



Wellbeing Curriculum PHSE POLICY (Personal, Health, Social, & Economic Education)

Context and Introduction to Policy

Ancora House school aims to provide high quality, personalised learning programmes to this vulnerable, at risk cohort of pupils, which enable them to make healthy and well informed choices. The young people at Ancora House School are inpatients at the Young People's Centre receiving treatment to manage severe mental health difficulties.

PSHE is at the centre of the personalised curriculum our pupils follow and underpins all learning. We believe that our students are entitled to an excellent PSHE programme which will help them develop resilience, perseverance and an awareness of how to lead healthy, fulfilling lives. The programme aims to empower our pupils to embrace change, feel positive about who they are and enjoy healthy, safe, responsible and fulfilled lives. Through active learning opportunities students recognize and manage risk, take increasing responsibility for themselves, their choices and behaviours and make positive contributions to their families, schools and communities.

Curriculum Organisation

The PSHE coordinator is responsible for organising the scheme of work which reflects the key concepts and skills in the three core themes (PSHE Education Programme of Study October 2014, Teacher Guidance: Preparing to teach about Mental Health and Emotional Wellbeing, March 2015);

- Health and wellbeing
- Relationships
- Living in the wider world

In line with the recommendations within the guidance, content and skills pertinent to our pupils has been selected and organised to provide a bespoke termly programme. Lessons are taught in small mixed age groups

Health and wellbeing

This part of the programme is taught once a week by a joint team of teachers and Occupational Therapists. It is based on the 'Heads Up' toolkit which;

- Builds resilience in young people so that they are better equipped to deal with the challenges that come their way
- Raise awareness of mental health, the stigma that surrounds it and how best to respond
- Address particular issues which may affect our pupil's emotional wellbeing
- Encourage young people to reach out for support if they need it

Relationships

This aspect of the programme is taught weekly by a joint team of teachers and youth worker trained in SRE (Sex and Relationships Education). This module is based around the concept of consent. It aims to provide the space for the pupils to reflect on important relationships and friendships, building social skills, particularly assertiveness, to increase confidence to make healthy decisions when faced with bullying/abusive situations. The pupils are encouraged to look at different scenarios and through role play practice saying 'no' assertively.

Living in the wider world

This module of lessons is taught jointly by the teaching team and members of our community partners. It includes the following sessions;

- Alcohol awareness (Police Youth Engagement Officer)
- Drugs awareness (Police Youth Engagement Officer)
- Keeping safe on-line (Police Youth Engagement Officer)
- Understanding personal finance 1 (Amit – Barclays Life Skills)
- Understanding personal finance 2 (Amit – Barclays Life Skills)
- Conservation (Chester Zoo Safari Ranger)
- Careers with animals (Chester Zoo Safari Ranger)
- IIAG 1
- IIAG 2

Prior to each session an assessment is made of the particular needs of the cohort so that the content can be personalised. The emphasis in each of these sessions is to provide information and discuss ways to alleviate 'risk taking' behaviours.

In addition to this programme other one off lessons are planned e.g. International Women's Day, Religious Festivals, Sanctuary.

All of the pupils at Ancora House have a joint OT and Education timetable. During Occupational Therapy sessions the pupils undertake an assessment of their Independent living skills and then access a bespoke programme

Breadth of Study and Experiences - Personal wellbeing helps our pupils to embrace change, feel positive about who they are and enjoy healthy, safe, responsible and fulfilled lives. Through active learning opportunities students recognize and manage risk, take increasing responsibility for themselves, their choices and behaviours and make positive contributions to their families, schools and communities.

As students learn to recognize, develop and communicate their qualities, skills and attitudes, they build knowledge, confidence and self-esteem and make the most of their abilities. As they explore similarities and differences between people and discuss social and moral dilemmas, they learn to deal with challenges and accommodate diversity in all its forms. The world is full of complex and sometimes conflicting values. Personal wellbeing helps students explore this complexity and reflect on and clarify their own values and attitudes. They identify and articulate

feelings and emotions, learn to manage new or difficult situations positively and form and maintain effective relationships with a wide range of people. Personal wellbeing makes a major contribution to the promotion of **personal development**.

