



# ST BENEDICT'S SCHOOL

a m i n i m i s i n c i p e

## PERSONAL, SOCIAL, HEALTH AND ECONOMIC (PSHE) PROGRAMME



# PSHE AT ST BENEDICT'S

The Personal, Social, Health and Economic Programme (PSHE) is at the heart of the school's curriculum, with lessons for every pupil each week. Our course takes advantage of a wide range of expertise from both our own teachers and from individuals and companies externally to ensure that we deliver a unique programme which gives pupils the knowledge and skills they need to make positive decisions regarding their physical and mental wellbeing and the relationships that they make with other people.

During their time at St Benedict's, we want our pupils to learn to be resilient individuals able to find happiness whatever life throws at them. We want them to be moral, caring and thoughtful members of our Benedictine community and the wider world; to have the information to help them stay healthy in both mind and body and to have the understanding and confidence to prosper when they leave us.



The programme of study incorporates the themes and skills as set out in the PSHE Association's guidance and they are addressed by the school under the four headings of Personal, Social, Health and Economic topics.



The programme seeks to develop pupils' intra-personal, interpersonal and enquiry skills. Fundamental British values are promoted and students are encouraged to regard people of all faiths, races and cultures with respect and tolerance. While our PSHE lessons are taught within the ethos of a tolerant Catholic and Benedictine school, we ensure that there is a balanced, broad approach to the topics being taught.

All parents and pupils have access to the contents of PSHE lessons through the St Benedict's intranet, Firefly, and are encouraged to discuss issues raised in these lessons at home. There is consultation about the content of the PSHE programme with pupils, via the school council; with parents, through the Society of Parents and Friends (SPF); and with teachers, through termly pastoral meetings of Heads of Year and their tutors.

St Benedict's is aware of the sensitive nature of some of the topic areas within the subject. These include relationships and sex education (RSE), terminal illnesses, bereavement, marriage break-up, drug and alcohol abuse and financial issues. Teachers are asked to be sensitive when dealing with any of these issues and to keep in mind any background information provided by colleagues and the School Nurse in particular.

We hope to provide a safe and supportive school community where pupils feel comfortable seeking help and guidance on anything that may be concerning them about life either at school or at home. As ever, staff will be clear that any issue that is potentially a safeguarding issue will not be treated confidentially. As part of the course, each year pupils are all reminded of what to do and who to go to should they have any safeguarding concerns about anyone either inside or outside school.

“WE HOPE TO PROVIDE A SAFE AND SUPPORTIVE SCHOOL COMMUNITY WHERE PUPILS FEEL COMFORTABLE SEEKING HELP AND GUIDANCE ON ANYTHING THAT MAY BE CONCERNING THEM ABOUT LIFE EITHER AT SCHOOL OR AT HOME.”

