

## **RGS WORCESTER PSHCE POLICY**

This policy will be reviewed at least annually and the next review is due in July 2026.

This policy should be read in conjunction with the Relationships Education, Relationships and Sex Education (RSE) Policy and it be noted that the school is working in accordance with the new statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education which is now mandatory.

Please note that this Policy should also be read in conjunction with other relevant RGS policies which include The Educational Equal Opportunities Policy, Safeguarding Children Policy and the Work Experience Policy.

### **AIMS**

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- Development of children's characters and intellect.
- Preservation and enhancement of their physical and emotional wellbeing, growth and development through to adulthood.
- Development of spiritual values, personal moral codes and standards of behaviour that will stand them in good stead throughout their lives.
- Development of an understanding and tolerance of other cultures, religious groups, backgrounds and points of view.
- Development of emotional awareness and sex education including consideration of relationships.
- Development of an understanding of the political, legal and economic functions of adult society, and with the social and moral awareness to thrive in it.
- Understanding of higher education, career possibilities, personal financial management and the value of service to the local and wider community.

In pursuing these aims the school will:

- Provide opportunities for students to study and engage with the local community in which they find themselves and the wider world around them.
- Encourage students to understand the laws, system of government and customs of the country in which they live as well as to accept the responsibilities expected of them and to take advantage of the freedoms available to them.
- Teach children about the importance of a healthy lifestyle whilst providing them with opportunities to develop their personal health and fitness, both physical and mental, within the framework of a safe, disciplined, challenging, encouraging and, above all, happy environment.
- Teach children about diverse spiritual, religious and moral codes and provide a sympathetic forum in which they can explore, discuss and develop their own values.
- Provide progressive sex education to children appropriate to their age, physical and mental maturity guiding them through distinct stages of understanding and awareness of biological and emotional human development, to the responsibilities and choices of early adulthood. All sex education should be taught alongside a consideration and understanding of secure and loving relationships.

- Provide extensive advice and guidance with regard to higher education and careers as well as teaching students about personal financial management and responsibilities.

Our PSHCE programme is delivered fortnightly throughout the year in one-hour sessions, as well as in Tutor time sessions throughout the year, as required. It is taught by a specialist department and is a timetabled lesson for Years Seven to Eleven. Sixth Form PSHCE is delivered by tutors and supported by PSHCE and Senior staff.

Additional PSHCE teaching, experience and development is available during assemblies and form periods, as well as during relevant curriculum time as part of co-curricular activities.

For instance, the study of religion, spirituality and morality is inherent in the RS curriculum. An understanding of the workings and healthy development of the human body is a key area of study in Science and PE. The study of citizens' rights, responsibilities and freedoms is considered in great depth in History and when taken in the Sixth Form, Politics. All subject areas touch upon areas of the PSHCE Programme of Study in varying levels of depth including elements of Sex and Relationship Education being delivered as part of KS3 and GCSE Biology. Many cross-curricular opportunities are available.

## **Assessment**

Suggestions from pupils regarding the content of the PSHCE programme and its delivery are taken into account during the annual review of the PSHCE programme.

Pupils record key information and learning outcomes in the digital Records of Learning, which are periodically checked by their PSHCE teacher. Their engagement in PSHCE is reported on once a year.

## **Responsibilities and Review**

Teachers with relevant expertise are the main deliverers of the PSHCE programme; tutors support the PSHCE programme through fortnightly discussions. Resources are provided centrally; teachers have the freedom to adapt these according to the needs of their class. Support is provided by Head of PSHCE and the Assistant Head of PSHCE. All members of SLT support the PSHCE programme and will drop into lessons to assist with quality assurance. Outside speakers will also play a role in the delivery of the programme. The Head of PSHCE along with the Assistant Head of PSHCE are responsible for reviewing the programme annually by responding to pupil and teacher feedback as well as trends within society. Together with the Head of PSHCE, Heads of Year are responsible for coordinating the delivery of the PSHCE programme.

The programme works on a Thematic curriculum model with each year building on the last. The three main themes are Healthy Lifestyles, Relationship and Sex education or Living in the Wider World.

To provide appropriate careers guidance for pupils receiving secondary education:

- RGS has a comprehensive programme of careers education and guidance, which begins in the preparatory schools and permeates through all of the Year groups at Secondary level. This is overseen by a dedicated Head of Careers.
- There is a series of Handbooks which provide guidance for pupils and parents at important points when choices need to be made. All pupils/parents receive a copy of the relevant handbook at the relevant stage.
- The PSHCE programme in the Middle School features some careers guidance and simple profiling and introduces pupils to the function of the Careers Department. All pupils in all years have an annual assembly that reminds them of their entitlement to Careers provision at RGS.
- Careers information is located in the school library, the Careers Library and, for Sixth Formers relevant information is displayed and made available in the Sixth Form Centre.
- We run a series of information evenings for pupils and parents:
- The Year Nine Parents' Evening in the Lent Term begins with a plenary session on GCSE option choices, which may have careers implications. Year Nine pupils also have a morning dedicated to Careers Profiling and help and advice about making sensible choices at GCSE level.
- Year Eleven pupils and parents attend an information evening about A Level choices in the Lent Term, which includes plenary sessions and presentations by Heads of Academic Departments. The Head of Careers talks to parents about Work Experience, CV Builder and the Enterprise and Employability enrichment course that all pupils undertake in the Lower Sixth.
- Lower Sixth pupils and parents attend a Higher Education and Careers Evening in the Trinity Term which features presentations by RGS staff, university admissions tutors and the Head of Careers.
- A Careers Fair and Higher Education EXPO is held annually for all pupils at RGS and the wider community. A wide variety of local employers, professions and universities attend and provide insight into life beyond RGS.
- International Universities are invited to the EXPO and A Star Future (specialists in gaining International places) speak to the Sixth Form in an assembly.
- Work experience is organised through an on-line portal, which pupils from Year Eleven onwards can access. Pupils can go on placements at anytime during Year Eleven through to Upper Sixth, but most take place after GCSE examinations in Year Eleven. Most of our pupils are encouraged to go on several placements. However, this is on a voluntary basis, with the emphasis on pupil initiative and pupil contacts. Lower Sixth linguists can undertake work experience in Murcia/Le Vesinet at the end of the Michaelmas/Lent Terms.

- Year Ten pupils can opt into Morrisby Profiling in the summer term with a full interview in Year Eleven helping them make choices regarding A-level and beyond. An Elevate seminar is arranged at the start of Year Eleven with a follow-up session dedicated to Exam technique in the Lent Term.
- Provision for all students in the Sixth Form is designed to be appropriate to their needs and the aim is to give impartial, relevant and timely advice at all times and to enable all pupils to have the opportunity to learn and make progress.

Sixth Form students are currently offered the following A Level Subjects: Art, Biology, Business, Chemistry, Classical Civilisation, Design and Technology, Drama and Theatre Studies, Economics, English Literature, French, Geography, German, Government and Politics, History, Latin, Mathematics, Further Mathematics, Music, Physical Education, Physics, Psychology, Religious Studies, Sociology, Spanish, Textiles and Computer Science. There is also the option to study for a 2 A Level equivalent BTEC National Diploma in Sport and a 1 A Level equivalent CTEC in Business.

For the academic year 2025/26 A Level studies are allocated ten periods per fortnight periods, except for Further Maths, which is allocated four periods per fortnight. The blocking of subjects is determined mostly by student choices together with staff availability and the need for certain subject combinations to be available. There are other courses available, including the Extended Project Qualification, dedicated extension classes in many subjects, help with specific tests such as LNAT, Oxbridge preparation classes, Sports Leaders Award and repeat GCSE classes in Mathematics and English where staff advise these are necessary and in particular with a view to a future UCAS application.

A Level courses are demanding and require that students take time to undertake considerable time in independent study outside of the classroom if they are to fulfil their potential. Depending on subject choices, students will have on average fifteen study periods per fortnight. During this time students are able to work in the Private Study rooms in Gordon House, one of which is supervised by a member of staff and this is a silent working environment. Students are also able to visit departments to meet with teachers and discuss their academic work, or complete coursework if this is a requirement of the course, during these private study periods if teachers are available. There is also the option of working in the Library or using a free classroom. The Sixth Form team and other teaching staff are regularly available in Gordon House (Sixth Form Centre) to monitor how the students are using their time and to address any concerns as required.

This academic programme is accompanied by an extensive provision of sporting and co-curricular activity and Sixth Formers are encouraged to participate in these. This provision includes:

- Sport: Athletics, Cricket, Rugby, Netball, Hockey, Rounders, Football and Tennis; sports tours;
- Cultural and Aesthetic: music, drama, dance, art;
- Activities: CCF, Duke of Edinburgh's Award, Young Enterprise, overseas expeditions organised around volunteer help, fund-raising activities for charity;
- Academic: Maths, Physics, Chemistry award schemes, educational trips and expeditions,

Arkwright scholarship.

To enable adequate preparation of students for the opportunities, responsibilities and experiences of adult life. This aspect of the RGS curriculum will be addressed by a variety of activities which will include the following:

- the PSHCE programme
- the opportunity to act as pastoral or school prefects
- leadership roles in Houses, clubs and societies
- the opportunity to serve on the School Council
- the opportunity to acquire work experience as well as help at RGS Springfield or RGS The Grange
- careers and university advice, open-day visits to Universities and other institutes of further and higher education.

### **Sexual Conduct in Schools Review**

Following the Ofsted review into Sexual Conduct in Schools, RGS responded by working alongside pupils to establish a peer-to-peer programme of assemblies and seminars to assist pupils further in their understanding of the law and appropriate conduct. This programme sits alongside the PSHCE scheme of work, which covers the topic in detail and depth, and is intended to enhance understanding and appreciation of the topic in a Key Stage-appropriate manner. The provision is managed by the Head of PSHCE alongside the Deputy Head Pastoral, Assistant Head (DSL), and the relevant Heads of Year.

Sponsor – Assistant Head (Pastoral): June 2011

Reviewed and Endorsed by the Board of Governors: September 2012, September 2013, August 2014, August 2015, September 2016, August 2017, August 2018, August 2019, August 2020

Full review: July 2021 and June 2022 by the Senior Deputy Head, June 2023 by the Deputy Head Pastoral, June 2024 by the Deputy Head Pastoral, June 2025