Education for **economic wellbeing and financial capability** aims to equip students with the knowledge, skills and attributes to make the most of changing opportunities in learning and work. Through their learning and experiences inside and outside school, students begin to understand the nature of the world of work, the diversity and function of business, and its contribution to national prosperity. They develop as questioning and informed consumers and learn to manage their money and finances effectively.

Through teaching pupils' economic wellbeing and financial capability their motivation improves and they are able to see the relevance of what they learn in school to their future lives. It expands their horizons for action by challenging stereotyping, discrimination and other cultural and social barriers to choice. It helps pupils to aim high and they build a positive and realistic view of their needs and capabilities so that they can make effective learning plans, decisions and transitions. Pupils become more aware of changing career opportunities and develop the knowledge and skills to make informed decisions about which learning programmes to take.

Pupils learn to be enterprising. They develop the ability to handle uncertainty, respond positively to change, and create and implement new ideas and ways of doing things. They learn how to make and act on reasonable risk/ reward assessments and develop a 'can-do' attitude and the drive to make ideas happen.

Relationship to other Subjects - PSHE is covered indirectly within other subjects through the teaching of SEAL aspects of social skills and empathy, motivation and managing feelings. We also engage the pupils on an individual basis through our tutorials.

Equal Opportunities and Special Needs - All pupils have the opportunity to study PSHE and are supported through their learning and discussions and all successes are acknowledged and celebrated.

Assessment and Recording - Assessment of work is completed by pupils themselves in terms of assessing their own work and they are also encouraged to offer constructive feedback to other pupils as well as receiving teacher feedback. In addition to the obvious benefits gained in their personal development and self-esteem, pupils are able to achieve an AQA unit award for each part of the curriculum and therefore, they are encouraged to take an active part in all lessons.

Resources - We have a variety of resources such as textbooks, workbooks and listening exercises which the pupils use at school. We also implement ICT within our lessons and young people access PSHE websites as a way of consolidating their learning. We have established links with outside agencies which come into provide workshops for our pupils continuing development, such as The Samaritans, The Hub and we also have links with financial institutions who offer advice for the economic wellbeing and financial capability unit.

Time Allocation - Each pupil has 1 hour of PSHE allocated for a group session during which they are encouraged to take an active part in the lesson. This fits in to the timetable and the SEAL aspects of PSHE lessons are taught throughout the curriculum subjects.

Aims of the Subject - These lessons provide pupils with an opportunity to develop their self-esteem and to learn about the social aspects of life in a confidential environment which is built on trust. This supportive atmosphere allows pupils to develop their own ideas, question their thoughts and feelings and to learn from listening to other people's experiences. All pupils are encouraged to join in group discussions, pair work and individual activities and to learn through a variety of exercises consisting of interactive quizzes, worksheets, role play, ICT and group work.

PSHE and the National Curriculum - PSHE (personal, social, health and economic) education is described in two new programmes of study:

- personal wellbeing
- economic wellbeing and financial capability

The key concepts for PSHE education in personal wellbeing are personal identities, healthy lifestyles, risk, relationships and diversity which they will cover through using critical reflection, decision-making and managing risk and developing relationships and working with others. In terms of economic wellbeing and financial capability pupils will cover career, capability, risk and economic understanding. For this unit, they will enhance their skills in self – development, exploration, enterprise and financial capability.

Planning of PSHE - At Ancora House, we follow the schemes of work to ensure that the pupils cover all aspects of PSHE including personal wellbeing and economic wellbeing and financial capability. We endeavour at all times to make the most of our established links with outside agencies which come in to provide workshops for our pupils continuing development, such as The Samaritans, The Hub and we also have links with financial institutions who offer advice for the economic wellbeing and financial capability unit.

SEAL and PSHE - Pupils are encouraged to set and review their own targets within the lessons which are linked to Social and Emotional Aspects of Learning (SEAL), through which they develop their social awareness, social skills and empathy, motivation and they learn ways of managing and expressing their feelings.

Personal Learning and Thinking Skills within PSHE - PSHE also incorporates personal, learning and thinking skills within its curriculum which are an integral part of enabling our young people to become successful learners, confident individuals and responsible citizens.