

Policy applies from	PSHE				
EYFS to Sixth Form					
Date policy updated	03.10.2021				
Date policy to be reviewed	03.09.2022				
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A shaded area denotes a regulation to which all Schools must comply					

Clifton High School is committed to child protection and safeguarding children and young people and expects all staff, visitors, and volunteers to share this commitment.

PSHE enables pupils to become healthy, independent, and responsible members of society. At Clifton High School, pupils are encouraged to play a positive role in contributing to the life of the school and the wider community. The school's ethos of 'realising individual brilliance' is echoed throughout the teaching of PSHE. Pupils learn about a wide range of topics and issues that help them develop into successful and resilient individuals. The school's values of curiosity, empathy, love, and direction is reflected in the teaching of PSHE. These four values have shaped the Health and Wellbeing curriculum, which has been designed to promote diversity, economic wellbeing, selfworth, and a healthy lifestyle amongst pupils. Pupils are also taught how society is organised and governed and ensures that all pupils experience the process of democracy in school. It is important that the school curriculum is underpinned by a set of common goals and values, which for Clifton High School are Curiosity, Empathy, Love and Direction. Our common goals, which we reflect in our PSHE curriculum, are laid out in the Ethos of the School:

At Clifton High School, we want to ensure that all pupils enjoy learning, see the worth in a holistic education and to try their very best. We want pupils to learn how to deal with success and defeat, and over time to discover their individual brilliance so that they can become passionate in their interests and, consequently, have fulfilling careers, providing the potential to live full and satisfying lives. Our School Ethos will celebrate the individual, in all the ways that we are different and ultimately all the way each of us is unique. We should be proud of who each of us is, our sex, gender, gender reassignment, age, race, colour, nationality, ethnic or national origin, disability, sexual orientation, religion, faith, or other beliefs. Clifton High School's ethos will look to create a safe culture in which our school aim, to realise individual brilliance, can be achieved.

Related Policies

- Behaviour policy
- Relationship and Sex Education
- Spiritual, Moral, Social and Cultural (SMSC)
- Visiting Speakers

The aim of the PSHE curriculum is for pupils to 'realise their individual brilliance'. It is designed so pupils can:

- Expand their spiritual, moral, social, cultural, and personal development through opportunities provided and to prepare them for the responsibilities and experiences of life
- Prepare for active and responsible citizenship in our increasingly complex society
- Know and understand what constitutes a healthy lifestyle
- Be aware of safety issues
- Understand what makes for good relationships with others

- Have respect for everyone regardless of race, gender, and mental and physical disability
- Be independent and responsible members of the school community
- Be positive and active members of a democratic society
- Develop self-confidence and self-esteem and make informed choices regarding personal and social issues
- Develop good relationships with other members of the school and the wider community
- Discuss more about the main political and social institutions that affect their lives and about their responsibilities, rights and duties as individuals and members of the community
- Develop their awareness and understanding of political issues in an impartial manner and in accordance with the laws of this country
- Develop an understanding of economic wellbeing
- Understand how to set career goals and explore a range of career options
- Establish a safe environment for all genders and sexual orientations

PSHE is "a planned programme of learning opportunities and experiences that help children and young people grow and develop as individuals and as members of families and of social and economic communities." (PSHE education Strategic Partners Group)
PSHE is "learning to live well." (PSHE Association)

The following objectives of PSHE at Clifton High School (not in order of importance) are to promote knowledge, understanding and appreciation of

- The importance of a healthy lifestyle and keeping themselves and others safe
- The principles of distinguishing between right and wrong and how to deal effectively with the moral, social, and cultural issues that are part of growing up
- The differences between their own and other cultures and how to value differences
- The importance of being a valuable citizen
- The importance of equality, equal opportunities, challenging discrimination and the dangers of stereotyping
- Establish a safe environment for all sexual orientation and genders
- The importance of self-esteem and emotional well-being
- The importance of assessing and managing risk, how to deal with the influence of extremism, new technology and substance misuse
- The importance of forming worthwhile and satisfying relationships based on respect for themselves and others
- Sex and relationship education
- The importance of responding positively to opportunities and responsibilities
- How to deal with change and adversity and to develop resilience
- Promoting and Accepting British Values
- Career and Education paths
- Economic education

To teach PSHE effectively, it is important that a variety of teaching and learning strategies are employed. It is also taught through cross curricular links, assemblies and other activities or school events (e.g., themed weeks, anti-bullying day, residential visits, enrichment, special activities planned to allow the children to work together under different circumstances). Specialist visitor speakers are invited to speak with both pupils and parents about specific aspects of the PSHE curriculum. In the past, these topics have included body image, drug and alcohol use and phone addiction.

A comprehensive programme of PSHE education is in place which provides a broad and balanced curriculum and meets pupils' needs and prepares them for the challenges of adult life. It also contributes to the school's duties to safeguard pupils by teaching them about safety, including esafety, sex and relationships.

Curriculum Provision

Although PSHE has allocated times on the class timetables, it cannot always be confined to those specific times. PSHE and Citizenship is delivered within a whole school approach which includes:

- Dedicated curriculum time
- Teaching PSHE and Citizenship through and in other subjects/curriculum areas
- Specialised assemblies
- PSHE and Citizenship activities and school events
- Pastoral care and guidance

The Infant School and Junior School

At Clifton High School, PSHE is an important and integral part of the whole curriculum. Using the Jigsaw Scheme, it falls into 3 core themes, Health & Wellbeing, Relationships and Living in the Wider World. PSHE will be provided in a variety of ways, to reflect the age of the pupils and ensure a whole school approach.