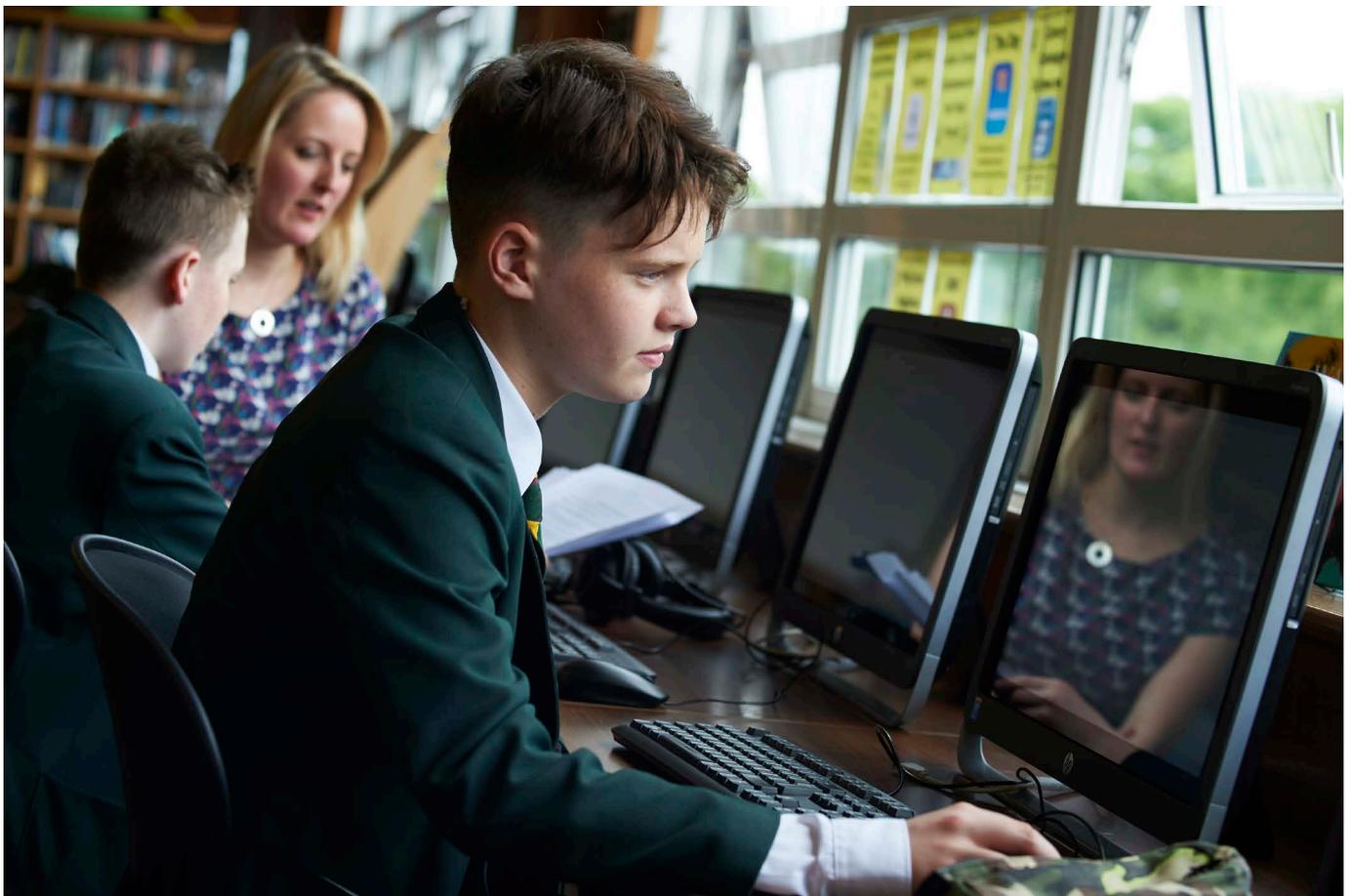
Relationships and Sex Education (RSE) lessons provide a good background for talking openly and freely about the diversity of personal, social and sexual preferences. Prejudiced views will be challenged, and equality promoted. Any bullying that relates to sexual behaviour or perceived sexual orientation will be dealt with swiftly and seriously according to our school policy which can be found on the school website.

The four Key Themes of PSHE - Personal, Social, Health and Economic - are covered every year in a 'spiral' curriculum that goes all the way through a pupil's time at St Benedict's: the key messages are reiterated each year, but the specific issues and ideas raised are different and age-appropriate for each year group.

## PERSONAL

### Staying safe, including understanding safeguarding

Throughout the PSHE course pupils are reminded of what our school duty is to them in terms of safeguarding, and also how they can contribute to this either by coming and talking to us about any problems they have or telling us about issues they have seen for any of their classmates. We also have lessons on personal safety, from how to be safe on the streets of London to a lesson for Sixth Form students about staying safe on their gap year travels.



# Relationships and Sex Education (RSE) and positive personal relationships

Pupils have lessons in Relationships and Sex Education every year and this element of the PSHE course is run in collaboration with external companies: TenTen, The Schools Consent Project and Brook. This means that, in the context of our Catholic ethos, our pupils can be guided not just by their teachers but also by experts from outside school. Our lessons are safe places for full and frank discussions, and start with the ideas of first forming relationships and progress to understanding sexual relationships, including issues around consent and pornography.

