PSHEC/Citizenship

Head of Department: G Lowe

Subject: PSHEC/Citizenship: We develop our PSHEC/Citizenship skills, knowledge and behaviours in College through…

Lifestyle Education

- Students are made aware of support available to access healthcare support
- Students are aware of healthcare services available to them through resources, workshops and purposeful visits
- Students are encouraged to understand safeguarding risks to themselves and how to keep themselves safe e.g. Financial fraud
- Through responsibilities, students develop recognising the signs of mess and how to clean and tidy
- Students are encouraged to listen to others opinions, make choices and reflect on what went well/would change next time

Developing Mastery

- Students work towards developing their English Functional Skills further to support their health literacy, understanding of the world around them and increase their life opportunities such as being confident speaking to new people or in front of a room of others
- Students continue to work towards achieving their Mathematics Functional Skills and get opportunities to apply it to real-life situations
- Workshops such as The Money Charity support their understanding of budgets, savvy shopping and credit and debt risks
- Students are encouraged to develop a wide range of skills, knowledge and behaviours through the curriculum including Vocational Studies where they carry out their own projects adhering to briefs
- Our RSE knowledge and understanding is developed through CPD- Consent, LGBTQ+ awareness

Preparing for my Future

- The Pastoral Manager supports students to develop their own zones of regulation strategies by having strategy cards or keyrings they can take into the community or on work placements
- We start looking at transition early, this can be an anxiety inducing time for students so being prepared and organised is vital.
- Students are supported understanding the transition from childrens to adults in the NHS with hospital tours and talks
- Self-advocacy is encouraged through weekly briefings, student council, attending own annual reviews
- Students attend a range of transition visits

Purpose and Occupation

- We access the gym to develop a healthy lifestyle and also connect with our community
- We provide opportunities to help students understand wanting to make a difference can be a key driver in wellbeing and sense of purpose
- We recognise that students are all individuals and try to support mental health and wellbeing through interventions, a purposeful curriculum and opportunities to develop social relationships
- The Duke of Edinburgh award promotes healthy movement, volunteering, fundraising and getting outdoors. This motivates students to get outside and provides opportunities for residential.

Connecting in my Community

- We take part in fundraising events for local charities (including awareness LGBTQ+)
- Christmas Enterprise focused on identifying local charities and supporting them through Enterprise
- We link to local opportunities to volunteer where possible
- We are central within the sports stadium and are immersed in a wider local community
- The natural environment at Pennington Flash allows for mindfulness and being respectful to animals and our environment
- We developing an understanding of the community around us
- Our common room is a social space, a range of games offers teamwork opportunities while jigsaws provide mindfulness
- Local activity groups provide wider social circle opportunities

Within our environment

- Our students have 'tech free' dining time, we encourage phones and tech to be paused while sharing a lunch and talking to friends
- We have 'pamper baskets' in each bathroom with sprays and products to encourage personal hygiene
- Each student has a locker- this encourages personal safety and taking care of their belongings
- Our environment has flexible seating, is bright and airy and well resourced. It allows for students to have focused work spaces, relaxed spaces and movement to self-regulate
- Each student has a student ID card, this provides them with the opportunity to get student discount when they go shopping as well