Health & Wellbeing

- Know and understand what constitutes a healthy lifestyle
- Know how to maintain physical, mental, and emotional health and wellbeing
- Be aware of safety issues, including how to respond in an emergency
- Know how to manage change, including puberty, transition, and loss

Relationships

- Develop and maintain a variety of healthy relationships within a range of social and cultural contexts
- Know how to recognise and manage emotions within a range of relationships
- Know how to recognise risky or negative relationships, including all forms of bullying and abuse, and ask for help
- Know how to respect equality and diversity in relationships

Living in the Wider World

- Know the importance of responsible behaviours and actions
- Demonstrate the school's value of love by being a responsible and independent member of the school community
- Be positive and active members of a democratic society
- Demonstrate the school's value of love by knowing the importance of respecting and protecting the environment
- Develop self-confidence and self-esteem and make informed choices regarding personal and social issues
- Develop good relationships with other members of the school and the wider community
- Know about where money comes from, keeping it safe and the importance of managing it effectively
- Have a basic understanding of enterprise.

EYFS - Y2

Children learn about themselves as developing individuals and as members of their communities, building on their own experiences and on the early learning goals for personal, social, and emotional development. The school's value of love is promoted throughout the curriculum so children can actively contribute to the school community in a positive way. They learn the basic rules and skills for keeping themselves healthy and safe and for behaving well. They have opportunities to show they can take some responsibility for themselves and their environment. They begin to learn about their own and other people's feelings and become aware of the views, needs and rights of other children and older people. As members of a class and school community, they learn social skills such as how to share, take turns, play, help others, resolve simple arguments, and resist bullying. They begin to take an active part in the life of their school and its neighbourhood.

Y3 - Y6

Children learn about themselves as growing and changing individuals with their own experiences and ideas, and as members of their communities. They become more mature, independent, and self-confident. They learn about the wider world and the interdependence of communities within it. They develop their sense of social justice and moral responsibility and begin to understand that their own choices and behaviour can affect local, national, or global issues and political and social institutions. They learn how to take part more fully in school and community activities. As they begin to develop into young adults, they face the changes of puberty and they learn how to make more confident and informed choices about their health and environment; to take more responsibility, individually and as a group, for their own learning; and to resist bullying.

There are six Puzzles in Jigsaw that are designed to progress in sequence from September to July: It is the teachers' discretion as to what order the *Changing Me* section is delivered, for example, in some cohorts, there is a need to teach this unit before the Summer Term. Jigsaw content covers all areas of PSHE for the primary phase, as Appendix 1 shows

Please see Appendix 1 for more information

The Senior School

PSHE is taught in Health and Wellbeing lessons. These take place on a Wednesday, every week. It is best developed when pupils learn, practise, and demonstrate personal skills and are actively involved in and take responsibility for their learning. A wide variety of approaches and activities, appropriate to the pupils' age, encourages pupils to participate and remain engaged in lessons. These include

- Whole class and small group discussion
- Simulation and role-play
- Study of case studies
- Creative writing
- Open and closed questioning
- Collaboration with other pupils
- Designing sheets and posters
- Listening to and interacting with visiting speakers

This list is not exhaustive. In accordance with the PSHE Association's recommendations, the curriculum is purposefully distanced. Lessons have been planned so pupils study case studies, rather than share their personal experiences. This encourages pupils to think objectively about particularly challenging situations and share their ideas in a safe learning environment.

Throughout pupils' Health and Wellbeing lessons, they will cover a range of PSHE, RSE and RE topics. Please see Appendix 2 for more details about the curriculum.

To complement their learning, Years 7 - 9 will also receive Religious Education, as an addition to the PSHE curriculum. Clifton High School follows the guidelines of Bristol's Standing Advisory Council on Religious Education (SACRE) to ensure pupils have a comprehensive understanding of various religions, their beliefs, identities, and communities. Pupils are invited to reflect on big questions about identity, meaning and morality and connect these ideas with decisions they make. Pupils will study the following topics

- Year 7: How do people make a religious commitment?
- Year 8: Big questions
- Year 9: Medical ethics

As of September 2021, trips to religious places of worship have been introduced to the curriculum. Please see appendix 2 for more information on the Secondary PSHE curriculum

The Sixth Form

In Sixth Form the PSHE curriculum is part of the Futures and Skills programme. Please see Appendix 3 for more details about the curriculum. The Futures and Skills Programme is specifically designed to

allow students to develop their financial, social, political, cultural, and spiritual awareness of the world around them. Also, to guide them to be prepared for the course they aspire to study at tertiary education through UCAS or possible different means which the students may wish to follow. Futures and Skills, however, is not solely what is offered to students.

Amongst the constant support offered, there is also

Fundamental British Values

- Invitation of speakers with reference to the British Law
- Support for Sixth Form students to understand they are leaders of the school's pupil body through Sixth Form briefings
- Democratic elections for the candidates in the Head's Team
- Democratic elections for the House Captains and their deputies
- School Pupil Council run by the Head's Team with representatives from Years 7-13
- Support and guidance in undertaking leading positions within the school
- Tolerance and respect of other cultures through the International Students' Day
- Tolerance and respect of other cultures' faith through whole school assemblies organised and led by Sixth Form students

Development of Students' Personal Qualities

- Support with Work Shadowing Scheme which is run by the Head of Futures and Skills
- Encouraging students to volunteer through the *Duke of Edinburgh Award, World Challenge* and House activities led by student House Captains
- Entrepreneurial opportunities through Futures and Skills apprentice-type activities
- By running clubs for younger pupils which are of personal interest to Sixth Form students
- Peer Support for pupils in Years 7 and 8
- Scholars' Forum led by the Director of Scholars and assigned Sixth Form Scholars for all Clifton High scholars and other interested pupils
- Oxbridge Forum led by Heads of Department with the participation of Sixth Form students allowing students to develop their thought processes
- Public speaking through allocated school assemblies presented by students and Head's Team speeches
- Individualised fortnightly tutorials

