

**Life Skills & Wellbeing  
Parent Handbook  
2021 – 2022**

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## Vision

Life Skills and Wellbeing (PSHE) Education at Tupton Hall School is taught in a variety of ways including through dedicated lessons, assemblies, specific events such as Diversity Week, National Careers Week and Mental Health Awareness Week and House Tutor provision. Our curriculum aims to provide students with; a sound understanding of their role as a citizen now and in the future, the opportunity to consider wider societal and personal issues and the ability to develop critical thinking to make safe and informed decisions.

In line with the Government's Personal, Social, Health and Economic (PSHE) Education Guidance, Tupton Hall has committed to developing students' awareness in 5 key areas, including;

- Mental Health & Wellbeing
- Relationships and Sexual Education
- The Wider World and British Values
- Careers
- Study skills and the Environment

Each House Tutor will deliver one session a week (Tuesday) to a group of students from one year group. This is different to their tutor group. Students will attend a period of LS&W Education once a week for 30mins, ensuring they benefit from the full half an hour available. Please see the LS&W timetable for further details.

In addition to dedicated LS&W Education lessons on Tuesdays, House Tutors will also cover weekly topical themed sessions that will be rotated amongst the 5 key areas. This will take place once every half term and last for 20mins. Also once every half term, there will be a rolling 1 hour lesson delivered by teaching staff. Finally, there will be two Impact days, one in December and one in July.

These are to focus on a specific topics and aim to contextualise the existing LS&W Education lesson-based learning, making them accessible, relatable and more developed on one key topic. This encourages our students to gain a wider understanding of our key topics and to debate differing views, whilst respecting the views of others.

## **Core Theme Overview**

Topics taught in Life Skills & Wellbeing are 'spiral' and developmental. Topics are revised regularly to ensure they are suitable for our students. The topics come under the following 3 Core Themes of the our Curriculum;

### **Core Theme 1 – Health & Wellbeing**

This Core Theme covers mental, physical and emotional wellbeing. Enriching understanding of what mental ill health can look like, healthy coping mechanisms that can be used to manage mental ill health and how to promote positive mental wellbeing in yourself and others. The topics developed further into looking at the links between physical and mental health and the impacts this can have on emotional wellbeing in the now and in the future.

Core Theme includes; Mental Health & Wellbeing, Internet Safety and Harms, Physical Health and Fitness, Health Eating, Drugs Alcohol and Tobacco, Health and Prevention, Basic First Aid and Changing Adolescent Body.

### **Core Theme 2 – Relationships and Sexual Education**

This Core Theme covers the development of healthy relationships and incorporates the statutory requirements of Sex and Relationships Education. The topic explores how to build healthy relationships with family and peers before looking at romantic relationships, consent, contraception/pregnancy choices and development of the family unit. Choice associated with reproductive health, sexual pressure and that all aspects of health can be affected by choices made in sex and relationships, both positively and negatively. It also includes looking at the risks associated with online, legal rights and responsibilities and sharing and viewing harmful content. The aim is to equip students with knowledge to make informed choices, behave in a respectful and appropriate manner and understand the laws around Consent, Equality, Sex, Relationships and Media. It also aims to show students where they can get advice, support or help

Core Theme includes; Families, Respectful Relationships including Friendships, Online and Media, Being Safe, Intimate and Sexual and Relationships including Sexual Health.

### **Core Theme 3 – Living in the Wider World**

#### **(Study Skills & the Environment, Wider World & British Values and Careers)**

This Core Theme covers the development of students as part of their wider community. Developing awareness on global issues, different cultures and of how developmental stages can influence personal change. Students look to enhance their understanding of broader topics, current issues and gain practical and useful understanding of topics covered to develop healthy discussion, make informed and appropriate decisions and contribute positively to their local and wider community. They will cover topics on environmental themes, learn about different types of study skills appropriate to their life stage and develop and understand how to make choices associated with careers, options and post 16.

