



From: Paul Gooding: Head of Wellbeing and PSHCE

10 September 2021

PSHCE Programme of Study, 3rd and 4th years, Michaelmas Term 2021

Dear Parents

Here is an outline of the 3rd and 4th year PSHCE programmes of study for the Michaelmas term. Students will be working through the following topics with their PSHCE teachers. I'm delighted to lead a large team of PSHCE teachers which ensures that we can operate in small groups (typically of between 11-12 students) thereby enriching the conversations for all and ensuring that there is a really close bond in the groups as the year develops.

I am also pleased to say that we are continuing to roll out "Youth Mental Health First Aid" training to our teaching staff which is led by our own team of in-house instructors drawing upon MHFA England resources. This is superb training and really bolsters the quality of our PSHCE provision and general pastoral care that we can offer the students.

You might like to discuss some of the issues that these topics raise with your children at home in order to reinforce the positive messages.

In the 3rd year students will be studying the following topics this term:

Lesson 1 – An introduction to the importance of wellbeing and self care (the lesson will take place in weeks 1-2 of term).

Lesson 2 – Values, decision making and the importance of treating each other with respect and kindness. Drawing upon the work of Martin Luther King and the recent "Black Lives Matter" movement (the lesson will take place in weeks 3-4 of term).

Lesson 3 – British Values (in weeks 5-6 of term).

Lesson 4 – Challenging Discrimination. A look at the pioneering impact of Rosa Parkes and Martin Luther King and drawing out the lessons for today (the lesson will take place in weeks 7-8 of term).

Lesson 5 – The 2010 Equality Act and protected characteristics. An examination of cases of discrimination and challenging bullying and unpleasant behaviour. Amongst other case studies, we look at Gareth Thomas the Welsh rugby player who talks about coming out as gay. (The lesson will take place in weeks 9-10 of term).

Lesson 6 – Friendships, kindness and challenging sexist and bullying behaviour. (The lesson will take place in weeks 11-12 of term).

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In the 4th year students will be studying the following topics this term:

Lesson 1 – Looking after our emotional wellbeing and mental fitness. Establishing support networks. (The lesson will take place in weeks 1-2 of term).

Lesson 2 & 3 – Healthy Minds: a look at the mental health continuum, the stress bucket, how to manage stressful situations, good and bad coping strategies and the importance of talking through problems. What is depression and anxiety and how people can be supported through this? How we might reduce stigma around mental health issues. (The lesson will take place in weeks 3-6 of term).

Lessons 4 – A look at what masculinity means in the modern world through the lens of the artist Grayson Perry. The importance of being yourself and sharing emotions when life is tough. A look at toxic masculinity. (The lesson will take place in weeks 7-8 of term).

Lesson 5 – Positive Masculinity – Looking at positive male role models including the work of Marcus Rashford and the Cardiff men's university football team. (The lesson will take place in weeks 9-10 of term).

Lesson 6 – Diversity – Looking at different types of bias as well as diversity and inclusion issues. (The lesson will take place in weeks 11-12 of term).

Should you have any further questions or comments thereafter please feel free to contact Paul Gooding, Head of PSHCE. Thank you in anticipation of your support in this key area of the curriculum.

Do also follow us on Twitter at [Ab Wellbeing](#) where we will be posting regular updates.

Many thanks and best wishes for the autumn season.

Yours sincerely

Paul Gooding, Head of Wellbeing & PSHCE