

How do we Support Students through our Tutor Time and PSHE Programme

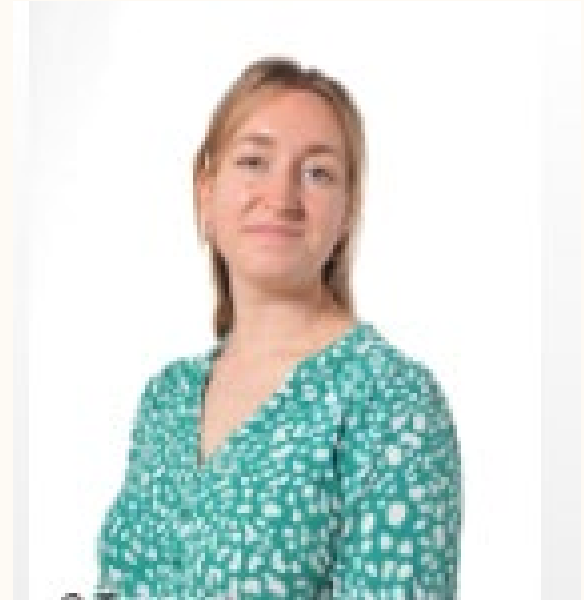


Wellsway PSHE Parent / Carer Information Evening



Mr Steven Ive.

**Assistant Principal:
Student Support & DSL**



**Miss Emily Jones-
PSHE Co-ordinator**

Developing confident, respectful and successful young people

Agenda

1) Personal Development

- What do we mean by personal development?
- How do we support your child's personal development at Wellsway school?

2) The Tutor Time Programme

- Structure
- Schedule
- Activities

4) PSHE

- PSHE: What is it and how is it delivered?
- Our PSHE programme (year group specific)
- The student experience of PSHE
- How can you support PSHE at home?

5) Relationships, Health and Sex Educations (RSHE)

- Statutory requirements for RSHE
- Relationships and Sexual Education (RSE) Policy
- RSE Consultation and FAQs

What do we mean by personal development?

- How we extend the curriculum beyond the academic, technical or vocational. It should provide for your child's broader development, enabling them to develop and discover their interests and talents.
- How we work to support your child's development of their character – including their resilience, confidence and independence – and help them know how to keep physically and mentally healthy.
- That at each stage of education, we prepare your child for future success in their next steps.
- How we prepare your child for life in modern Britain?

Wellsway School Tutor Time Structure 2022-23.

8.40 – 8.45am: Welcome students into tutor time and display ready for school / school rules slide

8.45 – 8.50am: Register / Uniform Check / Equipment Check on all students
(Students Silent Reading)

8.50 – 8.55am: Tutor interventions with students on behaviour / attendance / punctuality / well-being / (student's silent reading)

8.55 – 9.05am: Tutor Time Activities - Key Messages and Celebration / Character / The Big Debate / Careers Top Up / Economic Education / Quiz.

Tutor Time Schedule 2022/223

Week A – By Year Group

	Mon	Tues	Weds	Thurs	Fri
Year 7	Mon Messages and Celebration	Character / Economic Education	The Big Debate	Quiz	Assembly (MH)
Year 8	Mon Messages and Celebration	Character/ Economic Education	The Big Debate	Assembly (MH)	Quiz
Year 9	Mon Messages and Celebration	Character/ Economic Education	Assembly (MH)	The Big Debate	Quiz
Year 10	Mon Messages and Celebration	Assembly (MH)	Character / Economic Education	The Big Debate	Quiz
Year 11	Assembly (MH)	Key Messages and celebration	Character/ Economic Education	The Big Debate	Quiz

Week B – By House

	Mon	Tues	Weds	Thurs	Fri
Year 11	Year 11 Assembly				
Burnett	Mon Messages and Celebration	Assembly (MH)	Careers Top Up	The Big Debate	Quiz
Compton	Mon Messages and Celebration	Careers Top Up	Assembly (MH)	The Big Debate	Quiz
Newton	Mon Messages and Celebration	Careers Top Up	The Big Debate	Assembly (MH)	Quiz
Stanton	Mon Messages and Celebration	Assembly (LH)	Careers Top Up	The Big Debate	Quiz

How do we support your child's personal development at Wellsway school?

To support the personal development of your child we are continually evolving our tutor programme:

- Monday Messages Session – Focusing on behaviour (positive and negative), attendance, punctuality, uniform and organisation of equipment. Plus any key messages for the week.
- Assembly promoting spiritual, moral, social and cultural development (SMSC), PSHE & FBV
- Character tutor time sessions – Leadership, Organisation, Resilience, Initiative, Communication (LORIC)
- Economic Education
- Careers Top Up sessions
- The Big Debate – SMSC and FBV
- Fun Friday Quiz



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Monday Messages – 24.04.23

Wellsway News

- Year 11 hoodies will be given out this week – reminder, these can be worn instead of your blazers but all other uniform MUST be correct (no trainers or hoop earrings please)
- Enjoy the next few bank holiday Mondays!!