Core Theme includes; Personal Finance, The Legal System, Social Justice, Medical Ethics, Careers, Values & Global Education, Personal Safety and Diversity & Awareness. Tolerance, Diversity in the Media, Community, Study Skills, Environmental Issues and British Values.

## Creating a SAFE Learning Environment

A safe learning environment helps pupils to share feelings, explore values and attitudes, express opinions and consider those of others, without attracting negative feedback. As well as encouraging more open discussion, it also helps to ensure that teachers are not anxious about unexpected disclosures or comments and that pupils are not put on the spot, upset or traumatised.

During each session, teachers will ensure that they:

- Work with pupils to establish ground rules about how they will behave towards each other in discussion.
- Provide opportunities for pupils to discuss issues in small groups as well as sharing views with the whole class.
- Make available a place in which pupils can place anonymous questions or concerns
- Provide access to balanced information and differing views to help pupils clarify their own opinions (whilst making clear that behaviours such as racism, homophobia, bi-phobia, transphobia, discrimination and bullying are never acceptable in any form).
- Are cautious about expressing their own views as a teacher.
- Be sensitive to the needs and experiences of individuals.
- Always work within the school's policies on safeguarding and confidentiality.
- Link PSHE education into the whole-school approach to supporting pupil wellbeing.
- Make pupils aware of reliable sources of support both inside and outside the school.

**Ground Rules** help to minimise inappropriate and unintended disclosures and comments of a negative nature made towards other pupils; whether intentional or not. They are also paramount to effectively managing discussions. To be effective, pupils and teachers need to develop ground rules together and then test them in discussion and group activities, amending them as necessary.

Examples of ground rules created in Life Skills and Wellbeing lessons could include;

- **Openness:** *'We will be open and honest, but not discuss directly our own or others' personal/private lives. We will discuss examples but will not use names or descriptions which could identify anyone.'*
- **Keep the conversation in the room:** *'We feel safe discussing issues and we know that our teacher will not repeat what is said in the classroom unless they are concerned we are at risk, in which case they will follow the school's safeguarding policy.'*
- **Non-judgmental approach:** *'It is okay for us to disagree with another person's point of view but we will not judge, make fun of, or put anybody down. We will 'challenge the opinion, not the person'.'*
- **Right to pass:** *'Taking part is important. However, we have the right to pass on answering a question or participating in an activity and we will not put anyone 'on the spot'.'*
- **Make no assumptions:** *'We will not make assumptions about people's values, attitudes, behaviours, identity, life experiences or feelings. We will listen to the other person's point of view respectfully and expect to be listened to ourselves.'*
- **Using appropriate language:** *'We will use correct terms rather than slang terms, as they can be offensive.'*
- **Asking questions:** *'We are encouraged to ask questions and they are valued by our teacher. However, we do not ask personal questions or anything intended to deliberately try to embarrass someone.'*
- **Seeking help and advice:** *'If we need further help or advice, we know how and where to seek it— both in school and in the community. We will encourage friends to seek help if we think they need it.'*

# **Lesson Format**

## **Format**

Each of the 5 topics have been spilt into the following;

- Relationships and Sexual Education
- Health and Wellbeing
- Careers
- Wider World and British Values
- Study Skills and the Environment

## **Every Tuesday**

Students in all years will have 1 lesson of Life Skills & Wellbeing Education a week.

This will take place with a timetabled group of students from the same year and will last the FULL 30mins of tutor time.

## **Themed weeks & Impact Days**

Once every half term, as well as the Tuesday session, EVERY tutor time for that week will have Life Skills & Wellbeing theme to be delivered lasting for 20mins, plus a one hour lesson during a specific time in the timetable.

Impact Days will be on Tuesday 21<sup>st</sup> December and Thursday 6<sup>th</sup> July.

