



Brigidine School Windsor



Fortiter et Suaviter

Policy History	
Original Author	Grace Reilly
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Person responsible for latest revision	
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Brigidine School aims to provide a community for its pupils and staff in which learning flourishes and where pupils may reach the highest standards academically and personally. Life Skills/PSHE is a curriculum subject, delivered mainly by class teachers or form tutors, to ensure that a high standard of spiritual, moral, social and cultural development is achieved by all pupils.

Aims of Life Skills/PSHE

- To enable pupils to develop their self-knowledge, self-esteem and self-confidence
- To enable pupils to distinguish right from wrong and to respect the law
- To encourage pupils to accept responsibility for their behaviour, show initiative and understand how they can contribute to community life
- To provide pupils with a broad general knowledge of public institutions and services in England
- To assist pupils to acquire an appreciation of and respect for their own and other cultures in a way that promotes tolerance and harmony between different cultural traditions

The Sixth Form follow a Life Skills programme which has been especially developed for this age group. This programme is delivered in a 40-minute period each week.

Senior School

The following topics are covered:

- drugs and alcohol education
- emotional health and wellbeing
- sex and relationship education (SRE)
- nutrition and physical activity
- personal finance
- safety
- careers education
- work-related learning.

Strategies for teaching PSHE

Form tutors from 7 to 11 deliver the Personal Social Health & Economic Education (PSHE) programme during one 40-minute period each week. Form tutors use a variety of teaching methods to deliver this subject but the emphasis is on discussion and the sharing of views in a structured way. Stimulus material such as poems, videos, stories, cartoons and music are used to promote whole form or small group discussions. In addition group activities are employed to ensure pupil involvement. Any opportunity to use ICT is explored. The content of the PSHE programme is designed to ensure continuity and progression from one year to the next as pupils mature.

The PSHE programme includes contributions from members of the wider community such as the community nurse and police personnel. Speakers from a variety of charities, such as Amethyst and Childnet also contribute to the PSHE programme. As part of the PSHE programme pupils in year 9 have a career guidance week and pupils in Year 10 gain work experience.

Class teachers in the Junior School deliver the SEAL programme during the same 40-minute period as the senior staff. The programme is enhanced by outside speakers when appropriate.

Junior School

The following topics are covered:

- new beginnings
- getting on and falling out
- say no to bullying
- going for goals
- good to be me
- relationships

EYFS deliver their PSHE programme through SEAL and the personal, social and emotional development area which is one of the learning and development areas for EYFS. During the whole school PSHE timetabled lesson, EYFS have a circle time, when they talk about situations relevant to the children and the activities they are involved in.

Evaluation

In the Senior School form tutors and pupils evaluate the programme to ensure it continues to be relevant, enjoyable and at it meets the aims of the subject. Form tutors feedback their views and the views of their students at Form Tutor meetings.

The PSHE programmes of study are updated each year and a revised booklet with lesson plans is distributed to each form tutor.

EYFS and Junior staff evaluate and discuss their sessions, making changes if and when necessary.