Students of the Week!

7 – GM

8 – SA

9 – MC

10 – SK

11 – JH

Quote of the Week

“Before anything else, preparation is the key to success.” —
Alexander Graham Bell

Last Week of Term's
House Point totals:



974



765



859



814



Be informed: Save the date



International Women's Day is taking place on **Wednesday 8th March!**



This is a time to **celebrate** all the things women & girls do, while also **talking about** some of the **challenges** they still face. The goal is to **take action** and build a **fairer world!**



→

ANTI-BULLYING WEEK 2022

←

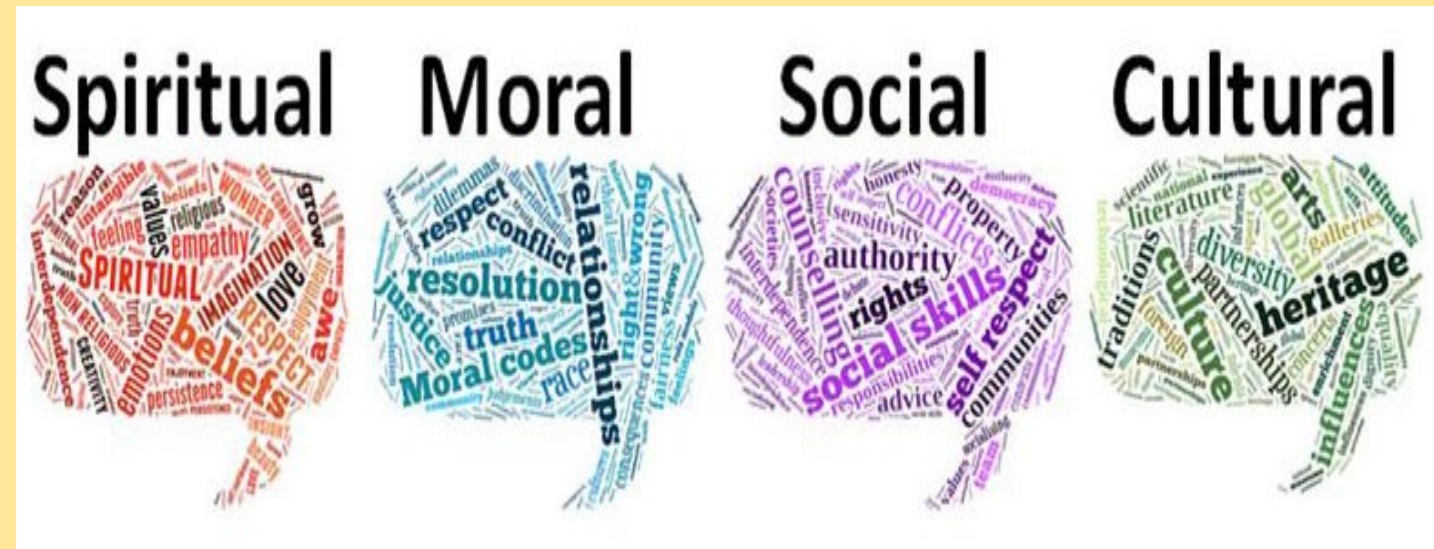
REACH

OUT

#ANTIBULLYINGWEEK

The Big Debate

Each week during 'The Big debate' you will discuss important and prominent topics; locally, nationally and worldwide that promote Fundamental British Values (FBV) and Spiritual, Moral, Social, Cultural (SMSC) Values. Demonstrating these values are important to develop us personally and prepare us to be successful in all areas of life beyond academic results.



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Ground Rules for Discussion and Debate



WELLSWAY
SCHOOL



Our PSHE charter

Everyone has the right to

- ★ Participate or pass
- ★ Listen and speak
- ★ Privacy
- ★ An opinion
- ★ To learn

Everyone has the responsibility to

- ★ Allow others to participate or pass
- ★ Listen and allow others to speak
- ★ Maintain privacy
- ★ Respect difference of opinion
- ★ Allow others to learn

How we do this

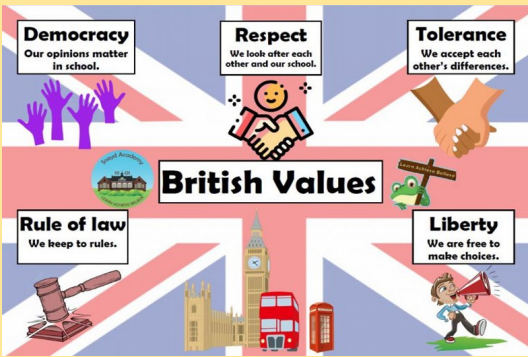
- ★ One voice
- ★ Speak in third person
- ★ Challenge the opinion, not the person

**All adults in school have a responsibility to keep you safe.
If you tell us anything that might be of concern to your safety, we must report it.*



Debate Topic

Is Valentines Day a superficial occasion and just a way for companies / businesses to make money or is it an important day to celebrate your love for someone?