## Content and delivery of core topics through the year 2021 – 2022

<b>Autumn Term Themes – each week</b>	
13 <sup>th</sup> September	Health and Wellbeing
21 <sup>st</sup> September	Relationships and Sexual Education
28 <sup>th</sup> September	Relationships and Sexual Education
5 <sup>th</sup> October	Wider World and British Values
12 <sup>th</sup> October	Relationships and Sexual Education
19 <sup>th</sup> October	Relationships and Sexual Education
2 <sup>nd</sup> November	Wider World and British Values
9 <sup>th</sup> November	Wider World and British Values
16 <sup>th</sup> November	Health and Wellbeing
23 <sup>rd</sup> November	Wider World and British Values
30 <sup>th</sup> November	Wider World and British Values
7 <sup>th</sup> December	Wider World and British Values
14 <sup>th</sup> December	Relationships and Sexual Education
21 <sup>st</sup> December	Relationships and Sexual Education

<b>Spring Term Themes – each week</b>	
11 <sup>th</sup> January	Relationships and Sexual Education
18 <sup>th</sup> January	Relationships and Sexual Education
25 <sup>th</sup> January	Relationships and Sexual Education
1 <sup>st</sup> February	Study Skills and the Environment
8 <sup>th</sup> February	Careers
15 <sup>th</sup> February	Careers
1 <sup>st</sup> March	Careers
8 <sup>th</sup> March	Careers
15 <sup>th</sup> March	Careers
22 <sup>nd</sup> March	Study Skills and the Environment
29 <sup>th</sup> March	Study Skills and the Environment
5 <sup>th</sup> April	Study Skills and the Environment

## **Summer Term Themes – each week**

26 <sup>th</sup> May	Study Skills and the Environment
3 <sup>rd</sup> May	Study Skills and the Environment
10 <sup>th</sup> May	Relationships and Sexual Education
17 <sup>th</sup> May	Careers
24 <sup>th</sup> May	Careers
7 <sup>th</sup> June	Careers
14 <sup>th</sup> June	Careers
21 <sup>st</sup> June	Relationships and Sexual Education
27 <sup>th</sup> June	Relationships and Sexual Education
5 <sup>th</sup> July	Relationships and Sexual Education
12 <sup>th</sup> July	Relationships and Sexual Education
19 <sup>th</sup> July	Relationships and Sexual Education

# Accessing Resources & Support

## Additional Resources & Support

Below are a list of websites that may help support your understanding of a topic or theme.

- Mindfulness - [Mindfulness - NHS \(www.nhs.uk\)](http://www.nhs.uk)
- Mental Health & Wellbeing - [Home | Mind, the mental health charity - help for mental health problems](#)
- Mental Health & Wellbeing - [CAMHS - Home \(elft.nhs.uk\)](http://elft.nhs.uk)
- Anti Bullying - [Anti-Bullying Alliance](#)
- Anti Bullying - [Anti-bullying resources | NSPCC Learning](#)
- Anti Bullying - [Anti-Bullying Ambassador Programme \(antibullyingpro.com\)](http://antibullyingpro.com)
- CALM - [CALM Homepage - Campaign Against Living Miserably](#)
- Drugs Education - [DrugWise](#) (Inc. Drug Encyclopaedia)
- Drugs Education - [Honest information about drugs | FRANK \(talktofrank.com\)](http://talktofrank.com)
- Body Image/Mental Health & Wellbeing - [Bodytalk - What's going on during puberty? - Rise Above](#)
- SRE - [Love Life - Rise Above](#)
- Mental Health & Wellbeing - [My Mind - gaining confidence, blasting anxiety - Rise Above](#)
- Legal & Justice System - [PSHE Educational Resources on Crime & Justice | KS3 & KS4 \(issuesonline.co.uk\)](#)
- Media & Sexualised Media - [PSHE Educational Resources on Media Topics | KS3 & KS4 \(issuesonline.co.uk\)](#)
- Family, Anti Bullying & Mental Health - [Family and Relationships Teaching Resources | Social Issues Education \(issuesonline.co.uk\)](#)
- BBC Bitesize Video Series - [KS3 PSHE and Citizenship - BBC Bitesize](#) (All Topics)

This list is not exhaustive and is only meant as a guide.