# Resilience, growth-mindset and positive approaches to school work

The idea of growth-mindset is one of the key educational philosophies of St Benedict's and the 'Thrive' programme is a series of lessons for years 7-10 that "inspire pupils to the highest possible academic standards, where pupils are motivated to be self-reliant independent learners, inspired to be active participants in their learning and achieve excellent academic results". This develops from year 7, where pupils talk about the problems of having a fixed mindset, to detailed discussion in year 10 of different metacognitive strategies. In years 11 to 13 this is further developed with specific focus on preparing pupils for public exams and university education.



# SOCIAL

## Positive social relationships including anti-bullying (both physical and online) and e-safety, including use of social media

Pupils have regular lessons about how to have positive relationships, starting in year 7 when we focus on integrating with new classmates in senior school through to year 13 when we look forward to life after school. We take part in National Anti-Bullying week every year, and explain e-safety to all pupils with regard to safe use of social media, the concept of a 'digital footprint', and have a particular focus on the dangers of 'sexting' as a growing concern for young people across the UK.

## Citizenship/British values (democracy, the rule of law, mutual respect and tolerance)/ anti-extremism. Understanding the world around us (including 'fake news') and the environment. Tolerance and social equality

Every year pupils have lessons which promote tolerance, diversity and social equality, and which explain our democratic constitution, laws and governance. There are also lessons about the wider world including current affairs and understanding the current environmental crisis including participation in World Environment Day. For the academic year 2021-22 the PSHE department and the school librarian are also creating a unique new course on navigating modern media and understanding 'fake news'. The resources for this course are being developed in conjunction with Bellingcat, a British investigative journalism company that most recently has worked to uncover assassinations by the Russian Government and civil war atrocities in the Tigray region of Ethiopia.

# HEALTH

## Physical health and wellbeing including sleep, healthy eating and exercise

Lessons each year prompt pupils to think about making healthy lifestyle choices, from diet and exercise to the importance of getting enough sleep. There are talks from resident experts in nutrition in our Games department, and the School Nurse gives talks on puberty and the physical and emotional aspects of growing up.

## Mental health and wellbeing including addiction (as well as other, increasing forms of addiction such as online gambling drugs, alcohol, smoking etc)

Over thirty St Benedict's teachers have Mental Health First Aid training, and we have lessons on supporting good mental health for pupils in every age group. Our PSHE programme incorporates time for every pupil to have 1:1 time with their tutor, and we address issues from anxiety to self-harm so that pupils can recognise issues for themselves and others, and look to develop their mental resilience. Addiction comes in many forms, and we address dangers of smoking, drugs and alcohol as well as more and growing modern forms of addiction such as online gaming and gambling.



# ECONOMIC

## Personal finances

In years 7-11 pupils have a number of lessons to help them understand money and personal finance, including bank accounts, saving and managing their money. In the Sixth Form there is a focus on preparing for university, including support for students to access university loans and manage money as students.

## Careers advice and vocational guidance - subject and university choices

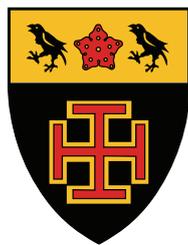
Our Careers department provides support for pupils throughout their time at St Benedict's, encouraging them to think about their vocation from the start of year 7. This is supported partly through the PSHE course, but also through other initiatives such as Careers breakfasts where Old Priorians (alumni) come into school to talk to pupils about their careers. There is also support for pupils in making their decisions about GCSE and A level choices. The Sixth Form PSHE course dedicates a number of lessons to the university application process, both in choosing the right course and making UCAS applications.

A new course that has been developed in conjunction with the Stanford D. School will help students to develop crucial vocational skills of teamwork, project design and creativity. This will not only support their wider learning but give our pupils a focus on those skills that are always in demand with employers.

## PSHE 2

Another unique element of the PSHE curriculum at St Benedict's is our PSHE 2 programme. Every week we create a lesson to be delivered in morning form time by the form tutors that is responding to current events. PSHE 2 lessons this year have included looking at the American election, the impact of Brexit, Children's Mental Health Week, and presentations created by our own Sixth Form students on subjects like animal welfare and the medical significance of microbiomes. Parents are also able to access these lessons on our intranet (Firefly) so that conversations on these topics can continue at home.





ST BENEDICT'S SCHOOL  
a minimis incipe

Ealing • London • W5 2ES • 020 8862 2000