

This PSHE programme has been designed taking into account both the Statutory Guidance from the DfE from 2015 on the "Role of PSHE and SMSC in S5 Inspections" and the recognised Gatsby 8 benchmarks for a "Good Careers provision"

2015 (DfE)

Personal, social, health and economic (PSHE) education is a planned programme of school-based learning opportunities and experiences that deal with the real life issues children and young people face as they grow up. It comprises three strands:

- Health and Well-Being
- Relationships
- Living in the Wider World

We aim to map inclusion of the issues raised across our curriculum as a whole and include the required elements of Social, Moral, Spiritual and cultural (SMSC) education. Examples include Physical Education sessions where pupils will learn about healthy lifestyles; in Science pupils are taught about the importance of safety; in Religious Education pupils are taught about other religions and cultures; in Design Technology pupils are taught about diet.

This will begin with form time. During this session of each day we will seek to set the tone for the school ethos and to drip feed the core social values we want students at The Marvell College to have. For example, tolerance of others, respect for each other, a spirit of kindness and an appreciation of the needs and feelings of everyone in our community.

Pastoral time, including assemblies and whole school charity work will help to maintain a focus on both national and local agendas. For example our charity work for the academic year supports local charity need.

- 2105-2016 Freddie's Friends.
- 2016-2017 Emmaus
- 2017-2018 Special Stars

We work closely with and broker support from the following outside agencies who are well positioned to offer the most up to date and relevant information regarding a range of issues related to PSHE and citizenship. The police, the local authority, Mental Health Charities, Sexual Well-Being charities, Job Centre Plus

We also explore key topics in more depth during collapsed timetable days each half term where students return to their form groups for session lasting for two periods. The proposed programme of study is detailed across but is subject to change according to emerging issues locally and nationally.

Themes of the Week

- 1 PRIDE
- 2 Importance of literacy
- 3 Careers
- 4 Healthy Eating & packaging
- 5 Anti-Bullying
- 6 Importance of Family
- 7 East Hull Inspirational People
- 8 Democracy
- 9 PRIDE & Remembrance
- 10 Forgiving others
- 11 Prisoner Week
- 12 Safety in the community
- 13 Inclusion
- 14 Love
- 15 Christmas
- 16 PRIDE
- 17 Multi-Faith Society
- 18 Helping those in Need
- 19 Education
- 20 Careers
- 21 Poverty
- 22 Importance of Reading
- 23 Importance of numeracy
- 24 STEM careers
- 25 Women in Work
- 26 Celebrating Achievement
- 27 Easter
- 28 PRIDE
- 29 Resilience
- 30 Role Models
- 31 Diversity
- 32 Human Rights
- 33 PRIDE
- 34 Healthy Eating
- 35 Looking after your environment
- 36 Women in the World
- 37 Hull Inspirational People
- 38 Vocation
- 39 Celebrating Achievement

