

Personal, Social, Health & Economic Education (PSHEE)

At Kesgrave High School we aim to provide a friendly and positive environment in which the students are encouraged to develop to their full potential. Our pastoral system is designed to create the conditions for each individual in the school to be known and valued.

The aims of the **PSHEE** programme quite naturally reflect our whole school ethos;

- To provide a caring environment in which pupils learn and accept responsibilities for themselves and others
- To encourage the fulfilment of each individual
- To increase motivation and self-confidence
- To praise the achievements of all
- To prepare our students for life in modern Britain

The PSHEE programme covers a wealth of topics across the five years and forms part of a child's compulsory education via a 1hr lesson per week. Areas covered include:

Mental health and Emotional wellbeing

Healthy and Unhealthy relationships

Money

Careers and aspirations

Physical Health

Personal safety and risk management

Media influence

Friendship and anti-bullying

Diversity and prejudice

Sexual health

Citizenship

These topics make a significant contribution to our pupils' personal development and draw together in a coherent way. These specific topics are covered at pertinent times during a student's personal and academic development and through a bespoke spiral curriculum.

We hope that our curriculum should enable all young people to become:

- **successful learners who enjoy learning, make progress and achieve**
- **confident individuals who are able to live safe, healthy and fulfilling lives**
- **responsible citizens who make a positive contribution to society**

To complement the work delivered by the form tutor we utilise guest speakers, advisors and other qualified specialists. Strands of PSHEE are also covered across the curriculum through subject departments. As a result, it is hoped these experiences will be seen by the students as real, meaningful and central to their personal, social and emotional wellbeing. Both PSHEE and Form Time are scheduled at the same time across the whole school thus providing greater flexibility. We believe that this pastoral time is of great benefit to all of our students and their personal development.