



Monday 2nd September 2019

Dear Parent/Carer

RE: Personal, Social, Health and Economic Education at Colston's Girls' School

What is the rationale for Personal, Social, Health and Economic Education (PSHE)?

We live in a time of rapid change, with new and unpredictable opportunities and challenges constantly emerging. The PSHE curriculum at Colston's Girls' School provides students with the opportunity to **explore** their attitudes, values and beliefs and to **develop** the skills, language, attributes and strategies necessary to **manage** issues should they encounter them in their lives. Our PSHE curriculum **promotes** *the spiritual, moral, cultural, mental and physical development of our students to **prepare** them for the opportunities, responsibilities and experiences of later life.*

Through the PSHE curriculum, we teach our students about personal identity, diversity and equality, rights and responsibilities, change and resilience, relationships, risk and personal safety, health and wellbeing (physical, mental and social), power (how it is used and encountered) and employability. In addition, Colston's Girls' School supports and delivers a firm commitment to developing and upholding the British Values of democracy, rule of law, individual liberty and mutual respect and tolerance of others (for more on this, please see the British Values section of the CGS website and in the CGS Parent Portal).

The national curriculum states that 'all schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice'. PSHE education contributes to schools' statutory duties outlined in the Education Act 2002 and the Academies Act 2010 to provide a balanced and broadly-based curriculum and is essential to Ofsted judgements in relation to personal development, behaviour, and welfare and safeguarding.

How is PSHE taught at Colston's Girls' School?

The PSHE Curriculum has been designed in accordance with guidance and training given by the PSHE Association: 'PSHE Association Programme of Study (2017) & PSHE Association Planning Toolkit' (2017). The curriculum and lessons are planned by Head of PSHE, Miss Liz Cornelius (ecornelius@colstonsgirls.bristol.sch.uk); Miss Cornelius achieved accreditation for the Certificate of Teaching PSHE in October 2016 and attends regular PSHE training and awareness events. She meets with the Heads of House, Pastoral Team, Safeguarding Lead, Community Nursing Team and the School First Aider in addition to carrying out regular 'Student Voice' to ensure that the needs of our students are met by the PSHE curriculum.

All students take part in a 30 minute PSHE focused discussion on a Monday, 2.45pm-3.45pm. This discussion is led by tutors. These discussions have been planned and designed to meet the needs of all students.

Y7-Y9 students receive an additional 1 hour PSHE lesson on rotation (Y7 Term 1 & 4, Y9 Term 2 & 3, Year 8 Term 5 & 6) on a Wednesday, 2.45pm-3.45pm. These lessons have been designed to cover age appropriate topics, including Sex and Relationships and Substance Misuse; religious, cultural and moral values are always

considered when teaching and discussing these topics. The lessons are delivered by the students Heads of House, with the Sex and Relationships lessons delivered by Miss Cornelius (Head of PSHE).

As and when possible and appropriate, external agencies who specialise in the delivery of PSHE related topics are invited into Colston's Girls' school to support the delivery of the PSHE Curriculum.

Y10-Y11 students receive Drop-Down Days on age appropriate topics, including Sex and Relationships and Substance Misuse. Y11 receive two with Y10 receiving three. As and when possible and appropriate, external agencies who specialise in the delivery of PSHE related topics are invited into Colston's Girls' school to support the delivery of the Drop-Down Day workshops.

Sixth Form receive a full PSHE programme that is planned for them. For more information on this, please see the Sixth Form section of the school website.

How will parents/carers be kept informed about the PSHE Curriculum?

We believe it is important to keep you informed about the topics and content of the PSHE curriculum at Colston's Girls' School. The PSHE Calendar is available for you to access in the PSHE section of the school website. This provides you with an overview of the curriculum for 2019-2020.

Please note that this is an overview and may be adapted to respond to circumstance and the needs of the students.

Miss Cornelius will also publish lessons in the PSHE section of the CGS school website, these will be published at least a week in advance of their scheduled delivery date. These will provide you with an understanding and overview of the learning objectives and outcomes, key concepts and skills, language used and safe/reliable sources of information and signposting given.

Sex and Relationships education at Colston's Girls' School

For information regarding the rationale for Sex and Relationships Education and the statutory responsibility of schools to teach this from September 2019, please see the Department for Education policy statement published in March 2017

<https://www.gov.uk/government/publications/relationships-education-rse-and-pshe>

Religious, cultural and moral values are always considered when teaching and discussing sex and relationships at Colston's Girls' School.

If you should be considering withdrawing your daughter from any Sex and Relationships lessons during the academic year 2019-2020 please discuss your concerns with Miss Cornelius prior to making your decision and your child's withdrawal would need to be explained to her by email elizabeth.cornelius@colstongirls.org

Useful links and information:

PSHE Association: <https://www.pshe-association.org.uk/curriculum-and-resources/curriculum>

Emotional Health & Wellbeing:

Young Minds: <https://youngminds.org.uk/find-help/for-parents/>

Off the Record Bristol: <http://www.otrbristol.org.uk/concerned-parents-guardians-friends/>

Sex & Relationships:

4YP Bristol: <https://www.4ypbristol.co.uk/for-parents/>

Stonewall: <http://www.stonewall.org.uk/help-advice/coming-out/so-you-think-your-child-gay-lesbian-or-bisexual>

Department for Education and SRE:

<https://www.gov.uk/government/publications/relationships-education-rse-and-pshe>

PSHE Association and SRE: <https://www.pshe-association.org.uk/curriculum-and-resources/resources/sex-and-relationship-education-sre-21st-century>

ESafety:

Child Exploitation and Online Protection (CEOP): <https://ceop.police.uk/safety-centre/>

Child Net: <http://www.childnet.com/parents-and-carers>

Anti-Bullying:

Anti-Bullying Alliance: <https://www.anti-bullyingalliance.org.uk/tools-information/advice-parents>

Domestic Violence:

National Domestic Violence Help Line: www.nationaldomesticviolencehelpline.org.uk

Substance Misuse:

Talk to Frank: <http://www.talktofrank.com/worried-about-a-child>