

HTA - PSHE / RSHE - CURRICULUM INTENT

John 10:10 is at the heart of everything we do at Holy Trinity Academy ...

'I have come that they may have life and have it to the full.'

Equipping our students and enabling them to make informed decisions for their futures is at the heart of our PSHCE & RSHE curriculum. The subject explores sensitive and sometimes controversial topics, but this is something we do not shy away from. Our context as a Christian school means that we approach these issues with scripture as the foundation of what we teach. Nevertheless, students will leave Holy Trinity Academy with a comprehensive and realistic picture of what they can expect to encounter in their lives with the emotional intelligence and skills to be able to make positive life choices. We deal with the social and economic issues that affect communities and families, helping them to make positive choices now and into their future. A careers education is also essential to a rounded education, and so all students across the school have the opportunity to focus on this as part of their curriculum in conjunction with the whole-school IAG programme. We strive to teach the skills that young people need to deal with life and its complexities, giving them the tools to handle challenges they may face. PSHCE & RSHE is, ultimately, about teaching students how to be resilient, healthy and happy members of the community.

"Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing." [James 1: 2-4]

OVERVIEW

PSHCE (Personal, Social, Health, Careers and Economic Education) and RSHE (Relationships, Sex & Health Education) are fundamental to providing our students with a rounded, Christian education. Young people need to learn about the realities of modern life, confronting sometimes challenging topics, to ensure that they are ready to take on the world.

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WHY IS PSHCE & RSHE IMPORTANT?

It allows students to make positive choices which will allow them to achieve the best they can

It develops their independence and encourages them to take responsibility

It teaches them how to live full and healthy lives

It allows them to understand how to keep themselves and others safe and well

It encourages them to hone their employability skills which they will need in the near - future as they enter the workforce

It develops their personal and social skills

It prompts them to become more resilient and aware of their own emotions and feelings

It is a space for them to explore their opinions on challenging topics, considering consequences and seeing the impact they have on the world

It is an opportunity for them to ask questions about sensitive topics in a safe and professional environment

PSHE & RSHE education raises academic achievement. Students are more likely to do well at GCSE and A Level if they learn the knowledge and skills that young people need to be safe and healthy, and to thrive in the modern world. Establishing a strong foundational knowledge of mental health, relationships, safety and physical health significantly benefits their success. It helps them to become healthier, happier and safer, thus doing better in school and leading more positive lives beyond this.

SIGNPOSTING & ADDITIONAL RESOURCES

In the event that a student requires additional information or has a question they need addressing, then there are a number of people and resources available to them:

Parent / Carer at home

PSHE & RSHE Staff

Chaplain

Form Tutor

Pastoral Support Team

Amaze Org Youtube Channel

www.youtube.com/@amazeorg

KOOTH Website:

www.kooth.com/

Rise Above Website

<https://riseabove.org.uk/>

Bullying Alliance website

<https://anti-bullyingalliance.org.uk/>

MentalHealthAwarenessWeek

www.youtube.com/hashtag/mentalhealthawarenessweek