

THRIFTWOOD



PERSONAL, SOCIAL,
HEALTH, CITIZENSHIP
AND ECONOMIC
EDUCATION POLICY
(Including Relationships and
Sex Education)

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At Thriftwood School & College we are committed to giving our students a happy, secure and challenging environment where they can build their skills, knowledge and confidence to enable them to safe, happy, productive and successful adult lives.

As a Healthy Academy we follow the four core themes of the Healthy Schools Scheme:

PSHE
Healthy Eating
Physical Activity
Emotional Health and Wellbeing

The Healthy School Aims -

- To support young people in developing healthy behaviours
- To help reduce health inequalities
- To help promote social inclusion
- To help raise the achievement of young people.

Thriftwood policies and procedures will reflect the following key objectives – •

To keep students safe from bullying, abuse and discrimination

- To encourage students to develop healthy and active lifestyles
- To ensure each student progresses as well as they possible can
- To ensure that students attend college regularly, giving them a strong voice in the life of the college and encourage them to help others
- To help students value education and to appreciate that it is the key to success in later life.

We will engage the full support of students, staff, parents, Local Academy Committee members, the support services and agencies and the wider community in helping to meeting our key objectives.

PERSONAL AND SOCIAL DEVELOPMENT

Personal and social development is the sum total of all the experiences, planned and unplanned, that students receive during their childhood. These experiences promote their spiritual, moral, social, cultural, mental and physical development, and thus the wellbeing of the individual and also the wider community.

PERSONAL, SOCIAL, HEALTH, CITIZENSHIP, ECONOMIC EDUCATION

Our aim in providing PSHCEe within our school and college is to equip our students with the knowledge and skills they need to live happy, healthy and fulfilling lives as active citizens in a changing world. We want to enable every student to reach their individual potential. We give our students information,

skills and sources of help so that they are less likely to be exploited by others and can make informed choices for themselves.

The delivery of good quality PSHCEe is central to our ethos, and our status as an Enhanced Healthy School.

PSHCEe LESSONS

At Thriftwood there is a mixture of discrete PSHCEe lessons and PSHCEe delivery throughout the day. At School, PSHCEe (including RSE) is taught by the class teacher and embedded by all staff throughout the school day.

At College in KS4 we have timetabled weekly PSHCEe and Life skills sessions with Katy Binks, taught in the classroom. In KS5 PSHCEe lessons are delivered in the common room by Liane Lindo (qualified under the National PSHCEe CPD Programmed). KS5 students also have lessons around Well-being, Life skills, Environment and Moving On.

KS4 and KS5 sessions are delivered differently. In KS5 the students have more input into the direction of the curriculum content and its delivery. This is to help distinguish between the two different Key Stage age groups.

PSHCEe themes include emotional regulation; living in the wider world; me and the people around me; health and hygiene; staying safe; relationships; growing and changing (including puberty and RSE). PSHCEe is also taught and embedded throughout the rest of our provision including social settings, science, beliefs and British values, assemblies, charity fund- raising events, the annual review process, maths, tutor sessions, PE, social skills, trips, enrichment activities, way to work, moving on curriculum, environmental sessions, art, social events, catering, ICT, English, cookery, Forest School and art.

We are very keen to work with external agencies to deliver aspects of the PSHCE curriculum to our students, these include Terence Higgins Trust, Essex Air Ambulance, Essex Police, The Children's Society, N-Act Performers and many more.

Clear guidelines and boundaries are set out for each group's PSHCEe lessons, based around the themes respect, openness, confidentiality and kindness. These rules are drawn up in each group at the start of the academic year and include issues such as not making personal remarks, not using racist or sexist language and listening to other members of the group.

At college they follow the "Keep it REAL" code, designed with the student's input.

Respect and rights

Equality and equity

Ask and answer

Listen and learn

The PSHCEe Co-ordinator at School is Catherine Sayer and at College is Liane Lindo. They have both completed the National PSHE CPD Programme. The school and college are both members of the PSHE Association.