Impartial Careers Guidance

- Individualised meetings with Year 11 pupils and their parents offering guidance and support in making informed decisions on their A level choices organised by the Head of Sixth Form
- Year 11 Taster Day and Taster Lessons for an impartial understanding of requirements on Sixth Form level tailored for pupils only
- Sixth Form Open Evening guidance and information for both Year 11 pupils and their parents on Sixth Form options - meeting with Heads of Department on suitability of courses and Clifton High School alumni representatives
- Fast Tomato Careers Services
- Optional Morrisby Psychometric Test
- Careers Convention Day organised by the Head of Futures and Skills and run at school by representatives of a variety of professions
- Tutor assigned for individual students with expertise on the Sixth Form process
- Advice offered by Admission Tutors from Russell Group and other tertiary institutions as part of the Examinations Evening and the Sixth Form Open Evening (at least twice yearly)
- University Taster Days promoted to students through the Sixth Form Information boards, the Head of Futures and Skills and Sixth Form briefings – students urged to visit Universities of their choice twice every term since the start of their Sixth Form studies
- Impartial individualised meetings with Head of Futures and Skills for guidance and support on career choices
- Oxbridge awareness sessions

- UCAS process Seven Steps for support with student university choices and application
- UCAS Convention Day allowing students to talk with representatives of the Universities they
 would like to apply and attend

Please see appendix 3 for more information on the Sixth Form PSHE curriculum

Roles and responsibilities of staff

The PSHE programme has been designed by the Head of PSHE. The curriculum has been overseen and agreed by the Deputy Head (Pastoral). In addition to this, Mrs Vaughn and Mrs Morrison are the nominated governors who oversee the PSHE curriculum.

PSHE in the Junior school is taught on a weekly basis by the class teacher. PSHE in the Senior School and Sixth Form is taught by form tutors on a weekly basis. All teaching staff have access to appropriate learning resources and have received the necessary training to support their teaching of PSHE and RSE at Clifton High School.

Legislation (statutory regulations and guidance)

Schools are required to teach relationships education as part of the revised Department of Education statutory guidance. From September 2020, the Department of Education stipulates that all schools must deliver relationships education (in primary schools) and relationships and sex education (in secondary schools). These new guidelines inform the teaching and learning of RSE at Clifton High School. The documents that inform the School's RSE policy includes:

- Education Act (1996)
- Learning and Skills Act (2000)
- Education and Inspections Act (2006)
- Equality Act (2010)
- Supplementary Guidance SRE for the 21st century (2014) Keeping children safe in education Statutory
- Safeguarding guidance (2016)
- Children and Social Work Act (2017)

Assessment

There is a high expectation of the quality of pupils' work and regular feedback is provided on pupils' progress. Feedback is provided on pupils' work to assess progress and identify where pupils require extra support and intervention. Teachers will be able to measure progress by pupils' work, classroom contributions and completed reflection logs, following a visit from a guest speaker as well as written assignments, tests, and self-evaluation forms. Pupil voice will be used to reflect and feedback on the PSHE curriculum. Pupil voice is collated through a variety of means. For example, the School Council, pupil questionnaires and PSHE focus groups are all used to gather pupil opinion. Teacher voice is also gathered every half term, to inform the future teaching of PSHE.

In the Infant and Junior School, teachers assess the progress of pupils through regular Jigsaw Summative Assessments, allowing teachers to track pupil progress. **Evaluation and Monitoring** The PSHE policy is written using statutory guidelines as outlined in the national curriculum. Therefore, in accordance with Article 9 of the European Convention on Human Rights where freedom of thought, conscience and religion are guaranteed, and religion or belief is a protected characteristic under the Equality Act 2010, the teachers and the school strive to ensure that their conduct recognises their responsibilities under those duties to others. Considering the sensitive nature of some of the topics discussed at PSHE sessions, teachers are expected to respect the rights of others and to respect those with different faiths and beliefs; expressing a view in an unprofessional way that involved singling out pupils on grounds of sexuality or presenting extreme views without balance on a topic such as marriage for same sex couples (Act 2013), it is considered inappropriate and certainly discouraged by the school. The Deputy Heads oversee the monitoring of the standards of children's work and the quality of teaching and learning.

Appendix 1

Term	Puzzle name	Content
Autumn 1:	Being Me in My World	Includes understanding my place in the class, school and global community as well as devising Learning Charters
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and diversity work
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, working together to design and organise fund-raising events
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills
Summer 2:	Changing Me	Includes Sex and Relationship Education in the context of looking at change

Jigsaw and the PSHE Association Programme of Study 2017 Making Connections

PSHE Association		JIGSAW – the 6 Puzzles									
Core Theme 1 – Health and Well-being	Being Me in My	Celebrating	Dreams and	Healthy Me	Relationships	Changing Me					
In Key Stages 1 & 2, pupils should be taught:	World	Difference	Goals								
What is meant by a healthy lifestyle				Y1, Y2, Y3, Y5							
How to maintain physical, mental and emotional health and well-being	Y1, Y2, Y5, Y6	Y6	Y1, Y3, Y4	Y1, Y2, Y3, Y4, Y5, Y6	Y4	Y1, Y2, Y3, Y4, Y5, Y6					
How to manage risks to physical and emotional health and well-being	Y1, Y2	Υ3	Y4	Y3, Y4, Y5, Y6	Y6	Y4					
Ways of keeping physically and emotionally safe	Y1, Y2			Y1, Y2, Y3, Y5, Y6	Y3	Y2					
About managing change, such as puberty, transition and loss					Y4, Y6	Y1, Y2, Y3, Y4, Y5, Y6					
How to make informed choices about health and well-being and to recognise sources of help with this				Y1, Y2, Y3, Y5, Y6		Y5, Y6					
How to respond in an emergency				Y5, Y6							
To identify different influences on health and well-being				Y4, Y5, Y6							