Which FBV have we promoted today?

FBV – Respect



Which SMSC value have we promoted today?

SMSC – Moral

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Career of the week – Working in the NHS

Who are the NHS ?

NHS England is responsible for **commissioning NHS primary services such as GPs, pharmacists and dentists, including military health services as well as some specialised services.**

What jobs are available in the NHS?

Over 350 roles. Allied Health professionals to the wider Healthcare Team. Maintenance/gardeners to Human resources, Health care assistants to specialist Consultants and researchers

•Qualifications you will study;

Depending on the job required – from general apprenticeships at Level 2 to University study for specialist nurses, doctors etc who will need at a minimum a first degree at 1st or 2:1 and a Master's or PhD

Some specialist training roles are available as 'Higher/Degree' apprenticeships after A-Levels

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Careers in the NHS

- Ambulance service
- Dental
- Doctor
- Estate services (Construction, gardeners, cleaning, site maintenance) – Level 2 apprenticeships that could progress onto management roles
- Healthcare Science
- Healthcare Support Worker – a Level 3 apprenticeship in healthcare could progress on to a Nursing Degree
- Management
- Medical Associate Professionals – physician, surgeon, anaesthetist
- Midwifery
- Nursing
- Pharmacy
- Psychological
- Public Health - local government, the civil service, the NHS and higher education

Know your money terms

2

Interest

One of two things: either the money a bank adds to your savings, or the amount you need to pay back on top of money you have borrowed, over time.

Credit

Borrowing money from an organisation to help pay for an item or service. You may be able to pay the money back in instalments over a set period of time, but will likely have to pay back with interest.

Credit score

A record of your money habits that looks at your past behaviour, taking into consideration unpaid bills, debts, and credit you have applied for. A rating/score is given to indicate to a bank or lender the likelihood of you being able to repay a loan or money borrowed. Lenders use this information when deciding whether to lend you money.

Debt

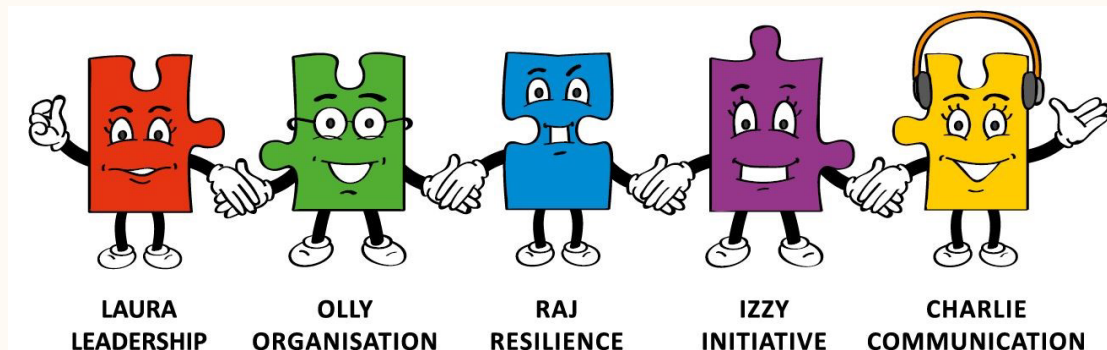
Money that is owed to another person or organisation.

Credit Versus Saving

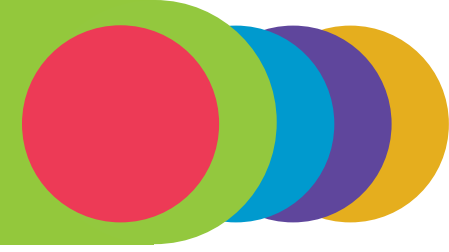
Statements	Benefits of using credit	Disadvantages of using credit	Benefits of saving	Disadvantages of saving
Using a credit card lets you buy something now	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saving for something means you'll have to wait to buy it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using a credit card doesn't cost anything if you pay it all off each month	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using a savings account earns interest on your money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Borrowing money, such as a student loan or a business loan, can help get you started on the career ladder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saving for something means you don't get into debt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If you use a credit card and don't pay it all back each month, you pay interest on what you spend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Borrowing money and paying it all back when needed improves your credit score	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Getting into debt can have a negative impact on your credit score	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Having some money saved reduces the stress if something goes wrong or an unexpected event happens	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

LORIC: What is it and how is it delivered?