PSHCEe TOPICS INCLUDE:

- Relationships and Sex Education (see later section on RSE)
- Self-esteem and celebrating our differences (including disability, race, culture, gender identity and sexuality).
- Social skills including decision-making, assertiveness and collaboration.
- Alcohol, drugs, substance and tobacco use and the physical, emotional, financial and legal consequences.
- Individuals' rights and responsibilities and respecting others' rights within a community, and how these change as they grow older.
- British Values and personal moral code.
- Personal safety including safe use of the Internet, sexting, social networking, carrying weapons, peer pressure and being aware of risks in their lives.
- Mental health and emotional wellbeing
- Other races, religions and cultures and their rights and moral attitudes.
- Female genital mutilation and forced marriage – illegal cultural practices in Britain.
- Rape and consent and British Law.
- Relationships and negotiation skills.
- Marriage or living together.
- Parenting skills, responsibilities and that parenthood is a choice.
- Sexually transmitted infections.
- Tests for STI's, cervical smears, self-examination of breasts and testicles and where to go for help and advice.
- Contraception and Safer Sex including where to find help and advice and where to obtain free condoms.
- Healthy lifestyles; both the emotional and physical aspects.
- Puberty and how bodies change physically (including menstruation, wet dreams and masturbation) and the consequent changing emotions.
- Assessing their personal skills and where they need to improve, setting targets for school and the future and celebrating their achievements.
- Work on different post 16 options, work experience and investigating different jobs
- Learning about keeping financial accounts, budgeting, debt, living costs and ways of saving.

The information given in PSHCEe is appropriate to the age of the students. Differentiation will take into account their learning difficulties, comprehension skills and preferred style of learning, but the information provided will remain age appropriate.

QUESTIONS FROM STUDENTS

Although PSHCEe is largely delivered through specific programmes within lessons, it is necessary for staff to deal with issues that students raise outside PSHCEe lessons and all staff are encouraged to discuss these issues openly, honestly and confidentially. In PSHCEe lessons students are encouraged to ask any questions, whether this is openly in front of their peers or privately after the lesson to an adult (verbally or in writing). At college the students have a "Question box" where they can post anonymous questions are these are then read out and discussed during lessons.

CONFIDENTIALITY

Staff work hard to create safe spaces where children feel comfortable to discuss, ask questions and share any concerns. However, students are told that if they bring up information that may threaten their, or their peers' wellbeing or safety then the Pastoral Care team and Safeguarding staff within the school and college will have to be informed to keep students safe.

RELATIONSHIPS AND SEX EDUCATION

At Thriftwood, Relationships and Sex Education covers three main areas:

- The Biological Aspect
- The Personal Relationship Aspect
- Moral, Cultural, Legal, Emotional and Religious Aspects

The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, made Relationships Education compulsory for all pupils receiving primary education and Relationship and Sex Education (RSE) compulsory for all pupils receiving secondary education. In many schools this has been partly covered within the science curriculum. However, we also teach relationships and sex within specific PSHCEe lessons, so our students experience RSE as an holistic area of PSHCEe. Our students need clear, unambiguous information so that they can understand topics and relate them to their own lives (either currently or in the future). We repeat topics so that they have several opportunities to explore each topic, this also allows them to look at topics that their increasing maturity may make more relevant to them.

We look at the biological aspects of sexual intercourse, conception and prenatal development, pregnancy and childbirth.

Our approach to sexual relationships stresses the importance of trust within a caring relationship as the basis for any sexual activity. We look at different ways of showing love and emphasise that saying no to sex is a choice everyone is free to make. We take into account the messages students are exposed to through various media (including sexting, pornography, peers, social media and texting), especially in light of the research that has found that many young people find out about sexual relationships from pornography viewed via the Internet. Our work on peer pressure also takes account of being pressurised into sexual activity.

Our Relationships and Sex Education is based on heterosexual relationships but we also discuss same sex relationships as of equal value in our society. We encourage an open forum for questions and will actively discourage students from making judgements about others' sexuality, gender identity or ideas.

HOME SCHOOL COMMUNICATION

- Parents will be informed before the start of any Relationships and sex education. Not at College.
- Parents are very welcome to view the PSHCEe resources and talk to the PSHCEe Co-ordinator at a mutually convenient time.
- Parents can contact the PSHCEe Co-ordinator if they have any questions or worries about what their child will be studying.
- The PSHCEe Co-ordinator welcomes input from parents about any topics that they feel need covering in lessons.

Right to withdraw

- Parents are free to withdraw their child from specific sex education lessons, unless there are exceptional circumstances.
- Parents can only withdraw their child from sex education lessons that are not covered in the science curriculum, until three terms before the child's sixteenth birthday. After that, it is the child's own choice to withdraw.
- There is no right to withdraw from Relationships Education at primary or secondary.
- Any parents wishing to withdraw their child from Sex Education need to put this in writing and send it to the PSHCEe Co-ordinator at School or College. Parents will then be invited to discuss their concerns with the class teacher or PSHCEe Co-ordinator.