Jigsaw and the PSHE Association Programme of Study 2017 Making Connections

PSHE Association	JIGSAW – the 6 Puzzles									
Core Theme 3 – Living in the Wider World In Key Stages 1 & 2, pupils should focus on 'economic well-being and being a responsible citizen' and be taught:	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me				
About respect for the self and others and the importance of responsible behaviours and actions	Y1, Y2, Y3, Y4	Y1, Y4, Y6	Y1, Y2, Y3, Y4, Y5, Y6	Y1, Y4, Y5	Y1, Y2, Y5, Y6	Y1, Y2, Y4, Y5, Y6				
About rights and responsibilities as members of families, other groups and ultimately as citizens	Y1, Y2, Y3, Y4, Y5, Y6	Y3, Y6	Y6		Y1, Y2, Y3					
About different groups and communities		Y5, Y6	Y5, Y6		Y3					
To respect equality and to be a productive member of a diverse community		Y2, Y4, Y5, Y6	Y3, Y4, Y5, Y6		Y3					
About the importance of respecting and protecting the environment			Y6							
About where money comes from, keeping it safe and the importance of managing it effectively			Y5							
How money plays an important part in people's lives		Y5	Y5							
A basic understanding of enterprise			Y1, Y2, Y3, Y4, Y5, Y6							

Jigsaw and the PSHE Association Programme of Study 2017 Making Connections

PSHE Association		JIGSAW – the 6 Puzzles							
Core Theme 2 – Relationships	Being Me in My	Celebrating	Dreams and	Healthy Me	Relationships	Changing Me			
In Key Stages 1 & 2, pupils should be taught:	World	Difference	Goals						
How to develop and maintain a variety of healthy relationships within a range of social/cultural contexts	Y3, Y4, Y6	Y1, Y2, Y4, Y6	Y1, Y2, Y4, Y5, Y6	Y4	Y1, Y2, Y3, Y4, Y5, Y6	Y5, Y6			
How to recognise and manage emotions within a range of relationships	Y4	Y3, Y6		Y4	Y2, Y3, Y4, Y5, Y6	Y6			
How to recognise risky or negative relationships including all forms of bullying and abuse		Y1, Y2, Y3, Y4, Y5, Y6			Y5, Y6				
How to respond to risky or negative relationships and ask for help		Y1, Y2,Y3, Y4, Y5, Y6		Y4	Y1, Y2, Y5, Y6				
How to respect equality and diversity in relationships		Y1, Y2, Y4, Y5, Y6			Y5	Y3			

Jigsaw RSE Content

The grid below shows specific RSE learning intentions for each year group in the 'Changing Me' Puzzle.

Year	Piece Number and	Learning Intentions
Group	Name	'Pupils will be able to'
E		D4 - Seek out others to share experiences. Show affection and concern
Y		for people who are special to them
F		D6 - Explain own knowledge and understanding, and ask appropriate
S		questions of others
		ELG - Show sensitivity to others' needs and feelings
1	Piece 4	identify the parts of the body that make boys different to girls and use
_	Boys' and Girls'	the correct names for these: penis, testicles, vagina
	Bodies	respect my body and understand which parts are private
2	Piece 4	recognise the physical differences between boys and girls, use the
	Boys' and Girls'	correct names for parts of the body (penis, testicles, vagina) and
	Bodies	appreciate that some parts of my body are private
		tell you what I like/don't like about being a boy/girl
3	Piece 1	understand that in animals and humans lots of changes happen between
_	How Babies Grow	conception and growing up, and that usually it is the female who has the
		baby express how I feel when I see babies or baby animals
-	Piece 2	understand how babies grow and develop in the mother's uterus and
	Babies	understand what a baby needs to live and grow
		express how I might feel if I had a new baby in my family
-	Piece 3	understand that boys' and girls' bodies need to change so that when
	Outside Body	they grow up their bodies can make babies
	Changes	identify how boys' and girls' bodies change on the outside during this
	0.101.600	growing up process
		recognise how I feel about these changes happening to me and know
		how to cope with those feelings
•	Piece 4	identify how boys' and girls' bodies change on the inside during the
	Inside Body	growing up process and why these changes are necessary so that their
	Changes	bodies can make babies when they grow up
	0.101.600	recognise how I feel about these changes happening to me and how to
		cope with these feelings
4	Piece 2	correctly label the internal and external parts of male and female bodies
	Having A Baby	that are necessary for making a baby
	,	understand that having a baby is a personal choice and express how I
		feel about having children when I am an adult
•	Piece 3	describe how a girl's body changes in order for her to be able to have
	Girls and Puberty	babies when she is an adult, and that menstruation (having periods) is a
	,	natural part of this
		know that I have strategies to help me cope with the physical and
		emotional changes I will experience during puberty
5	Piece 2	explain how a girl's body changes during puberty and understand the
	Puberty for Girls	importance of looking after myself physically and emotionally
		understand that puberty is a natural process that happens to everybody
		and that it will be OK for me
	Piece 3	describe how boys' and girls' bodies change during puberty
	Puberty for Boys	express how I feel about the changes that will happen to me during
	and Girls	puberty
ľ	Piece 4	understand that sexual intercourse can lead to conception and that is
		how babies are usually made
	Conception	THOW BUDIES are askally made
	Conception	,
	Conception	understand that sometimes people need IVF to help them have a baby appreciate how amazing it is that human bodies can reproduce in these

6	Piece 2 Puberty	explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally express how I feel about the changes that will happen to me during puberty
	Piece 3 Girl Talk/Boy Talk	ask the questions I need answered about changes during puberty reflect on how I feel about asking the questions and about the answers I receive
	Piece 4 Babies – Conception to Birth	describe how a baby develops from conception through the nine months of pregnancy, and how it is born recognise how I feel when I reflect on the development and birth of a baby
	Piece 5 Attraction	understand how being physically attracted to someone changes the nature of the relationship express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this