- Age appropriate tutor-time resources that explore and challenge students' understanding of the key LORIC attributes: Leadership, Organisation, Resilience, Initiative and Communication.
- Different aspects of each attribute have been planned across the five years so that students' experiences match the content of the programme. For example Year 7 covered 'what organisation is' during Term 1 to help them with transitioning into secondary school.



TODAY'S SESSION -

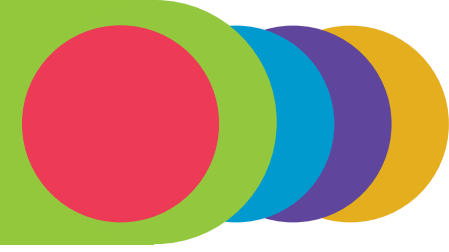


Balancing the important and the urgent

By the end of this session you will be able to:

- Understand the term important.
- Understand the term urgent.
- Understand how to prioritise urgent and important tasks.

Organisation

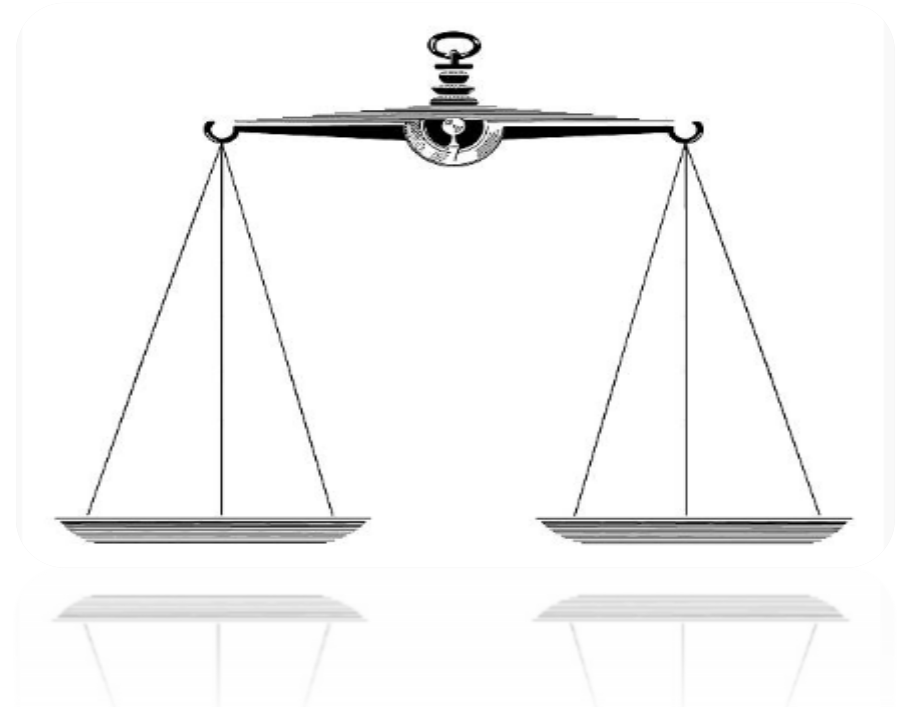


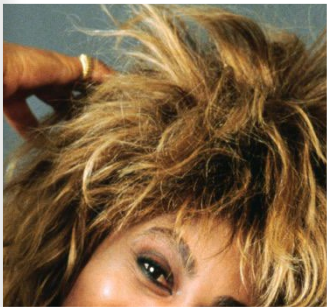
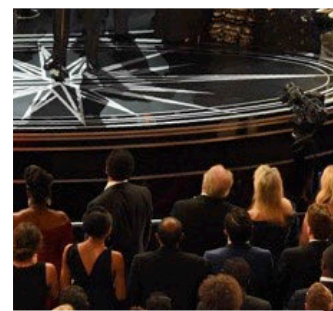
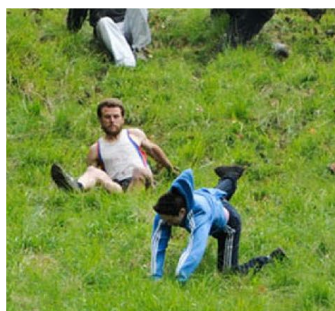
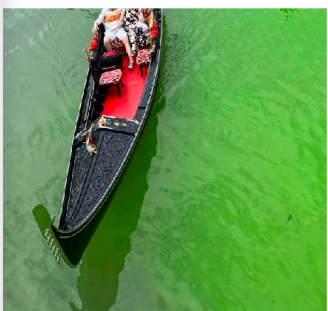
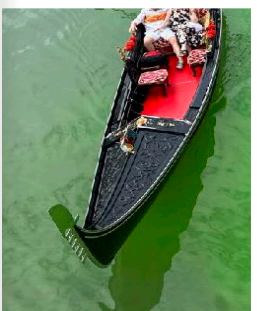
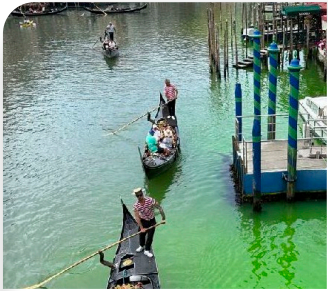
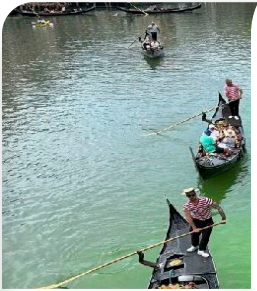
Task

