterprise on a rotation over the course of the year. Clare Marshall will teach PSHE, Marios Charalambous will lead the Enterprise and Emma Hedley Digital Literacy.

Y10 Pupils will be taught PSHE, Digital Literacy (led by Emma Hedley), Life Issues and Wellbeing. The latter two sections are new courses for this year and will be led by John Winterburn and Lucy Clewley respectively. Life Issues will allow pupils to engage with key, and sometimes contentious, topics in the context of current affairs stories. Wellbeing lessons will introduce pupils to some of the scientific theory surrounding their mental health and wellbeing, including an exploration of happiness and stress and the impact of gratitude and positivity on their wellbeing. These courses will be taught in smaller groups to nurture the openness and concentration required.

Y11 Pupils will have the opportunity to spend 8 weeks focusing on developing skills useful to help them in their future careers, including preparation for the networking evening in February, in addition to a wide ranging and detailed PSHE programme. This programme will also include a number of lessons looking into the effects of stress, strategies for minimising it and other study skills required for success in the build up to their exams.

Sixth Form Students will be taught PSHE, Study Skills and two new courses - Life Issues and Beyond Radnor. Life Issues will allow pupils to engage with key, and sometimes contentious, topics in the context of current affairs stories. Beyond Radnor is based on the Barclay's Life Skills programme which prepares young people for life after school by equipping them with interview skills, interpersonal skills for the workplace and financial education focusing on money management at university.

Sex and Relationship Education

We are lucky to welcome back Esther Hardy to deliver a number of sessions across various year groups covering the topic of Sex and Relationship Education. These sessions will take place each Monday afternoon and will be delivered to pupils in Y6-U6. Pupils in Y7-9 will also have additional sessions delivered by their form teachers. Pupils in Y6 will be in single sex groups, in Y7-8 will be in single sex groups for one session and then mixed form groups and Y9 upwards in mixed groups for all of their sessions. This is to ensure that there is an understanding of all of the issues affecting both sexes for all pupils.

Within this booklet you will find a more detailed programme of what will be covered within the cycles mentioned above as well as an A-Z guide of everything you may wish to know about PSHEE. If you wish to discuss anything further or have any other questions then please do not hesitate to contact Lucy Clewley, PSHEE Coordinator by email: lclewley@radnorhouse.org

The A-Z of PSHEE

Anti-bullying

Part of the syllabus looks at how we can address bullying and how we can deal with it on the few occasions when it does occur. Children are reminded daily about the importance of kindness and tolerance. The idea that we must all accept and celebrate those around us is central to the ethos of Radnor House. We highlight Anti-Bullying week in November, children are given details on what they can do if they feel they are being bullied and PSHEE sessions provide a safe and open forum for discussion of bullying related issues. Information is provided in the Student Handbook on the different forms of bullying, such as cyber-bullying by text message and social media, which is examined in further detail during E-safety Week in February.

Assemblies

These form a vital part of the delivery of PSHEE as important lessons and messages are discussed within each school section (Junior, Lower, Middle and Sixth Form). Topics covered include personal development, global awareness and thoughtful behaviour. We often follow up a topic of particular interest in one or more of our PSHE lessons or form time sessions. Assemblies are also a time to celebrate success and achievement and foster a whole school spirit, including Celebration Assemblies for the Junior School.

British Values

PSHEE aims to promote British values by including democracy, equal rights and liberty throughout the age groups. Pupils have the opportunity to participate in mock elections, referendums and school council elections as examples of 'democracy in action'. Assemblies and Form Times will provide further opportunities for engaging with these ideas, including a weekly British Values form time, in which pupils discuss a key news story from the week or a British Value in more depth.

Catering

Our catering team play an important role in the delivery of the 'healthy eating' side of PSHEE. They help to monitor what the children are eating on a day-to-day basis.

Child Protection

Due to the nature of some of the subjects under discussion it may happen that a child will disclose something which could be deemed a child protection issue during a PSHEE session. In this case the member of staff running the session will follow the steps outlined in the school's Child Protection Policy which can be viewed on our website www.radnorhouse.org.

Circle Time

Many of our sessions are delivered through the Circle Time model. The children sit in a circle - a much more informal structure than the traditional classroom set up. The skills and values associated with listening and respect are promoted and children often feel more able to share their thoughts and feelings in this format.