	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2	
Areas Covered:	Name of the topic: Being me in my World	Name of the topic: Celebrating Difference	Name of the topic: Dream and goals	Name of the topic: Healthy me	Name of the topic: Relationships	Name of the topic: Changing me	
School Values Curiosity Love Direction Empathy	 Curiosity about what it means to be me Showing love for self and others Direction of my life and the lives of others Empathy for the views and challenges of others and my responsibility to them 	 Curiosity about what it means to celebrate difference Showing love for others' differences Direction of various lives depending on everyone's differences Empathy for differences of others and my responsibilit y to them 	 Curiosity about what the future may hold incorporating my own dreams and goals Showing love for the future and what it may hold Direction of my life and how to achieve my dreams and goals Empathy for others and their dreams and goals – how can I support and help them? 	 Curiosity about what it means to be healthy and how I can make good choices around this Showing love for good health Direction of my life according to the healthy choices I can make Empathy for everyone's health and the challenges that people may face 	 Curiosity about what it means to relate to others and be in a family, personal or group relationship Showing love for - and from - healthy, positive relationships Direction of my life according to existing and future relationships Empathy for everyone's unique relationships 	 Curiosity about what my changing body may look and feel like Showing love for, and acceptance of, the body changes that will happen to me Direction of the body changes that will happen to me and my changing feelings Empathy for everyone's unique bodies and feelings 	
SMSC Spiritual Moral Social and Cultural Values	 Gaining a spiritual understan ding of what it means to be me Considerin g the moral choices and behaviour around being me Understan ding the social and cultural values of being me 	Gaining a spiritual understanding of celebrating difference Considering the moral choices and behaviour around everyone's differences Understanding the social and cultural values of everyone's differences	 Gaining a spiritual understanding of my, and others', dreams and goals Considering the moral choices and behaviour around others' dreams and goals and how they are interconnected and affective Understanding the social and cultural values of 	 Gaining a spiritual understanding of a healthy mind and body Considering the moral choices and behaviour around being healthy in mind, body and spirit Understanding the social and cultural values of health in all its forms 	 Gaining a spiritual understandin g of a variety of relationships Considering the moral choices and behaviour around relationships Understandin g the social and cultural values of a range of relationships 	 Gaining a spiritual understanding of the changes the body will go through and the related implications Considering the moral choices and behaviour around the changing body 	

			everyone's differences			Understan ding the social and cultural values of the changing body
British Values Democrac y Rule of Law Respect & Tolerance Individual Liberty	 Taking turns to contribute ideas and thoughts about myself and others Understan ding what it means to be me from a legal perspective To respect and tolerate everyone's views and ideas The freedom to accept and challenge our own and others' views 	 Taking turns to contribute ideas and thoughts on celebrating differences Listening to, and understanding, a range of different views Understanding what it means to celebrate difference from a legal perspective To respect and tolerate everyone's differences The freedom to accept and challenge differences as appropriate 	 Taking turns to contribute ideas and thoughts on dreams and goals Understandin g, a range of different dreams and goals (including my own) Understandin g the legal perspectives related to people's dreams and goals To respect and tolerate everyone's dreams and goals The freedom to accept and challenge dreams and goals, giving reasoned arguments 	 Taking turns to contribute ideas and thoughts about health Listening to, and understanding, a range of views on health Understanding what it means to be healthy from a legal perspective To respect and tolerate everyone's health choices The freedom to accept and challenge our own and others' views on health 	Taking turns to contribute ideas and thoughts about relationships Listening to, and understandin g, a range of different views Understandin g what it means to be me from a legal perspective To respect and tolerate everyone's views and ideas The freedom to accept and challenge our own and others' views	Taking turns to contribute ideas and thoughts about my changing body Listening to, and understan ding, a range of different views on changing bodies and related effects Understan ding what a changing body means from a legal perspective To respect and tolerate everyone's views and ideas about their body The freedom to accept and challenge our own and others' views about the body and its changes

	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
_						
Areas Covered:	Name of the	Name of the	Name of the	Name of the	Name of the	Name of the
covereu.	topic:	topic:	topic:	topic:	topic:	topic:
	Being me in	Celebrating	Dream and	Healthy me	Relationships	Changing me
	my World	Difference	goals			
School Values	 Curiosity about what 	 Curiosity about what 	 Curiosity about what 	 Curiosity about what 	 Curiosity about what 	 Curiosity about what
values	it means to	it means to	the future	it means to	it means to	my changing
Curiosity	be me	celebrate	may hold	be healthy	relate to	body may
Love	Showing	difference	incorporatin	and how I	others and	look and
Direction	love for self	Showing	g my own	can make	be in a	feel like
Empathy	and others	love for	dreams and	good	family,	Showing
, ,	 Direction of 	others'	goals	choices	personal or	love for, and
	my life and	differences	 Showing 	around this	group	acceptance
	the lives of	 Direction of 	love for the	Showing	relationship	of, the body
	others	various lives	future and	love for	• Showing	changes
	Empathy for	depending	what it may hold	good healthDirection of	love for - and from -	that will
	the views and	on everyone's	Direction of	my life	healthy,	happen to me
	challenges	differences	my life and	according to	positive	 Direction of
	of others	 Empathy for 	how to	the healthy	relationship	the body
	and my	differences	achieve my	choices I can	S	changes
	responsibilit	of others	dreams and	make	 Direction of 	that will
	y to them	and my	goals	 Empathy for 	my life	happen to
		responsibilit	 Empathy for 	everyone's	according to	me and my
		y to them	others and	health and	existing and future	changing
			their dreams and goals –	the challenges	relationship	feelingsEmpathy for
			how can I	that people	S	everyone's
			support and	may face	 Empathy for 	unique
			help them?	, , , , , ,	everyone's	bodies and
					unique	feelings
					relationship	
SMSC	Gaining a	Gaining a	Gaining a	Gaining a	SGaining a	Gaining a
SIVISC	spiritual	spiritual	spiritual	spiritual	spiritual	spiritual
Spiritual	understandi	understandi	understandi	understandi	understandi	understandi
Moral	ng of what	ng of	ng of my,	ng of a	ng of a	ng of the
Social	it means to	celebrating	and others',	healthy	variety of	changes the
and	be me	difference	dreams and	mind and	relationship	body will go
Cultural	 Considering 	 Considering 	goals	body	S	through and
Values	the moral	the moral	 Considering 	 Considering 	 Considering 	the related
	choices and	choices and	the moral choices and	the moral	the moral	implications
	behaviour around	behaviour around	choices and behaviour	choices and behaviour	choices and behaviour	 Considering the moral
	being me	everyone's	around	around	around	choices and
	Understandi	differences	others'	being	relationship	behaviour
	ng the	 Understandi 	dreams and	healthy in	S	around the
	social and	ng the social	goals and	mind, body	 Understandi 	changing
	cultural	and cultural	how they	and spirit	ng the social	body
	values of	values of	are	 Understandi 	and cultural	 Understandi
	being me	everyone's	interconnect	ng the social	values of a	ng the social
		differences	ed and	and cultural	range of	and cultural
	1	1	affectiveUnderstandi	values of health in all	relationship	values of the
	1	1	ng the social	its forms	S	changing
	1	1	and cultural	1011113		body
	1	1	values of			
	1	1	everyone's			
	I	I	differences	1	I	

