

Reading School

PSHE Programme

September 2016

AIMS

To create opportunities for students to:

- Take responsibility
- Feel positive about themselves
- Participate
- Make informed choices and decisions
- Discuss issues and work with other people
- Develop relationships
- Consider social and moral dilemmas/ask for help/find information/provide advice
- Prepare for change

JMC

September 2016

PSHE at Reading School

The PSHE programme for 2016-17 has been completely redesigned. Whereas previously in years 8 and 9 PSHE was delivered in tutor time, it is now an important part of the curriculum and every student in 7-11 having a 50 minute lesson taught by one of the PSHE team. We see this as a real improvement to the provision on offer.

The programme has been developed in conjunction with a PSHE consultant and is built around three themes which each year group follows at the same time. The themes are **Health and Wellbeing, Relationships** and **Living in the Wider World**.

In addition the scheme is supplemented by outside agency support and visiting speakers (which are highlighted in yellow on the plan below). The School believes that help and support from outside agencies is invaluable to the delivery of the curriculum, providing a knowledge base which staff do not have to the same degree, giving the subject status.

Miss J. M. Capon leads the delivery of the PSHE curriculum in 7-11 and Mrs Caroline Fooks is responsible for the sixth form.

Year Group	Term 1 Relationships	Term 2 Health + Well-Being	Term 3 Living In The Wider World	Term 4 Relationships	Term 5 Health + Well-Being	Term 6 Living In The Wider World
Year 7	Introduction Lesson, DARE (BS)	Mental Health 1 (CF)	PC Lesley E-Safety - 10/1/17	Identity Lessons	Healthy Eating (TB)	PC Lesley Cyber Bullying - 13/6/17
	Friendship	Mental Health 2 (CF)	British Values		Harrisons Healthy Eating (refractory)	Drugs & Alcohol Input Then Presentations
Tues. Pd 2 Week B	PC Lesley PREVENT - 11/10/16	Empathy	Homophobic Bullying 1	Puberty 2	Puberty 1	British Values - Role Of Law PC Lesley 8/6/17
	Bullying	Self harm talk BS-13/12/16	Homophobic Bullying 2		Depression	
9:45-10:35	Introduction Lesson	Eating Disorders	PC Lesley Cyber Bullying - 5/1/17	Relationships 1-4	Mental Health (BS)	British Values - Role Of Law PC Lesley 8/6/17
Thurs. Pd 3 Week A	Learning Styles	Eating Well	Emergency Services	Personal Safety (PC Lesley) - 6/4/17	Personal Safety	British Values What It Means To Be British?
	Team building/alphabet lesson (in Yr 7 folder)	Hygiene	Mobile Phones Snapchat Lesson (Sexing) - 17/1/17		Depression	Resilience/Coping With Exams (write and deliver near exams)
11:05-11:55	Bullying/Friendships	Alcohol Lesson 1	PC Lesley Cyber Bullying (Sexing) - 17/1/17	Relationships 5-8	Self-Harm	WBW Citizenship Project lead to presentation
					Year 9	
Tues. Pd 5 Week A	Managing Feelings & Emotions	Binge Drinking	The Media/Celebrities	CSE Introduction	Online Safety	WBW Citizenship Project lead to presentation
					13:40-14:30	
Year 10	Ice Breaker Lesson	Mental Health (BS)	PC Lesley Joint Enterprise - 18/1/17	CSE 'My Dangerous Lover Boy'	Ian Jeffreys (Legal Highs/Drugs)	Ed Flack Finance 7/6/17
	Positive Relationships	Body Image/Eating Disorders	Sexing Lesson		FGM	Alcohol Lesson/Solvents/Beer Goggles
Weds. Pd 1 Week A	Being Gay/Homophobia	Florey Unit (Contraception & STIs)	Identity Lesson	Being Assertive	Healthy Lifestyle (TB)	Sex & The Law Project
	Challenging Homophobia	Testicular Cancer Lesson	Prevent		Job Applications/CV Writing	
8:50-9:40	Integrity/Doing The Right Thing	Coping With Stress	PC Lesley Sexual Offences & The Law - 12/1/17	LinkedIn & Personality Tests	Health + Well-Being Project Sleep Exercise & Diet Managing Stress Sex & Relationships Something Important To YOU Work Towards Presentation	EXAM LEAVE
	Pornography Fantasy V Reality	Mental Health (CF)	S. Drummond UCAS BS		Dealing With Loss	
Thurs. Pd 3 Week B	PC Lesley Consent Lesson - 13/10/16	Smoking & Vaping	Career Pathways	Dealing With Loss	Work Towards Presentation	EXAM LEAVE
	Breck Bednar Film	Smoking & Vaping	Ed Flack 09/02/17			
11:05-11:55						