	HALF TERM 1 (September – October)	HALF TERM 2 (NOVEMBER – DECEMBER)	HALF TERM 3 (JANUARY – FEBRUARY)	HALF TERM 4 (FEBRUARY – MARCH)	HALF TERM 5 (APRIL – MAY)	HALF TERM 6 (JUNE – JULY)
Year 7	<p>PSHE 1 two hourly session</p> <p>E safety. Keeping yourself safe online and how to tackle bullying</p> <p>Assemblies E-safety - CEOP</p> <p>Additional activity: Bikeability and road safety</p> <p>Fortnightly form tutor activity SMART – Online safety E-Safety – Bullying – How to report bullying online and in school A 'Real Man' and respect for women – Domestic Abuse What is a career?</p>	<p>PSHE 2</p> <p>British Values and extremism. British Government and Democracy. Who do we vote for and how does government work?</p> <p>Assemblies British Values Democracy</p> <p>Fortnightly form tutor activities What is substance abuse? What is a healthy relationship? Anti-social behaviour and impact Importance of self worth</p>	<p>PSHE 3</p> <p>Mental Health. What does this mean?</p> <p>Assemblies Mental Health – Its good to talk</p> <p>Form time activities Mind charity Mental Health awareness week Self-esteem Resilience</p>	<p>PSHE 4</p> <p>Sex and relationships.</p> <p>Assemblies Self Pride – Self Esteem – Body Image</p> <p>Form time activities Healthy relationships Self pride Developing self pride What's normal? Does it really exist? Resilience</p>	<p>PSHE 5</p> <p>Police & Law - No more knives</p> <p>Assemblies Impact of knife culture Role models</p> <p>Form time activities Law on mobile phones in school What is gang culture? Being a good friend/role model</p>	<p>PSHE 6</p> <p>Healthy Eating</p> <p>Assemblies Chef guest speaker on how to eat a healthier lifestyle on a budget</p> <p>Additional activity How to cook a healthy meal in 20 minutes</p> <p>Form time activities Diabetes and hidden sugar What's in processed food? – Hot dogs Food choices</p>
Year 8	<p>PSHE 1</p> <p>E Safety. How does a computer work?</p> <p>Assemblies E-safety - CEOP Form time activities</p> <p>Fortnightly form tutor activity SMART – Online safety E-Safety – Bullying – How to report bullying online and in school A 'Real Man' and respect for women – Domestic Abuse What is a career?</p>	<p>PSHE 2</p> <p>British Values and extremism. Human rights? What is it like in other countries?</p> <p>Assemblies Human Rights Role Models & Diversity</p> <p>Fortnightly form tutor activities What is substance abuse? What is a healthy relationship? Anti-social behaviour and impact Importance of self worth</p>	<p>PSHE 3</p> <p>Mental Health. What does this mean?</p> <p>Assemblies Mental Health – Its good to talk</p> <p>Form time activities Mind charity Mental Health awareness week Self-esteem Resilience</p>	<p>PSHE 4</p> <p>Sex and Relationships education</p> <p>Assemblies Self Pride – Self Esteem – Body Image</p> <p>Form time activities Being a good friend/role model Healthy relationships Self Pride What's normal? Does it exist?</p>	<p>PSHE 5</p> <p>Careers – The Options Process.</p> <p>Assemblies Options Process Each Subject</p> <p>Form time activities Careers in latest technology Careers of the unknown What's the right career choice?</p>	<p>PSHE 6</p> <p>Police & Law - No more knives</p> <p>Assemblies Impact of knife culture Role models Jobs in Finance</p> <p>Form time activities Law on mobile phones in school What is gang culture?</p> <p>What is budgeting? What bills might we budget for? How to budget Managing financial risk How to read bills</p>
Year 9	<p>PSHE 1</p> <p>E Safety. The possible consequences of texts.</p> <p>Assemblies E-safety - CEOP</p> <p>Fortnightly form tutor activity SMART – Online safety E-Safety – Bullying – How to report bullying online and in school A 'Real Man' and respect for women – Domestic Abuse How are careers linked to school?</p>	<p>PSHE 2</p> <p>British Values and extremism. Modern Slavery and migration. British Government. How does it raise money and where is it spent?</p> <p>Assemblies Modern Day Slavery</p> <p>Form time activities What is substance abuse? What is a healthy relationship? Anti-social behaviour and impact Importance of self worth</p>	<p>PSHE 3</p> <p>Mental Health How can bullying affect people</p> <p>Assemblies Mental Health – Its good to talk</p> <p>Form time activities Mind charity Mental Health awareness week Self-esteem Resilience</p>	<p>PSHE 4</p> <p>Sex and Relationships Education</p> <p>Assemblies Self Pride – Self Esteem – Body Image</p> <p>Form time activities Healthy relationships Self pride Developing self pride What's normal? Does it really exist? Resilience</p>	<p>PSHE 5</p> <p>Careers. The value of education and the link to work.</p> <p>Assemblies Inspirational Hull People and their work</p> <p>Form time activities Careers in latest technology Careers of the unknown What's the right career choice? What is STEM? STEM and Humber LEP opportunities</p>	<p>PSHE 6</p> <p>Finance. Credit and debt. Raising finance. Insurance.</p> <p>Assemblies Looking after your money</p> <p>Form time activities What is budgeting? What bills might we budget for? How to budget Managing financial risk How to read bills</p>
Year 10	<p>PSHE 1</p> <p>E Safety. What goes online can stay online.</p> <p>Assemblies E-safety - CEOP</p> <p>Form time activities SMART – Online safety E-Safety – Bullying – How to report bullying online and in school A 'Real Man' and respect for women – Domestic Abuse How are careers linked to school?</p>	<p>PSHE 2</p> <p>British Values and extremism. Valuing other cultures.</p> <p>Assemblies Multi-cultural societies</p> <p>Form time activities What is substance abuse? What is a healthy relationship? Anti-social behaviour and impact Importance of self worth</p>	<p>PSHE 3</p> <p>Mental Health. Managing relationships.</p> <p>Assemblies Mental Health – Its good to talk</p> <p>Form time activities Mind charity Mental Health awareness week Self-esteem Resilience</p>	<p>PSHE 4</p> <p>Sex and Relationships Education</p> <p>Assemblies Self Pride – Self Esteem – Body Image</p> <p>Form time activities Healthy relationships Self pride Developing self pride What's normal? Does it really exist? Resilience</p>	<p>PSHE 5</p> <p>Careers. Preparing for Work Experience.</p> <p>Assemblies Work Experience Final documents & Careers</p> <p>Form time activities Getting the most from work experience How to be the model worker – expectations What are employers looking for? Careers in latest technology Careers of the unknown What's the right career choice? What is STEM? Careers. Preparing for Work Experience.</p>	<p>PSHE 6</p> <p>Work Experience preparations.</p> <p>Assemblies Vocational – next steps after work experience</p> <p>Form time activities Career plans after work experience Employability skills Vocational qualifications – next steps</p>
Year 11	<p>PSHE 1</p> <p>E-Safety. Risks and impact of misuse of social media</p> <p>Additional activity: Police & Law - No more knives</p> <p>Form time activities SMART – Online safety E-Safety – Bullying – How to report bullying online and in school A 'Real Man' and respect for women – Domestic Abuse Log on/Move on introduction First wave of career interviews with external careers advisor</p>	<p>PSHE 2</p> <p>Log On/Move On. Further Education options.</p> <p>Additional activity: Mock exams and careers fair</p> <p>Assemblies Alternative careers Inspirational careers</p> <p>Form time activities What is substance abuse? What is a healthy relationship? Anti-social behaviour and impact Importance of self worth</p>	<p>PSHE 3</p> <p>Mental Health. Managing stress and anxiety. Exam preparations</p> <p>Assemblies Further education choices</p> <p>Form time activities Mind charity Mental Health awareness week Self-esteem Resilience</p>	<p>PSHE 4</p> <p>Log On/Move On. Further Education options.</p> <p>Assemblies Further education choices</p> <p>Form time activities Careers in latest technology Careers of the unknown What's the right career choice? Log on/move on updates</p>	<p>PSHE 5</p> <p>Examinations preparation</p> <p>Assemblies Preparing for examinations and dealing with exam related anxiety and stress</p> <p>Form time activities Dealing with exam related anxiety and stress Revision planning ahead Revision techniques</p>	