British		Taking turns	•	Taking turns		Taking turns	•	Taking turns	•	Taking turns		Taking turns
Values	ľ	to	ľ	to	ľ	to		to	ľ	to		to
Tailacs		contribute		contribute		contribute		contribute		contribute		contribute
Democra		ideas and		ideas and		ideas and		ideas and		ideas and		ideas and
		thoughts		thoughts on		thoughts on		thoughts		thoughts		thoughts
Cy		about		celebrating		dreams and		about		about		about my
Rule of		myself and		differences		goals		health		relationship		changing
Law		others		Listening to,		Understandi		Listening to,		S		body
Respect		Understandi		and		ng, a range		and		Listening to,		Listening to,
& Talanana	ľ	ng what it		understandi		of different		understandi		and		and
Toleranc		means to be		ng, a range		dreams and		ng, a range		understandi		understandi
e In alividos		me from a		of different		goals		of views on		ng, a range		ng, a range
Individua I Liberty		legal		views		(including		health		of different		of different
TLIBETTY		perspective		Understandi		my own)		Understandi		views		views on
		To respect		ng what it		Understandi		ng what it		Understandi		changing
	ľ	and tolerate		means to		ng the legal		means to be		ng what it		bodies and
		everyone's		celebrate		perspectives		healthy		means to be		related
		views and		difference		related to		from a legal		me from a		effects
		ideas		from a legal		people's		perspective		legal		Understandi
		The		perspective		dreams and		To respect		perspective		ng what a
	ľ	freedom to		To respect		goals		and tolerate		To respect		changing
		accept and	ľ	and tolerate		To respect		everyone's		and tolerate		body means
		challenge		everyone's		and tolerate		health		everyone's		from a legal
		our own		differences		everyone's		choices		views and		perspective
		and others'		The		dreams and		The		ideas		To respect
		views		freedom to		goals		freedom to		The		and tolerate
		VICWS		accept and		The freedom		accept and		freedom to		everyone's
				challenge	ľ	to accept		challenge		accept and		views and
				differences		and		our own and		challenge		ideas about
				as		challenge		others'		our own and		their body
				appropriate		dreams and		views on		others'		The
				арргорпасс		goals, giving		health		views		freedom to
						reasoned		riculti		Views		accept and
						arguments						challenge
						argaments						our own and
												others'
	1		1									views about
												the body
												and its
	1		1									changes
			1		<u> </u>						<u> </u>	changes

Clifton Higl	Clifton High School: Year 6 Subject: PSHE												
	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2							
Areas Covered:	Name of the topic: Being me in my World	Name of the topic: Celebrating Difference	Name of the topic: Dream and goals	Name of the topic: Healthy me	Name of the topic: Relationships	Name of the topic: Changing me							
School Values Curiosity Love Direction Empathy	 Curiosity about what it means to be me Showing love for self and others Direction of my life and the lives of others Empathy for the views and challenges of others and my 	 Curiosity about what it means to celebrate difference Showing love for others' differences Direction of various lives depending on everyone's differences Empathy for differences 	 Curiosity about what the future may hold incorporatin g my own dreams and goals Showing love for the future and what it may hold 	 Curiosity about what it means to be healthy and how I can make good choices around this Showing love for good health Direction of my life 	 Curiosity about what it means to relate to others and be in a family, personal or group relationship Showing love for - and from - healthy, 	 Curiosity about what my changing body may look and feel like Showing love for, and acceptance of, the body changes that will happen to me 							