In pairs discuss what is meant by the terms 'important' and 'urgent'. What is the difference?

Urgent – tasks that have deadlines.

Important – tasks that can be urgent if not dealt with appropriately.





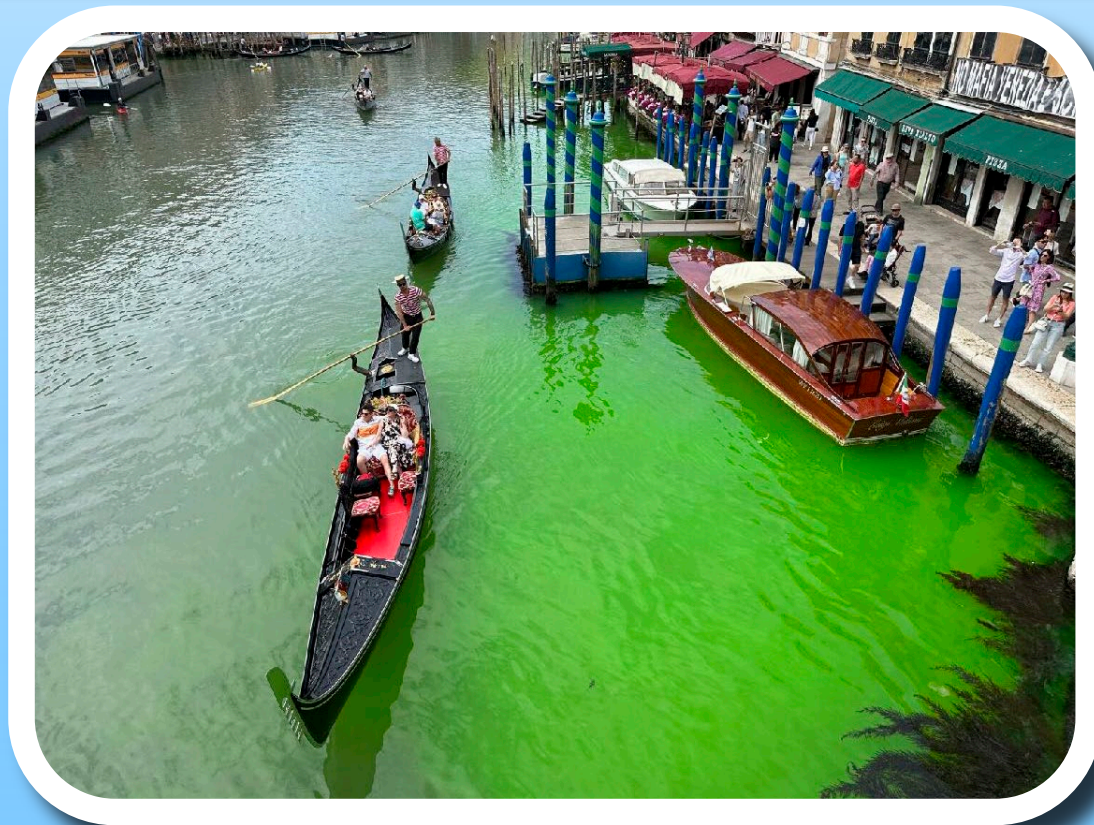
Weekly Quiz
Current Events
 05 June 2023



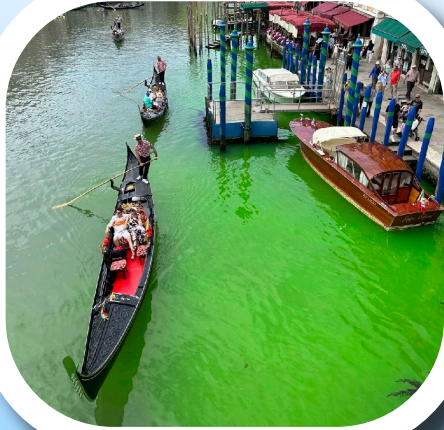
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In what location have authorities been trying to solve this unusual situation?

