

The Oak Sixth Form PSHCE Programme

All our Sixth Form students receive dedicated PSHCE time each week during which our specialist Sixth Form tutors cover a wide range of topics, skills and activities. This is designed to supplement our academic curriculum, enhance our students' cultural capital and provide students with opportunities to develop, discuss and reflect. Also as part of this we encourage all students to volunteer in our community and to lead on aspects of school life. We seek to prepare students to manage their current lives and lay the foundations for managing future experiences.

Our PSHCE and Careers curriculum is underpinned by the RSHE standards, focusing on Health and Wellbeing, Relationships and Learning opportunities in the wider world.

Our programme intent is to:

- promote students' moral, social, spiritual and cultural development, increasing their self-confidence, personal responsibility and independence.
- support every student to become a confident, healthy, considerate and responsible young adult.
- help equip each student with the knowledge and skills to make informed choices about their next steps.
- encourage a spirit of enquiry and communication.

In Year 12 our focus is initially the effective transition to Post 16 study and helping to provide students with the capacity to understand, develop and manage relationships, learn independently through the setting of targets and to develop strategies for effective self-discipline and time management. Year 12 students will have a focus on relationships and sexual education as part of the statutory requirements. Also, through the year, other RSHE areas are covered such as e-safety, healthy eating, drug and alcohol awareness, debating, personal finance and first aid. Year 12 students investigate the "world of work" before undertaking a two-week work experience. Year 12 students will also be given the opportunity to visit a University in the build up to all students completing a UCAS application, a valuable learning process. A presentation on apprenticeships will also take place.

In Year 13 we support and advice our students in selecting and applying for University places, apprenticeships or employment are our major focus, along with Careers advice and exposure to the full range of Post 18 options available. We host a series of events from HE providers, apprenticeship providers and employers to speak and engage with our students. Students build on their work experience in Year 12 with mock interviews and careers talks with employers. The PSHCE programme continues in Year 13 with students learning more about personal health and well-being along with topics like life skills, British values, safe travel and healthy lifestyles.

In addition to this, the students receive practical advice and sessions on how to manage stress, with the option to discover meditation and relaxation techniques. Students will be involved in investigating and learning more religions and cultures across the world. Linking to environmental issues too.

All our Sixth Form students benefit from a range of speakers and guests to help inform and inspire them to achieve their potential as well as opening their minds to the world around them.

This is the planned list for this academic year:

Fire Service Officer: Matt

Wiltshire Air Ambulance

Uni of South wales: Oli Stacey

Police Officer: Jenny Holton

Safe Drive Stay Alive presentation team

WIN (Wessex Inspiration Network) Andrew Creed

Doctor: Dougal McLellan

Apprenticeship Ambassador: tbc

Religious leaders: Mr Uddin, Ruth Gillings, Buddhist priest from BOA

Local businesses (for interviews and talks): Sam Gompels, Coventry B/Society: Eira Brightman

MOD apprentice ambassadors (past students): Michael McAlister

Year 12 Programme:

Terms 1 & 2:

1. Introduction 6th form, peer coaching
2. Volunteering/Leadership
3. Motivation – what drives you?
4. Apprenticeship presentation.
5. Organisation questionnaire & review. Independent study skills
6. Resilience & determination
7. Goals & target setting.
8. E-safety, Social media/impacts.
9. Safe Drive Stay alive
10. HE Fair
11. Self & body image
12. Sex & the media
13. Mental well-being
14. Anti-bullying week
15. Healthy body
16. Personal health/awareness.
Cancer awareness – Movember & Breast Cancer awareness.
17. Sexual health, STI & prevention.
18. Mock interviews /CV writing

Terms 3 & 4:

1. Healthy vs controlling relationships
2. Consent, date rape & sexual assault. Reporting & the Law.
3. Contraception, fertility & reproductive health
4. Miscarriage & unplanned pregnancy
5. LGBTQ+: Sex & Gender
6. Sexist bullying, homophobic, biphobic and transphobic bullying.
7. WEX week (21st Feb -4th Match)
8. Human Rights
9. Global Citizenship project – religious visitors in
10. 10/11. Global and religious research project.
11. Post-18 planning – WIN workshops
12. Basic car maintenance & safety

Terms 5 & 6:

1. Exam preparation, study skills
2. Mocks, review and planning
3. Stress management/mindfulness
4. Personal finance
5. Banking, loans, credit cards, buying bills
6. UCAS – choosing the right courses, researching and use of Alumni for support
7. UCAS – creating your account
8. Personal statement writing workshops
9. British Values
10. British Values
11. Basic First Aid
12. World Environment Day projects.

Year 13 Programme:

Terms 1 & 2:

1. Review of Year 12 and plans for progress this year.
2. Volunteering/Leadership
3. Motivation – what drives you?
4. Apprenticeship presentation.
5. UCAS – Medical/Oxbridge focus group.
6. UCAS applications and personal statements. Support workshop with USW.
7. HE Fair
8. Mocks preparation. Study skills and exam practice workshops.
9. Mocks, review and planning for improvements.
10. Self & body image
11. Sex & the media.
12. Mental well-being
13. Anti-bullying week
14. Healthy body
15. Personal health/awareness. Cancer awareness – Movember & Breast Cancer awareness.
16. Sexual health, STI & prevention.
17. Mock interviews /CV writing
18. Final UCAS sign off. CV writing

Terms 3 & 4:

1. UCAS deadline /apprentice support and guidance
2. Healthy vs controlling relationships
3. Consent, date rape & sexual assault. Reporting & the Law.
4. Contraception, fertility & reproductive health
5. Miscarriage & unplanned pregnancy
6. LGBTQ+
7. Sexist bullying, homophobic, biphobic and transphobic bullying.
8. Mocks, review and revision planning.
9. Human Rights
10. Global Citizenship – religious visitor in
11. Global and religious research project.
12. Interview practice: with employers: 1:1/phone/online

Terms 5 & 6:

1. Exam preparation
2. Stress managements
3. Work/life balance
4. Life skills: healthy cooking on a budget
5. Student bank accounts
6. Registering at new health practitioners/registering to vote.
7. Managing risks & personal safety: travelling/ transport/ insurance/ festival safety/ freshers' safety.