	responsibilit y to them	of others and my responsibilit y to them	•	Direction of my life and how to achieve my dreams and goals Empathy for		according to the healthy choices I can make Empathy for everyone's health and	•	positive relationship s Direction of my life according to existing and	•	Direction of the body changes that will happen to me and my changing
SMSC				others and their dreams and goals – how can I support and help them?		the challenges that people may face		future relationship s Empathy for everyone's		feelings Empathy for everyone's unique bodies and feelings
Spiritual Moral Social and Cultural Values	 Gaining a spiritual understand ing of what it means to be me Considering the moral choices and behaviour around being me Understand ing the social and cultural values of being me 	 Gaining a spiritual understanding of celebrating difference Considering the moral choices and behaviour around everyone's differences Understanding the social and cultural values of everyone's differences 	•	Gaining a spiritual understanding of my, and others', dreams and goals Considering the moral choices and behaviour around others' dreams and goals and how they are interconnec ted and affective Understanding the social and cultural values of everyone's differences	•	Gaining a spiritual understanding of a healthy mind and body Considering the moral choices and behaviour around being healthy in mind, body and spirit Understanding the social and cultural values of health in allits forms	•	Gaining a spiritual understanding of a variety of relationship s Considering the moral choices and behaviour around relationship s Understanding the social and cultural values of a range of relationship s		Gaining a spiritual understanding of the changes the body will go through and the related implications Considering the moral choices and behaviour around the changing body Understanding the social and cultural values of the changing body
British Values Democra cy Rule of Law Respect & Toleranc e Individua I Liberty	 Taking turns to contribute ideas and thoughts about myself and others Understand ing what it means to be me from a legal perspective To respect and tolerate everyone's views and ideas The freedom to accept and challenge 	 Taking turns to contribute ideas and thoughts on celebrating differences Listening to, and understanding, a range of different views Understanding what it means to celebrate difference from a legal perspective 	•	Taking turns to contribute ideas and thoughts on dreams and goals Understanding, a range of different dreams and goals (including my own) Understanding the legal perspective s related to people's dreams and goals	•	Taking turns to contribute ideas and thoughts about health Listening to, and understandi ng, a range of views on health Understand ing what it means to be healthy from a legal perspective	•	Taking turns to contribute ideas and thoughts about relationship s Listening to, and understandi ng, a range of different views Understand ing what it means to be me from a legal perspective	•	Taking turns to contribute ideas and thoughts about my changing body Listening to, and understandi ng, a range of different views on changing bodies and related effects Understand ing what a changing

aı	ur own nd others'	To respect and tolerate everyone's differences The freedom to accept and challenge differences as appropriate	•	To respect and tolerate everyone's dreams and goals The freedom to accept and challenge dreams and goals, giving reasoned arguments		To respect and tolerate everyone's health choices The freedom to accept and challenge our own and others' views on health	•	To respect and tolerate everyone's views and ideas The freedom to accept and challenge our own and others' views	•	body means from a legal perspective To respect and tolerate everyone's views and ideas about their body The freedom to accept and challenge our own and others' views about the body and its changes
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Appendix 2

	Health and Wellbeing at Clifton High School – The Senior School						
	Autumn Term	School ethos	Spring	School ethos	Summer	School ethos	
Y7	1 Health, wellbeing, transition, and safety Transition into Year 7 Friendships First Aid	Love Empathy Love Empathy	1 Diversity & Relationships Identity, rights & responsibilities Challenging stereotypes Bullying Challenging discrimination Black Lives Matter Staying safe online	Love Empathy Love Empathy	1 Building relationships Self-worth Healthy relationships Consent & Assertive communication	Love Empathy	
	2 Religious Education Key beliefs of world religion Places of worship How to people make a commitment		2 Health & Wellbeing Healthy choices Puberty FGM		Developing Skills and Aspirations Enterprise and finances Careers Equal opportunities	Direction Curiosity	
Y8	1 Drugs and Alcohol Alcohol Caffeine Cigarettes Drugs (legal & illegal)		Discrimination Gender Identity & discrimination Homophobia/Biphobia Racism & Religion	Love Empathy	Identity and Relationships Positive behaviours & healthy relationships Communication & consent Contraception	Love Empathy	
	2 Community, careers and digital learningEquality & opportunity in the workplace Goals & career aspirations Safe online communication Recognising fake news	Direction Curiosity	2 Emotional Wellbeing Mental Health Awareness Daily Wellbeing Digital resilience	Love Empathy	2 Religious Education The Big Questions - Gods, Evil & Afterlife	Love Empathy	
Y9	Health & Wellbeing Peer Influence - Gangs Drugs & Substance abusePeer pressure		Identity and Relationships Positive relationships Conflicts & Resolutions Managing Family Change	Love Empathy	Intimate Relationships Sexual Consent Contraception, STIs & PregnancySex & the Media	Love Empathy	
	2 Employability Employability rights and responsibilities Skills for enterprise and employability Managing a professional online presence	Direction Curiosity	2 Health & Wellbeing Physical & Mental Health Body Image Healthy Choices	Love Empathy	2 Religious EducationBeliefs & Values Euthanasia Abortion Crime	Empathy	
Y10		Love Empathy	Health & Wellbeing New Challenges Positive thinking Mental Health Emotional Wellbeing Body Image Dealing with Stress	Love Empathy	Discrimination Equality & inclusion Fake news & challenging discriminationExtremism and Radicalisation	Empathy Love	
	2 The Wider World Financial Decision- Making Budgeting Gambling Fraud & Cyber Crime	Direction Curiosity	2 Health & Wellbeing Role Models Drugs & Alcohol Gangs & Peer Pressure	Empathy	2 The Wider World Careers Practical Problems and Health & Safety Positive online presence	Curiosity Direction	
Y11	1 Building for the Future Dealing with Change Exam Stress Perseverance & Resilience Stereotyping & Prejudice Peer on Peer abuse	Empathy Direction Curiosity Love	Relationships Core values and emotionsFamily Assertive communication and harassmentAbusive relationships	Love Empathy Love	1 Revision Preparing for GCSE		

2	2 The Wider World Goal	2 Health & Wellbeing	Empathy	
	Setting &	Risk &		
	Revision	Emergency		
	Pathways	Medical Screening &		
	and	Support Medical		
	Careers	Procedures &		
	Employabi	Donating		
	lity			
	Work life balance			

