

PSHE at Weston Secondary School

What is PSHE?

Personal, social, health and economic education is a school curriculum subject in England that focuses on strengthening the knowledge, skills, and connections to keep children and young people healthy and safe and prepare them for life and work. There are six key areas we focus on at Weston Secondary: Character, Relationships, Healthy Living, Being Online, Community Safety, and Aspirations

What is included in a PSHE lesson?

Students are led through a lesson which is full of questions to prompt discussion, videos to engage students, and relevant topics which students can relate to. Students are required to answer questions at the beginning and end of the lesson so that we can monitor progress and understanding, however we pride ourselves on the open discussion format we hold. Students are reminded each lesson that PSHE is a safe space, and they must respect and support one another during discussions.

What have Year 7 been looking at during Autumn term?

Year 7 started with Character, looking at important values that align with the school, society, and themselves. We used these PSHE lessons as an opportunity to introduce and discuss the school behavioural expectations and explore what this means for them at Weston Secondary. The lessons they covered include:

- Transitioning to Secondary School
- What are the WSS Values?
- Being a Rights Respecting School
- Respect and Tolerance
- Culture and Diversity
- Team Work
- Role Models and Leaders

Year 7 then moved on to Relationships, looking at how they can develop positive and supportive relationships with people. We used these PSHE lessons to explore and identify different kinds of relationships, as well as the qualities that contribute to healthy relationships. The lessons they covered include;

- How Do We Keep Good Friendships?
- Why Do People Bully Others?
- How Can We Use Positive Vocabulary?
- What are Different Types of Family Relationships?
- What is Commitment?
- What is a Healthy Relationship?

What do we offer outside the standard PSHE curriculum?

We strive to offer different activities, resources, and opportunities to make PSHE as engaging and diverse as we can. This autumn term we have had guest speakers come in to hold workshops with our students on a variety of different topics. For example, NATHASSIA is an international music artist who works with childline to promote positive mental health and body image for students. We were lucky to host her workshop for students, as she sang her latest charity single for Childline and spread her positive message.