



REIGATE GRAMMAR SCHOOL

Personal, Social, Health and Economic Education Policy

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Introduction

All students at Reigate Grammar School receive Personal, Social, Health and Economic Education throughout the First to Fifth Forms. There is a clear Scheme of Work in place which reflects the school's aims and ethos and has regard to the Equality Act 2010 and the guidance provided for schools¹. In addition, the school will react to any trends or patterns of behaviour within cohorts as and when they arise, or indeed respond to any local, national or international issues. PSHEE is delivered through a taught curriculum, Assemblies and Form Time.

The course is divided into six areas:

- Essential Skills including Study Skills and Life Skills such as budgeting;
- Who Am I?
- Making Choices – Careers, Finance, Healthy lifestyle;
- Personal Safety – including Cyber Safety;
- Healthy Relationships (including Relationship and Sex Education); and
- Citizenship and British Values.

Through the Schemes of Work, (e.g. Who Am I?, Human Rights and other Citizenship and British Values sessions) respect for other people is encouraged, especially age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion and belief, sex, sexual orientation as protected characteristics under the Equality Act 2010. It is also fostered through our ethos of having a “strong moral purpose at our core”.

In the **First Form** PSHEE is delivered by Form Tutors in protected Form Time sessions as well as drop down sessions during lesson time. Various sensitive issues are covered and drop down sessions are lead by our own staff (usually the 1st Form Tutor team), external speakers and the school nurse.

In the **Second Form** PSHEE is delivered by Form Tutors (wherever possible) in lessons once a week, where there is an emphasis on discussion and sharing. There are also talks by external speakers.

In the **Third and Fourth Forms** PSHEE is delivered as a component of the ‘Electives’ programme, with talks from visiting experts and sessions from members of staff at school with specialist expertise. This includes sessions on Healthy Relationships, Careers, Drugs and Alcohol, LGBTQ+ issues, Mental Health, Social Media and Finance

In the **Fifth Form**, students are taught carefully structured PSHEE courses by staff. They work through six topic areas over a six-week period:

- Healthy Relationships – Bereavement, domestic abuse and difficult decisions
- Making Choices – University budgeting, weekly budget and financial implications
- Citizenship and British Values – Democracy and the rule of law
- Who am I?– Wellbeing and relaxation techniques for stress management
- Essential Skills and Careers – Revision Techniques, CV Writing, Higher Education
- Personal Safety – Your online reputation and CSE.

In the **Sixth Form**, students follow a 6/7Plus programme covering a range of topics.

Courses in all years make use of visiting speakers who are experts in their field, as well as a wide range of recorded visual material. Parents will always be informed in advance of any upcoming sensitive issues in the PSHEE material, through letters home or the bulletin. The school produces a Health Bulletin which covers a wide range of topics and is emailed to parents and pupils. Parents have a right to withdraw their children from RSE education if they wish.

Parent Workshops and Forums are organised regularly if there is interest amongst parents (e.g. Amy Forbes-Robertson on puberty and RSE, Dick Moore on Mental Health; Bob Tait for age appropriate sessions on substance abuse, Lorin Lafave on Grooming and Karl Hopwood on Online Safety).

Scheme of Work Supporting PSHEE Policy

The Scheme below gives an idea of talks and themes that are delivered although we are continuously tailoring the programme to the needs of the pupils.

	Essential Skills	Who Am I? <i>(incl. careers education)</i>	Making Choices	Personal Safety	Healthy Relationships	Citizenship and British Values
First Form	All six topics are covered through lessons on the Scheme of Work and tutor time activity suggestions. They are detailed under subheadings on the Scheme of Work.					
Second Form	All six topics are covered through lessons on the scheme of work and tutor time activity suggestions. They are detailed under subheadings on the Scheme of Work.					
Third Form	RSE talk, Cyber Safety talk	Body Image and Self Esteem; Stress and Depression talk	Party Drugs and Binge Drinking; Drugs talk; Sparkfish: Esteem and Pornography	Cyber Safety; Diet, Eating Disorders Self-Harm session	SRE talk; Contraception, Risky Behaviour and Boundaries session	Human Rights session
Fourth Form	Mental Health session Learning 2 Learn Carousel	Mental Health; Body Image; Wellbeing; Healthy Eating and Fitness	Personal Finance Careers talk	Cyber Safety	Contraception, Consent, HIV/AIDS	Gatwick Detainees talk; The Law and your rights session
Fifth Form	Revision Techniques and GCSE 101 (student led) and/or Careers Education: CV writing, higher education, Oxbridge	Wellbeing and Relaxation Techniques for Stress Management; Motivational Speaker talk	Money Matters session,	Your Online Reputation session	Bereavement and Difficult Decisions	Democracy and the Rule of Law, for example a seminar led by Malcolm Rifkind