- a. Chicago b. London c. Venice



4



In what location have authorities been trying to solve this unusual situation?
a. Chicago b. London c. Venice

c. Venice - Local authorities have collected water samples and opened an urgent investigation. Speculation is rife as to what might have caused the water around the famous Rialto Bridge to change colour. Theories range from the release of dye to a protest by environmental activists.

2

What led to emergency alerts and evacuation warnings in South Korea and Japan last week?

- a. A meteor plunging into the sea
- b. A space satellite plunging into the sea
- c. A 7.2 magnitude earthquake

What led to emergency alerts and evacuation warnings in South Korea and Japan last week?

- a. A meteor plunging into the sea
- b. A space satellite plunging into the sea
- c. A 7.2 magnitude earthquake

b. A space satellite plunging into the sea - A "space satellite" launched by North Korea malfunctioned, sending the craft plunging into the sea. The launch was North Korea's first satellite launch attempt since 2016. A satellite launch by North Korea is a violation of UN Security Council resolutions because they are believed to be a cover for missile tests.

PSHE at Wellsway

- PSHE at Wellsway
- Statutory requirements
- PSHE changes at Wellsway
- Our PSHE charter
- Sixth form PSHE

PSHE Content



- Using adapted JIGSAW content, each year group will cover the same theme.
- The content for each year has been designed to be age appropriate and specific to our students' needs as young people.

- Themes:

1. Being me
2. Celebrating differences
3. Dreams and goals
4. Healthy me
5. Relationships
6. Changing me



*Year 11 will run slightly differently as they will have only four terms of PSHE

PSHE Statutory requirements



- As a secondary academy school we must provide Relationships and Sex Education (RSE) to all pupils/students as per section 34 of the [Children and Social work act 2017](#).
- RSE is about the emotional, social and cultural development of pupils/students, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. It involves a combination of sharing information and exploring issues and values. RSE is not about the promotion of sexual activity.
- Health education is about physical health and mental wellbeing. It involves learning about mental health and wellbeing, internet safety, physical health, healthy eating, health and prevention, basic first aid and the changing adolescent body. Emphasis is placed on steps pupils can take to protect and support their own health and well-being.

Economic Education and Careers



- From this academic year, we will be providing economic education within our PSHE and tutor time programme in Term 6.
- Economic education will provide students with economic understanding and skills to help them in the wider world.
- Careers top up sessions take place fortnightly in tutor time. Each session focusses on a different subject/ career path and provides information on where students can access careers support in school and outside of school at local events and post-16 open days.
- Within the PSHE programme under the Dreams and Goals theme, students learn about how to use SMART goals to plan their career pathways.

PSHE changes for KS3 and KS4



- PSHE provision at Wellsway has been increased to 1 hour lessons a fortnight for KS3 and KS4. This will be in curriculum time taught by a team of staff.
- Our PSHE programme in lessons is supported by external speaker assemblies and workshops.

Our PSHE charter

Everyone has the right to

- ★ Participate or pass
- ★ Listen and speak
- ★ Privacy
- ★ An opinion
- ★ To learn

Everyone has the responsibility to

- ★ Allow others to participate or pass
- ★ Listen and allow others to speak
- ★ Maintain privacy
- ★ Respect difference of opinion
- ★ Allow others to learn

How we do this

- ★ One voice
- ★ Speak in third person
- ★ Challenge the opinion, not the person

*All adults in school have a responsibility to keep you safe.
If you tell us anything that might be of concern to your safety, we must report it.

PSHE feedback from our Year 10 Students

PSHE lessons are very informative and interactive –SK

I like the PSHE lessons better than having shorter tutor time sessions, it helps us to understand the topics more and spend more time on them –AS

I like that we have discussions about different topics in groups -MB

Futura Sixth PSHE



Sixth form PSHE is a Futura aligned programme led by Miss Kirby Malone (Wellsway Assistant Director Post-16)

PSHE sessions across the two years are broken into three main themes:

- Study skills
- PSHE content
- Religious education content

These themes are mixed together in each term.

