

Sixth Form PSHE SWA (Year 12 and Year 13) 2021-2022



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Core theme 1: Health and Wellbeing

Descriptor:	Activities:
1. How to manage transition to increasingly independent living	Form time: Planner pages; target setting; VESPA tasks Assembly: planning for the future; student finance and personal budgeting; online safety; safeguarding; options and your future Next steps information evening
2. How to maintain physical, mental and emotional health and wellbeing	Form time: mental health week; Brook clinic; sexual health testing; positive behaviours; healthy lifestyle; Pride and diversity; consent
3. How to assess and manage risks to their own and others' health and safety	Safer driving workshop Assembly: respect and consent; Work experience week: first aid qualification Relationships and coercive control; positive behaviours; online safety; safeguarding
4. How to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health	Form time: mental health week; binge drinking and drug abuse; relationships and coercive control; positive behaviours Assembly: sexual health; Brook clinic Assembly: healthy lifestyle; consent
5. How to respond in an emergency including administering first aid	Safer driving workshop Work experience week: first aid qualification
6. The influence of the media on lifestyle	Form time activities and discussion; VESPA; current affairs; debate challenge; online safety

Core Theme 2: Relationships

Descriptor:	Activities:
<p>1. How to develop and maintain a variety of healthy relationships within a range of social/cultural/educational and employment contexts and to develop parenting skills</p>	<p>Assembly: consent Mental health week Form activities: personal finance and budgeting; relationships and coercive control Assembly: student finance Work experience and NCS</p>
<p>2. How to recognise and manage emotions within a range of relationships</p>	<p>Mental health week Form time activities including relationships and coercive control; positive behaviours; healthy lifestyle; consent</p>
<p>3. How to manage risky or unhealthy/negative relationships, including all forms of harassment and abuse (including online)</p>	<p>Safeguarding assembly; online safety Mental health week Form time debate/discussion including relationships and coercive control; positive behaviours; healthy lifestyle; consent</p>
<p>4. The concept of consent in a variety of contexts</p>	<p>Assembly: consent; plus relationships and coercive control; Pride and diversity</p>
<p>5. Respecting equality and being a productive member of a diverse community</p>	<p>Jambo, Tafo fundraising projects; Pride and diversity; charity challenges including local food banks; debate challenge; positive behaviours; preventing extremism</p>

Core Theme Three: Living in the Wider World

Descriptor:	Activities:
1. Rights and responsibilities as members of diverse communities, as active citizens and participants in the local and national economy	Need Project collection (local food bank) Jambo Tafo fundraising project House charity activities; charity challenge; debate challenge; current affairs; volunteering
2. How to make informed choices and be enterprising and ambitious in life, education and work	Next steps week Next steps evening Parents information evenings Work experience week Personal finance and budgeting; options and your future; my future week; World of work; volunteering
3. How to develop employability, team working and leadership skills and develop flexibility and resilience	Work experience week; NCS Enrichment activities - including sport Learning partners Subject Ambassadors Prefect and student leadership roles; House roles and charity projects; Group 4 project
4. The economic and business environment	Work experience week; World of work; personal finance and budgeting; student finance; current affairs
5. How personal financial choices can affect oneself and others, student finance, budgeting on a salary, rights and responsibilities as consumers	Assembly: student finance Form time activities including personal finance and budgeting Parents information evenings including Next Steps information evening
6. How to live safely in an 'online' and 'connected' world	Safeguarding training (assembly); online safety Form time activities; current affairs; Imposters syndrome; preventing extremism