

Holy Family Catholic High School

& 6th Form Centre



PSHE and Citizenship

Date of policy: December 2015

Review date: February 2017

At Holy Family Catholic High School we aspire to provide our pupils with a foundation for personal development in preparing them for adult life. PSHE and Citizenship Education is important in combating the social exclusion of any student, with the capacity to provide all young people with the skills and attitudes needed to react positively to the pressures of modern life. Students develop knowledge, skills and understanding in the following areas:

- developing confidence and responsibility and making the most of their abilities
- developing a healthy, safer lifestyle
- developing good relationships and respecting the differences between people

Aims

The aim for PSHE and Citizenship education at Holy Family Catholic High School is to provide students with:

- accurate and relevant knowledge
- opportunities to turn that knowledge into personal understanding
- opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
- the skills and strategies they need in order to live a healthy, safe, fulfilling, responsible and balanced life.

Teaching and Learning

The programme will be taught through a range of teaching methods to give students relevant information, to enable issues to be explored, and to acquire appropriate skills.

PSHE and Citizenship is delivered by a team of dedicated teachers. When appropriate we consider using external agencies to work in conjunction with a specific area/topic on the Scheme of Work.

All resources are provided to the team and are user friendly with detailed lesson plans and guidance on the delivery.

Year 7 - One hour timetabled lesson every fortnight and participate in a PSHE and Citizenship day 5 times a year.

September to October	My New School Moving to a new school is always going to feel a little bit daunting and at the same time exciting. This SOW helps Year 7's to cope with the transition from Primary to Secondary
October to December	Money Management Equipping our students with an understanding of money and budgeting to enable responsible decision-making.
January to April	Stereotypes Supporting our students to confidently and effectively manage images

	portrayed by the media, by learning to value what truly matters.
April -May	My World Helping our student form a strong sense of self-worth by making positive connections about where they live.
June-July	Healthy relationships Love and positive relationships – Addressing issues surrounding relationships to empower our students to make beneficial choices in life.

Year 8, 9, 10 - Participate in a PSHE and Citizenship day 5 times a year.

PSHE and Citizenship days 2015/2016

Date	Topic
16th October 2015	Promoting British Values Students will develop an understanding and acceptance of cultural differences – Enabling young people to become more open-minded in their beliefs and attitudes towards people around them.
19th November 2015	Sexual exploitation and radicalisation and on line safety Addressing issues surrounding exploitation online. Helping to empower young people to make beneficial choices in life.
27th January 2016	Careers All Students will attend a careers fair helping them to make informed choices about the future.
8th March 2016	Democracy Students will have the opportunity to participate in a mock election campaign.
4th July 2016	Healthy lifestyles Increasing awareness of the importance of healthy eating and encouraging the right choices in terms of diet and wellbeing. Providing our students with facts and guidance on alcohol and drug issues and enabling them to make the right choices.

Monitoring and Evaluation

The PSHE and Citizenship programme is rigorously monitored. An evaluation will be carried out at the end of every PSHE and Citizenship day and unit of work, by pupils and teachers. The feedback will be analyzed by the PSHE and Citizenship coordinator.