PSHE/SMSC/FBV Programme 2022-23

Date Week Commencing	Week	Activity Year 12	Activity Year 13	Religious Calendar
5th September 2022	Wk1	First Week of Term (No PSHE, Tutor Event Only)		
12th September 2022	wk2	Mind-Set Transition Year 12 Study Skills	CEIAG Year 13 Career Progression - University	
19th September 2022	wk3	Mind-Set Transition Year 12 Study Skills	CEIAG Year 13 Career Progression - Personal Statements & CV's	Fall Equinox Pagan
26th September 2022	wk4	Mind-Set Transition Year 12 Study Skills	Sexual Health Alcohol & Choices	
3rd October 2022	wk5	Diversity, Safety & Health Toxic Masculinity (Peer Pressure & Influence Instead)	Sexual Health Pornography	
10th October 2022	wk6	Diversity, Safety & Health Dealing with my anger	Sexual Health Fertility and what impacts it	
17th October 2022	wk7	Diversity, Safety & Health Stem cell research and medical ethics	Sexual Health Respect and Relationships	
24th October 2022	wk8	Half Term (October)		
31st October 2022	wk9	Diversity, Safety & Health Why not to carry a knife	Religious Education All Hallows Eve - Christianity	All Hallows Eve Christianity
7th November 2022	wk10	CEIAG Year 12 Work Experience and Volunteering	Sexual Health Revisiting Contraception and STIs	
14th November 2022	wk11	Drugs and Risk Education Drugs and their effects	Drugs and Risk Education Festivals and Drugs	
21st November 2022	wk12	Drugs and Risk Education LSD Drugs Education	Drugs and Risk Education War on Drugs	
28th November 2022	wk13	Religious Education St Andrews Day - Christianity	Year 13 Revision Techniques for Internal Exams	30th November St Andrews Day Christianity
5th December 2022	wk14	Drugs and Risk Education MDMA Ecstasy	Religious Education Bodhi Day - Buddhism	8th December Bodhi Day Buddhism

How can you support PSHE/ personal development at home?

- We include what we will be covered each term in PSHE sessions in the Ammonite.
- We encourage you to discuss these topics at home with your child to further their understanding and personal growth.
- Watch the nightly news or relevant TV programmes as a family as stimulus to discuss current affairs topics.
- It is a good idea to **find out what your child already knows**, thinks and feels about a topic or issue before discussing it with them. This helps you to work out how best to pitch the conversation appropriately.
- **You don't need to be an expert on every topic**; be guided by your child's starting point and be prepared to do some research of your own should you feel unsure about a topic or question.

How can you support PSHE at home? Having sensitive conversations.

- **Don't use the fear factor!**

Worst case scenarios can upset young people or they tend to make young people think 'that will never happen to me!'. It can unwittingly encourage young people in unhealthy or unsafe behaviour, for example, providing descriptions of self-harm, or details of potentially harmful social media 'challenges' or encourage children to explore topics online, which if unsupervised might lead them to inappropriate or harmful websites/platforms.

- **PSHE education is not therapy or counselling**

In order to engage safely with the subject matter, it is important that neither you nor your child feels 'put-on-the-spot' or expected to share personal stories or experiences if they do not wish to. Develop ground rules together and agree to adhere to these during discussions.

- **Help your child to explore a situation through the lens of a fictional person**

In PSHE education we call this 'distancing the learning'. It enables children and young people to engage objectively with the subject matter, without embarrassment or emotional upset from being asked to imagine themselves in (or relive) a stressful experience.

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Relationships and Sex Education (RSE) aims to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils/students for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils/students develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils/students the correct vocabulary to describe themselves and their bodies

RSE Consultation Frequently Asked Questions

Q: Can content be made available to parents?

A: Parents and carers can access PSHE year overviews for each year group. These overviews detail what content is going to be covered when. There are also updates in the amonite about what the PSHE topics are for each year group.

Q: Will the pupils be separated into boys and girls for some sections? If so, which sections, and how will you ensure non-binary pupils feel comfortable in their group?

A: We have no plans to separate groups by gender as all the content taught is done so in a way that it is relevant to all students.

Q: Will you promote that the legal age is 16 and students should not be having sex younger than this?

A: The law will be covered regarding a range of RSE topics.

Q: Will the consequences of having sex with someone you don't know well be included?

A: The consequences of not using protection will be discussed from Year 9. In Year 11 we will cover how to stay safe in sexual relationships. There will also be much discussion across the years about consent, assertiveness and saying no.

