

## **New approach to Personal, Social and Health Education launched**



On Wednesday 30th January, the first of six half day, curriculum enhancement sessions took place with the focus for all year groups on 'Health and Wellbeing'. The half day sessions replace the former PDC days and will be regularly spaced throughout the year.

Students covered a range of topics including sexual, emotional, physical and mental health, with teachers reporting a real engagement of students with the subjects and learning materials, some of which were from the mental health charity Mind.

*[Click here to view the subjects covered by each year group](#)*

The next Curriculum Enhancement day is scheduled for **Thursday 14th March**

## **Curriculum Enhancement Review Wed 30th Jan**

This year we have changed the way the school approaches Personal, Social and Health Education (PSHE). We have replaced our stand alone PDC days with 6 mornings over the course of a year when years 7-13 engage in a bespoke PSHE curriculum. The overarching theme on this occasion was health and wellbeing.

**Year 7** was split into single gender groups to look at the emotional and physical changes that happen to our bodies during puberty. Students engaged with materials in this statutory element of the curriculum in a mature manner and staff reported that some great discussions had taken place.

**Year 8** looked at the dangers of drugs and alcohol. Students were led through sessions to identify a range of substances, their physical effects, and the wider impacts of these on both individuals and society.

**Year 9** looked at the topic of sexual health. This involved looking at a range of sexually transmitted diseases, their impacts on people and societies. We also looked at sexual behaviour and what is considered 'normal' and healthy relationships.

**Year 10** with resources from the mental health charity 'mind', students explored a range of mental health issues. We considered a range of issues including anxiety and depression. Coupled with this we engaged with ways of building emotional resilience in our young people. At HCCS we have a dedicated house team who are specialists in these areas. Students are always encouraged to talk to their Head of House if they feel personally affected by mental health issues.

**Year 11** Methodist and a Humanist key speakers addressed year 11, as part of the statutory RE requirement.. We posed some key philosophical questions which they responded to in a 'live debate' style event. The year 11 students were attentive and a number were engaged with robust cross examinations of both speakers. The event was successful and well received. We look forward to inviting a range of different speakers in the future.

### **6th form**

**Year 12** had review day appointments with their tutors during the morning. They reviewed their latest interim, previous targets and set new targets for the coming months.

**Year 13** took part in a morning of 'Emergency First Aid', covering the treatment of minor injuries, choking, bandaging, shock, the recovery position and resuscitation. The event was a huge success, the first aid trained teaching staff commented on how engaged the students were and how beneficial the sessions are to every student.

### **Looking forward**

The next Curriculum Enhancement day is scheduled for **Thursday 14th March**. With this year 7 will be looking at building interpersonal skills, Year 8 will be looking at how the law operates and gang culture. Year 9 will be in the presence of a holocaust survivor and year 10 will be engaging in an RE speaker conference. Year 11 will be engaging in a sexual health talk with the school nurse.

We will soon publishing the full schedule of curriculum enhancement on the school website, more information will be sent out about this in due course.

### **Sixth Form Students Get To Grips With Emergency First Aid Training**



