

PSHE

INTRODUCTION

Our PSHE sequence of work, which includes Relationships & Sex Education (RSE) and Citizenship, aims to equip pupils with essential skills for life. It intends to develop the whole child through carefully planned and resourced lessons that develop the knowledge, skills and attributes pupils need to protect and enhance their well-being. Through tailored lessons, pupils will learn how to understand and implement the key values of a PSHE curriculum independently. This will include staying safe and healthy, building and maintaining successful relationships – and becoming active citizens who participate in society responsibly – now and in the future.

The curriculum reflects the specific needs of the pupils who attend Bramhall High School and the current 'post Covid' climate. A huge national focus has been placed upon the repercussions and effects on pupils' well-being after such a disruptive and unknown period in their lives. There has been much research in recent months that looks at the potential impact of the coronavirus pandemic and the resulting lockdown on children and young people.

The PSHE Association identifies a "Need for high-quality provision through a broad and rich curriculum," that "aims to support the future success of all individuals, with a focus on supporting those from disadvantaged backgrounds". Many pupils who attend our school have specific needs and have suffered trauma. Therefore, the timing and delivery of the sessions aims to reflect the background of the pupil. Some topics may need to be taught individually or in smaller groups to ensure pupils' needs are being met.

The sequences of work for the different Key Stages have been meticulously created to reflect the local and national agendas. The work is also informed through discussions with pupils - including their opinions and thoughts on PSHE - and staff. Staff opinions and ideas have been incorporated into the tailored scheme of work alongside a detailed analysis on all pupils' personal development.

Teaching about mental well-being is central to ensuring that pupils are well-prepared for the challenges that lay ahead of them. Our curriculum will equip pupils with the knowledge and capability to take care of themselves and show them how to get support if a problem arises.

We aim to foster pupil well-being and develop resilience and virtues that are fundamental to pupils being successful, productive members of society. We have taken all factors into account to design a bespoke curriculum that nurtures social and emotional development.

We acknowledge that pupils are growing up in an increasingly complex world where many people live their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also raises many challenges and risks. Pupils need to know how to be safe and healthy and how to manage their academic, personal and social lives in a positive way.

Our PSHE curriculum aims to put in place the key building blocks of healthy, respectful relationships – family, friends and intimate – both on and offline.

INTENT

The sequence of work is intended to be taught in topics to enable pupils to build upon previous learning and explore areas both relevant and appropriate to their level.

The units are designed to be delivered in a creative way, using many approaches such as guest speakers, role play, discussion and games with groups of various sizes. The activities aim to help pupils build confidence and resilience. Each stage features a differentiated scheme of work to represent the pupils' needs and the National Curriculum Guidance, along with the PSHE Association guidance for pupils with SEND. The emotional/social development stages of pupils is also considered.

We deliver a curriculum that teaches key knowledge in three main strands:

- Health and well-being
- Relationships
- Living in the wider world

These strands and the ACA curriculum address both our statutory responsibilities and key themes identified as important to our pupils.

Subjects such as puberty, menstrual education, reproduction and sexual health are all be taught in consultation with our Safeguarding Lead, parents and carers. At Bramhall High School we go beyond the statutory requirements with a broader curriculum that teaches economic well-being, careers and enterprise, education and the assessment and management of personal safety. As a result, our pupils are well-equipped to succeed in their future lives.

IMPLEMENTATION

Bramhall High School's sequence of work provides an effective curriculum for well-being. Pupils develop the vocabulary and confidence needed to clearly articulate their thoughts and feelings in an environment of openness, trust and respect, and know when and how they can seek the support of others. They will apply their understanding of society to everyday interactions in the classroom and in the wider community.

A growing body of research shows that pupils who are emotionally healthy do better at school. PSHE education helps pupils to achieve their potential by supporting their well-being and tackling issues that affect their ability to learn, such as anxiety and unhealthy relationships.

PSHE education can have a positive impact on the whole child (including their academic development and progress) by lessening any social and emotional barriers to learning and building their confidence and self-esteem. PSHE education also helps disadvantaged and vulnerable pupils to achieve more by raising aspirations and empowering them with the skills to overcome any barriers they face