Citizenship

Our PSHEE provision includes what it means to be a citizen in terms of rights and responsibilities, as well as ways in which children can get positively involved in their local community. This is upheld in a number of ways around Radnor House, such as the Prefect system which enables some of our older Pupils to

experience real life responsibility for those around them. Children also represent Radnor House at local community events such as Armistice Day.

Cross-curricular

Many subjects include an aspect of PSHEE which is highlighted by the subject teacher in order to help the values of PSHEE permeate through the curriculum. History goes a long way in examining citizenship and social awareness whilst Science is a way of teaching the facts of a number of issues relating to health, drinking, smoking and personal relationships. PE is a good medium through which to explore the idea of a healthy and balanced diet and lifestyle. This is an excellent opportunity for children to see how many of the topics they learn about are relevant to their academic learning as well.

Disability awareness

We provide the children with positive images of mentally and physically disabled people in a number of topics, particularly when looking at equal opportunities. This promotes the idea that it is what is inside a person that counts in life – one of the fundamental viewpoints which we aim to instil in our children.

Drinking and Smoking

This is covered in PSHEE with particular reference to peer pressure and making the right choices. The factual side is covered in Science so that the children are aware of why it is important to make the right decisions about these dangerous substances.

English as an Additional Language

At Radnor House we have a small number of pupils who were born outside of the UK and a larger number of children with a parent born outside the UK. This brings a great diversity of viewpoints and cultures to the school which are celebrated and discussed as a class. It is an excellent opportunity for children to learn about customs and beliefs in other countries.

E-Safety and Cyber-Bullying

This is a growing issue for children as we move further into the technological age. In recent years, cyber-bullying and e-safety have been the central issues of National Anti-Bullying Week and E-Safety Week. Advice is provided for the children on how to stay safe online. We hope to offer an information evening for parents about helping their sons and daughters to stay safe online, as in previous years.

Equality and Diversity

Celebration of this is one of the most important lessons to be learnt through PSHEE and around the school in general. More specific information can be found in the sections on Disability Awareness, English as an Additional Language, Global Awareness and Human Rights.

Every Child Matters (ECM)

ECM is a Government programme for a national framework to support the 'joining up' of children's services, such as education, culture, social care, health and justice. The five aims are:

- Be healthy
- Stay safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic wellbeing

The PSHEE programme addresses a number of these outcomes and at Radnor House we use the aims as the foundation for success in our PSHEE programme.

Flexibility

PSHEE at Radnor House is designed to respond to the pastoral needs of the children. Whilst there are some 'must cover' topics which each class will discuss at some point over the year, it is possible that PSHE or form time sessions will be reorganised in order to run sessions which are relevant to what the children want or need to discuss. (See also 'Pupil led')

Global Awareness

A number of schemes are in place for the academic year 2016-17 that promote knowledge of and responsibility to our global community. In PSHE sessions and Form Times we regularly discuss global issues with particular reference to current affairs.

HIV and AIDS

Discussion of the effects and problems of these two illnesses is covered at the appropriate age when looking at sexual health and when observing National AIDS Awareness Day.

Human Rights

Understanding rights and responsibilities is a vital life skill and time is given to looking at the rights and responsibilities of children as well as adults.

PE

In PE, the children learn about how their body works and how to stay healthy. This ties in with what is covered in PSHEE regarding having a balanced diet and taking regular exercise to keep our bodies and minds healthy.

Pupil Led

The whole PSHEE curriculum will move towards being pupil led wherever possible. This means that the children will have a big say in what they are taught in PSHEE sessions and what discussions take place (see 'Flexibility'). There are also a number of schemes in place around the school which give the children pastoral responsibilities and important life skills, in line with the PSHEE programme.

Relationships

A large part of the curriculum looks at how relationships develop as children grow up. Relationships with peers, siblings, parents and teachers are discussed as we recognise that changing relationships can often be the cause of the most anxiety for children as they move through the different stages of their life.

Role play

PSHEE tends to deal with real life situations and many of our lessons will have an element of role play in them where the children act out how they would deal with a certain situation. They can then discuss the variety of approaches to certain issues such as peer pressure, bullying and exam pressure which helps them to deal better with these challenges when they come along.

Sex Education

This begins in Y6, when we look at the grown up emotions that go hand in hand with relationships. The more 'medical' aspects are covered in Science. Please contact Miss Clewley or Mr Roberts if there is any aspect of this area of school life you would like to discuss further.