PSHE CORE THEME 1: HEALTH AND WELLBEING

This core theme focuses on:

1. how to manage transition
2. how to maintain physical, mental and emotional health and wellbeing;
3. how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health*
4. about parenthood and the consequences of teenage pregnancy*
5. how to assess and manage risks to health; and to keep themselves and others safe
6. how to identify and access help, advice and support
7. how to respond in an emergency, including administering first aid
8. the role and influence of the media on lifestyle

PSHE CORE THEME 2: RELATIONSHIPS

This core theme focuses on:

1. how to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to develop parenting skills
2. how to recognise and manage emotions within a range of relationships
3. how to deal with risky or negative relationships including all forms of bullying (including the distinct challenges posed by online bullying) and abuse, sexual and other violence and online encounters
4. about the concept of consent in a variety of contexts (including in sexual relationships)
5. about managing loss including bereavement, separation and divorce
6. to respect equality and be a productive member of a diverse community
7. how to identify and access appropriate advice and support

PSHE CORE THEME 3: LIVING IN THE WIDER WORLD

This core theme focuses on:

1. about rights and responsibilities as members of diverse communities, as active citizens and participants in the local and national economy
2. how to make informed choices and be enterprising and ambitious
3. how to develop employability, team working and leadership skills and develop flexibility and resilience
4. about the economic and business environment
5. how personal financial choices can affect oneself and others and about rights and responsibilities as consumers

Why do we include each theme/topic?

As part of our ongoing PSHE programme the following compulsory topics are delivered throughout KS3 & 4:

- British Values & Democracy
- Sex and Relationships Education
- Finance
- Law
- Human Rights

In response to local trends and public data we have adapted our PSHE curriculum to address the needs of our pupils and local community to include the following topics:

- Knife and gang culture
- Domestic Abuse
- Positive relationships
- Violent sexual behaviour and harassment
- What is good mental health
- E-Safety