Assemblies

All pupils attend assemblies, with each section of the school meeting together one or two times a week. One assembly each week is held in St Mary's Parish Church next door to the school and is broadly Christian in character whilst remaining sensitive to the needs of those who have other faiths and beliefs.

Parents are legally entitled to withdraw their child from religious assemblies. However, it is hoped that all members of RGS will take part in all assemblies, as these contribute to their education and help to reinforce the sense of community at the school.

Assessment and Monitoring

Pupils regularly give their feedback on their experiences of PSHEE through online forms, whilst as a discrete area PSHEE undergoes regular review (in line with subject areas). This includes lesson observations and pupil panels, whilst delivery of content through timetabled or protected sessions are supplemented by external staff and drop down sessions (which take priority over timetabled lessons) when appropriate.

Those leading PSHEE sessions give their feedback regularly on the strengths of the PSHEE Schemes of Work, areas which could be improved and any relevant issues raised by pupils during the session. If required, this includes communicating and following up with Pastoral staff as appropriate.

The PSHEE programme continues to be a reflective one, which enhances the school curriculum to provide preparation for a student's life outside of RGS. For example, skills sessions which include budgeting money for personal finance, considering your personal brand when using social media and wellbeing sessions to manage the stress of modern life.

Careers Education

Careers advice is given to students to help with choices of GCSE and A Level courses through assemblies, the electives programme, careers lessons (e.g. A Level taster lessons), the offer of Careers interviews with external providers, as well as through outside speakers and events, and through the availability of members of the Careers Department to speak to students every day. GCSE and A Level Options Evenings are run annually for the Second and Fifth Forms respectively.

All students in the school have access to the Careers Department and to the Careers Library. All students are welcome to attend Careers presentations from outside speakers, which take place at least every other week in the first two terms. Students in the Second Form and above are invited to the Higher Education/School Leaver Convention and Careers Conventions.

Careers guidance is presented in an impartial way. Careers interviews are offered to all students in the Fifth and Lower Sixth Forms with external Careers providers. The Careers Department seeks to enable students to discover and access both university courses and other options at 18. This happens through Careers lessons, Careers talks and Careers evenings, as well as through the availability of one to one guidance. Students are also kept informed of courses and taster days, one example being emails sent by the Economics and Politics departments to Fifth Form students to insight interest in these A Level subjects.

In addition, there is an ever-evolving RGS Higher Education website for all mobile platforms on <http://careers.reigategrammar.org/>. There is a UCAS module within the Henry Smith Programme, which seeks to help students make university choices or seek alternative post 18 options and to start work on their personal statements or CVs. The first half term within the 7Plus programme is given over to helping students with applications, as well as interview and assessment test preparation. We take trips to visit universities and invite former students to RGS to offer advice to students about their time at university.

Students receive guidance, which enables them to make informed choices about a range of options. They receive guidance on:

- GCSE course options through assemblies, departments and an information evening.
- A Level options through Careers lessons, an information evening and assemblies. There is an extensive programme of one-to-one support through Futures Meetings aimed at providing guidance on A Level course selection.

Preview and Centigrade are offered to students to help them to know their strengths and weaknesses, as well as how this relates to A Level and post 18 choices. Students have considerable access to information and guidance about different careers and opportunities through specific Careers talks, evenings and lessons. There are regular talks and trips run by academic departments. Students are encouraged to seek work experience placements, and events are run to help them with CV writing and with finding placements.