Self-Esteem

Possibly the most important objective of the whole PSHEE syllabus! We look at how the children can build their own self-esteem and that of others. We help them to respect themselves and know the value of their contributions so that they will feel more confident, happy and secure in their day-to-day life.

Self-Evaluation

Pupils are given self-assessment forms based on certain PSHE topics. Teachers of PSHE can use these to inform their planning for the next half term as each form group has its own dynamic and may benefit from more or less work on certain areas.

Stranger Danger

We educate the children about the possible dangers posed by strangers both in 'real-life' and online and what they should do in a range of situations. (See also E-safety)

Talks

We have an ever-growing database of speakers to come and talk to our pupils on a range of relevant issues. If you think you may have something to offer, or you know somebody else who does, we would be delighted to hear from you! Please contact Miss Clewley – lclewley@radnorhouse.org

Worksheets

All our topics lend themselves best to good, open discussion and our intention is that the children will learn the important skill of expressing their views verbally within a supportive audience but also recognise that this can, from time-to-time, be enhanced through the use of worksheets.

Radnor House Topics for SRE: Academic Year 2016-2017

Esther Hardy and Radnor House School endeavour to give clear, factual and accurate information on sexual health matters to young people. We believe that it is crucial to empower young people to make healthy choices for their future and to give them the opportunity to consider sexual health in the light of their physical, emotional and spiritual health. The SRE programme at Radnor House is not intended to take the place of parental education but is in partnership with parents and carers.

YEAR 6 SRE

- Friendship and relationships
- Puberty and growing up
- Introduce the topic of self-esteem and how to have healthy self-esteem

YEAR 7 SRE

- Introduction to sexual health
- Recap on puberty and growing up
- Self-esteem and how to have a healthy one
- Body image and media messages
- Friendships and relationships

YEAR 8 SRE

- Introduction to sexual health and personal responsibility
- What the law says about sexual consent
- To explore qualities that build positive relationships
- Advantages and disadvantages of sex
- To investigate how self-esteem affects personal health and choices
- How social media can have an impact on relationships
- To consider personal views, morals and faith as part of healthy relationships
- To give clear and accurate information and dispel myths

YEAR 9 & 10 SRE

- Discuss male and female sexual health (including STIs)
- Recap on previous learning
- To consider the impact alcohol has on sexual health
- Private vs. Public – what is appropriate and safe
- Recap on sexting and peer pressure concerning sexual activity
- Contraception – Discussion on different forms available and responsibility
- A Question Box - anonymous questions that Esther Hardy will respond to
- To consider the impact of sexual activity – physically, emotionally and spiritually

YEAR 11 SRE

- Recap of previous learning
- What to do if... Unplanned pregnancy and the real implications
- Contraception
- Private vs Public – what is appropriate and safe
- Impact of pornography
- Gender stereotypes and sexuality
- Healthy relationships – why they are important
- Valuing yourself and making choices that reflect your value

L6 SRE

- Recap of previous learning
- Contraception – Discussion on different forms available and responsibility
- Private vs Public – what is appropriate and safe
- Impact of pornography
- Consent
- Sexting and the implications

U6 SRE

- Recap of previous learning
- Consent
- Private vs Public – what is appropriate and safe
- A Question Box- anonymous questions that Esther Hardy will respond to.

PSHE Outline for Junior School

Year 4

Autumn Term:

Team building
Change
Goal Setting
The school rules and who to go to for help around school
Friendship
Bullying
Describing feelings
Rights and responsibilities
Giving constructive feedback
Special people
Secrets
Independence

Spring Term:

Personal hygiene and spread of disease
Stranger Danger
Online safety
Healthy lifestyle
Protecting natural and built environments
Managing money
Manners
Healthy diet
Friendship and forgiveness

Summer Term:

Understanding household products – including medicines
The countryside code
Sun safety
Safety at the beach
Saying 'No'
Celebrating goals and achievements
Understanding change
Equal opportunities and diversity

Year 5

Autumn Term:

Classroom rules
Strengths and weaknesses
Daily routine
Emergency responses
Friendship
Bullying
Firework safety
Study Skills – including homework and learning strategies
Right and wrong
Respecting other people's opinions

Spring Term:

Manners/thank you letters
Equal opportunities
Racism
Government and elections
Respecting the environment and recycling
Cyber bullying
Homophobic bullying

Summer Term:

Stealing
Vandalism
Healthy eating
Cyber bullying and staying safe online
Peer pressure
Drugs
Smoking
Dealing with the loss of someone dear
Food Hygiene

Year 6

Autumn Term:

Classroom rules
Team work
Leadership and government
Bullying
Emotional health
Goal Setting
Understanding and changing habits
Self-esteem and the media
Equality
Understanding types of relationships
Understanding our communities
Current affairs research

Spring Term:

Study Skills
Environmental issues
Body language
Diversity
Cyber bullying
Opinions
Forming and maintaining positive relationships
Stereotypes
Personal hygiene – including the spread of diseases
Healthy lifestyle

Summer Term:

Smoking
Drugs and alcohol
British culture
Managing money
Celebrating goals and achievements

PSHE Outline for Lower School

Year 7

Introduction

Study skills

- a. How we learn
- b. Homework
- c. What does achievement look like?
- d. Note taking and presentation

Wellbeing introduction and 'What Went Well'

Child soldiers

Managing risk

Alcohol

Smoking

Peer pressure

Friendship

Bullying – including physical and emotional

Cyber bullying

Inspiration

Year 8

Introduction

Study skills:

- a. Homework
- b. Organisation
- c. Stress management

Healthy Eating

Forgiveness

Bullying

Drug use and misuse

Eating disorders

Self-esteem and the media

Sweatshops and 'Fast Fashion'

Diversity

Young people and the law

Facing fears

Racism

PSHE Outline for Middle School

Year 9

Listening and communicating in the classroom

Study skills

- a. Time management
- b. Note taking

Bullying

Sexual bullying

Alcohol

Smoking

Equal rights

Faith

Homosexuality

Young and homeless

Year 10

Body image

Time management

Drug use and misuse

Alcohol awareness

Rights and responsibilities

Environmental issues

Animal cruelty

Government and the electoral system

Wellbeing:

- a. Happiness
- b. Goal Setting
- c. Signature strengths
- d. Flow
- e. Gratitude and altruism
- f. Physical wellbeing
- g. Resilience and optimism
- h. Admiration

Life issues:

- a. Extremism
- b. Capital punishment
- c. US election
- d. The media
- e. Israel/Palestine
- f. Euthanasia

Year 11

Happiness and stress

Study skills:

- a. Revision
- b. Organisation
- c. Using feedback effectively

Drugs

Depression

Giving blood and homosexuality

Immigration

Speaking out over injustice

Types of relationships

Victim blaming

Abortion

Consent

Unhealthy/ abusive relationships

Cosmetic surgery

PSHE Outline for Sixth Form

Study skills

- a. Note taking
- b. Time management
- c. Stress management
- d. Revision techniques
- e. Presenting an argument
- f. Redrafting

'Britishness'

Homelessness

Slavery

Alcohol

Drugs

Equality

Homosexuality

Life issues

UCAS

UCAS

Beyond Radnor Part 1

- a. People skills
- b. Work skills

Beyond Radnor Part 2

- a. Money skills

Life issues

Digital Literacy Outline

Year 7

IT Safety:

- a. Introduction to school computers and network systems
- b. Features and risks of electronic communications
- c. Online hate laws
- d. Encryption, hacking, viruses and phishing
- e. Cyber bullying
- f. Fraud
- g. Password protection

Hardware:

- a. Parts of the computer and what they do
- b. Binary
- c. Networks and what they look like

Coding:

- a. Importance of coding
- b. Use Code Avengers
- c. Maths rules in Java and uses of Java script
- d. Conditional statements and loops

Year 9

Sexting

Write a Python program using variables and inputs

Datatypes

Conditional statements

FOR and WHILE loops

Random module

Functions

Designing a program

Year 10

Computer games industry and role of an intern

Use scratch to create a basic game using scripting

Enterprise Outline

Year 8

Marketing and promotion

Creating effective commercials

Key terms such as business, profits, entrepreneurial cycle and company finance

Ways to finance a business/company

Ways to manufacture products and the need for planning

Pricing and why it is important

Reconciling and valuing a company

Year 9

Entrepreneurship

Team roles in a business

Pitching and marketing

How and why to finance a business

The importance of preparation for sales and pitch

Balancing financial records