147I.	Futures and Skills Programme	
Week	Year 12	Year 13
	Autumn Term	
FOCUS:	YEAR 12: EMPLOYABILITY AND LEADERSHIP COURSE	YEAR 13: UNIVERITY PREPARATION / THE WIDER COMMINITY AND WORLD
	Introduction to Employability and Leadership Course teams and challenges sorted. Q&A session and timetable for the term.	
Week 1 Curiosity and Direction	Also this term: ALIS testing Registering and introductory session for Pathways CTM Leadership workshop Marines: Leading a team Anna Britton: Emotional Leadership	UCAS – online application forms and personal statements/ preparations for alternative applications
Week 2 Curiosity and Direction	Employability and Leadership Course Pupils to work on background research in their teams	UCAS – online application forms and personal statements/ preparations for alternative applications
Week 3 Curiosity and Direction	Employability and Leadership Course Academic Curiosity. How to conduct effective research	Interviews – introduction PP What are the dos/don'ts of interviews.
Week 4 Curiosity and Direction	Employability and Leadership Course Effective Decision Making	Recognising the signs of abuse
Week 5 Curiosity and Direction	Employability and Leadership Course Creativity in business	Media literacy and digital resilience
Week 6 Curiosity and Direction	TUTOR TIME PLUS F&S Employability and Leadership Course Presentation skills and speaking to an audience	TUTOR TIME PLUS F&S Year 12 Employability and Leadership Course Presentations
Week 7	Teacher CPD	Teacher CPD
	Half-Term	
FOCUS:	YEAR 12: MENTAL WELLBEING	YEAR 13: LOOKING AT THE WIDER COMMINITY AND WORLD
Week 8 Love, Curiosity, Direction and Empathy	Also this term: Sex Education – IT Happens/Brooks talks. VESPA mindset Students should be working on their Employability and Leadership presentations in their own time.	Leadership – what makes a great leader? Leadership roles in the sixth form. Developing action plans.
Week 9 Love, Curiosity, Direction and Empathy	VESPA mindset Students should be working on their Employability and Leadership presentations in their own time.	Gender identities - Brook
Week 10 Love, Curiosity, Direction and Empathy	VESPA mindset Students should be working on their Employability and Leadership presentations in their own time.	Gender, sexual orientation, and ethnic inequalities (GERI) Recognise and challenge prejudice and discrimination
Week 11 Love, Curiosity, Direction and Empathy	Body Image	Black Lives Matter / Diversity

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	Students should be working on their Employability and Leadership presentations in their own time.			
Week 12	Common mental health conditions – knowing the signs	Bullying, abuse and discrimination –		
Love and Empathy	Boosting your own well-being	recognising the signs How to de-escalate situations		
	Students should be working on their Employability and Leadership presentations in their own time.			
Week 13 Direction and Empathy	Employability and Leadership Course PRESENTATIONS	Street Law – How the Criminal Justice system works in the UK. Radicalization and UK moral values.		
	Spring Term			
FOCUS:	YEAR 12: PHYSICAL WELLBEING	YEAR 13: MY FUTURE PLANNING		
Week 1 Love and Empathy	Sex Education – Sexual health and pregnancy options	UCAS – what happens after you submit your application? Next steps to take and replying to offers.		
Week 2 Love and Empathy	Sexual Consent, sexual exploitation and healthy relationships.	University Life – worries and potential problems. Dealing with problems. Ranging from health, friendships, cooking, managing a household, budgets etc.		
Week 3 Love and Empathy	Drugs education including alcohol	UCAS and results day/post results day.		
Week 4 Love, Empathy and Direction	Anthony Nolan Trust. Blood and Organ Donation.	Financial awareness Money matters starter Career Horizons		
Week 5 Love, Empathy and Direction	RoadSmart Presentation	Financial awareness Money matters Career Horizons		
Week 6 Love, Empathy and Direction	Brook Sex Education – Sexual pleasure and contraception	Managing Change and Being Resilient		
	Half-Term			
FOCUS:	YEAR 12: MAPPING MY FUTURE	YEAR 13:SKILLS		
Week 7 Curiosity and Direction	Elevate Education – skills in revision	Elevate Education – skills in revision		
Week 8 Curiosity and Direction	Introduction to Morrisby Careers (Careers based service and psychometric testing). Setting careers goals	Revision ideas/skills		
	Different options POST-18 Creating a CV			
Week 9 Curiosity and Direction	OR	Pacies in first aid university		
curiosity und Direction	Preparation for Oxbridge/medicine/dentistry/veterinary students. Entrance exams, personal statements, interviews and other things to consider Provide Oxbridge support booklet.	Basics in first aid – university preparation		
Week 10 Curiosity and Direction, Love and Empathy	Volunteering and GAP years. https://drive.google.com/file/d/1Lw D4q86ic8WzMnJ N2VeKcbpDJbDs1oo/view	Brook Sex Education – university life focus		

	https://thegapyearhub.com/	
Week 11	UCAS Introduction.	Cooking on a budget
	Summer Term	
FOCUS: PREPARATION	YEAR 12: PLANNING MY FUTURE	YEAR 13: EXAMINATION
Week 1 Curiosity and Direction	UCAS convention Researching university - Getting the choices right. Different types of university settings. Different types of university course.	Revision
Week 2 Curiosity and Direction	Personal statements introduction presentation. Preparation for UCAS applications – Lorraine Norman from the University of Bristol.	Revision
Week 3 Curiosity and Direction	University of Aberystwyth – Effective Personal Statements	
Week 4 Curiosity and Direction	DO's / DON'T's of personal statements. Plus, writing a great opening paragraph.	
Week 5 Curiosity and Direction	Registering on the UCAS website – provide information booklet	
	HALF TERM	
Week 1 Curiosity and Direction	Preparation for UCAS applications - Personal statements.	
Week 2 Curiosity and Direction	Continue to work on: application forms/ work on feedback from their first draft of their personal statements	
Week 3 Curiosity and Direction	Continue to work on: application forms/ work on feedback from their first draft of their personal statements	
Week 4 Curiosity and Direction	UCAS – How much will university cost me? Martin Lewis video on student loans.	