

## PSHE ENRICHMENT DAY 29<sup>TH</sup> NOVEMBER

PSHE is a huge, fascinating and (at times) challenging area. We ask pupils to always remember these 3 golden rules:

#GOODTALK

#CALLITOUT

#AUTHENTICYOU

The majority of PSHE goes on in our curriculum. It happens every day, in tutorials, assemblies, lessons and the interactions pupils have with peers and adults around our school. However, we welcome the chance to talk about these issues in more depth and to meet experts. PSHE enrichment days allow us to do that. Sessions will be delivered by form tutors and outside speakers. There's a summary of the day below.

**Year 7** will be introduced to PSHE and careers. They will work in single gender groups, discussing puberty and associated issues (consent, pornography etc). They will also listen to a talk from an ex-pupil. Her brother started dabbling in drugs while at school, with tragic consequences. Pupils will hear the story, from the family's perspective, as a cautionary tale for pupils currently at Heathfield.

**Year 8** will also discuss the dangers of drug use and work on careers. They will also attend a workshop led by the Somerset road safety team. Road traffic accidents are a major cause of injury / death for young people. This workshop is delivered by experts (many are ex-policeman who have had to deal with the aftermath of accidents). It aims to highlight issues and provide strategies for staying safe.

**Year 9** will work on careers and look at talking like an expert. They will also attend a workshop led by Stand Against Violence. [Stand Against Violence - In Loving Memory of Lloyd Fouracre, 1987-2005](#) are an organisation formed in memory of Lloyd Fouracre (his brother, Adam, was a Heathfield pupil). Lloyd was killed by drunken youths. Pupils will discuss alcohol, youth violence and personal responsibility.

**Year 10** will spend part of the day exploring sex and relationships in single gender groups. They will explore a range of issues, such as: contraception, consent, and healthy relationships. They will then focus on body image. Embrace is a powerful film that we'll use to explore this issue. Its target audience is girls, but we feel strongly that boys need to see this. Partly to inform their thinking and partly because insecurity around body image is not a gender specific issue. [Embrace Official Trailer 1 \(2016\) - Taryn Brumfitt Documentary HD - Bing video](#)

**Year 11** will discuss life after school: further education, careers and apprenticeships. They will work on 'talking like an expert', a key skill whether at school, home or in the workplace. Pupils will work with Elevate education [Home | Elevate Education](#) Elevate are a group that help pupils think about thinking. Their brief at Heathfield is to support pupils, who have just sat their first mocks, to reflect and prepare for the real thing. Workshops are delivered by under graduates, in classrooms. There is then a follow up program and support for parents.

For more information please see: [PSHE | Heathfield Community \(heathfieldcommunityschool.com\)](#).

Feel free to get in touch with Mr Lowndes, if you have any queries or comments:

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