Year 7 PSHE Curriculum Overview

TERM	TOPIC
1	Being me <ul style="list-style-type: none"> • Identity • Influences and peer pressure • Online identity
HALF TERM	
2	Celebrating differences <ul style="list-style-type: none"> • Prejudice and discrimination • Attitudes and values • Challenging stereotypes • Bullying
CHRISTMAS	
3	Dreams and goals <ul style="list-style-type: none"> • Planning skills and identifying goals • Learning from mistakes and overcoming challenges • Safe & unsafe choices • Emergency first aid
HALF TERM	
4	Healthy me <ul style="list-style-type: none"> • Understanding stress and anxiety • Benefits of exercise, nutrition and sleep • Effects of substances • Vaccinations and immunisation
EASTER	
5	Relationships <ul style="list-style-type: none"> • Healthy relationships • Getting on and falling out • Assertiveness • Sexing and consent
HALF TERM	
6	Changing me <ul style="list-style-type: none"> • Puberty • Conception and IVF • Types of relationships • Image and self-esteem
SUMMER HOLIDAY	

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Year 8 PSHE Curriculum Overview

TERM	TOPIC
1	Being me <ul style="list-style-type: none"> • Identity • Family • Impressions and judgements • Faith and beliefs
HALF TERM	
2	Celebrating differences <ul style="list-style-type: none"> • Racism and hate crimes • Social injustice • Religion • Bullying and LGBT
CHRISTMAS	
3	Dreams and goals <ul style="list-style-type: none"> • Long-term goals: careers, money and happiness • Skills and qualifications • Budgeting, variation and impact of income • Online legal responsibilities • Gambling
HALF TERM	
4	Healthy me <ul style="list-style-type: none"> • Physical health • Understanding stress and anxiety • Effects of substances • The laws about substance use and procession • County lines and exploitation • Medicines and immunisation
EASTER	
5	Relationships <ul style="list-style-type: none"> • Self-control • Personal space • Control and coercion • Social media
HALF TERM	
6	Changing me <ul style="list-style-type: none"> • Types of relationships and healthy romantic relationships • Attraction • Pornography • Alcohol and risks

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Year 9 PSHE Curriculum Overview

TERM	TOPIC
1	Being me <ul style="list-style-type: none"> • Expectations of relationships • Peer approval • Risks and influences • Consent
HALF TERM	
2	Celebrating differences <ul style="list-style-type: none"> • Equality and understanding difference • Bullying and discrimination
CHRISTMAS	
3	Dreams and goals <ul style="list-style-type: none"> • Personal strengths • Non- financial goals and SMART planning • Mental health and ill health
HALF TERM	
4	Healthy me <ul style="list-style-type: none"> • Healthy choices • Alcohol and the effects of substances • The laws about drugs • Emergency situations • Addiction
EASTER	
5	Relationships <ul style="list-style-type: none"> • Power in relationships • Assertiveness and saying no • Pornography – is it real? • Contraception and the consequence of unprotected sex
HALF TERM	
6	Changing me <ul style="list-style-type: none"> • Mental health • Emotions • Sleep • Puberty
SUMMER HOLIDAY	

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Year 10 PSHE Curriculum Overview

TERM	TOPIC
1	Being me <ul style="list-style-type: none"> • Expectations and perceptions • Peer approval • Risky behaviour • Consent
HALF TERM	
2	Celebrating differences <ul style="list-style-type: none"> • Equality and challenging inequality • Multicultural society
CHRISTMAS	
3	Dreams and goals <ul style="list-style-type: none"> • Impact of physical health in reaching goals • Work/life balance • Connections and impact on mental health • Benefits of helping others • Online profile and impact on future goals
HALF TERM	
4	Healthy me <ul style="list-style-type: none"> • Mental health and disorders • Long term health • Substances and the body • Diseases and treatments • Sexual health
EASTER	
5	Relationships <ul style="list-style-type: none"> • Healthy long-term relationships • Love and loss • Pornography • Consent and coercion
HALF TERM	
6	Changing me <ul style="list-style-type: none"> • Managing change and decision making • Gender and sexual identity • Gender stereotypes • Physical and emotional changes
SUMMER HOLIDAY	



Year 11 PSHE Curriculum Overview

TERM	TOPIC
1	Being me <ul style="list-style-type: none"> • Being an adult • Relationships and the law • Online and the law • Emergency situations
HALF TERM	
2	Healthy me <ul style="list-style-type: none"> • Relaxation and managing stress • Sexual health • Consent • Pregnancy • Staying safe in sexual relationships
CHRISTMAS	
3	Dreams and goals <ul style="list-style-type: none"> • Aspirations for career, finances, relationships and health • Skills identification and realistic goals • Financial pressure and debt • Education and training options • Long- term relationship dreams and goals • Resilience and what to do when things go wrong
HALF TERM	
4	Relationships <ul style="list-style-type: none"> • Intimate romantic relationships • Gender diversity and sexuality • Coming out as LGBT+ • Power in relationships • Difficulties some people face
EASTER	