

PSHE



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Personal Development

Extends our curriculum beyond the academic and vocational lessons.

We support learners to develop their character, this includes their resilience, confidence and independence and how schools help students know how to keep physically and mentally healthy.

- Personal Social Health Education (PSHE)
- British Values
- Careers and Employability
- SMSC (Social, Moral, Spiritual, Cultural) development
- Mental Health and Wellbeing
- Relationships and sex education (RSE)
- Extra Curricular clubs



Purpose of today's session

- What does the Personal Development look like at Biddenham
- PSHE curriculum
- Mental Health and Wellbeing
- External Agencies
- Q&A



PSHE Curriculum Leads

Hannah Wilthew
Head of PSHE





PSHE Curriculum Leads

Beverley Darlow
Careers Lead



Charlene Francis
Citizenship Lead



Abigail Speight
Health and Mental
Well being Lead



Chloe Drake
Relationships and
Sex Education Lead





PSHE
Association

What is PSHE?

“PSHE education is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain.”

“Evidence shows that well-delivered PSHE programmes have an impact on both academic and non-academic outcomes for pupils, particularly the most vulnerable and disadvantaged.”



Statutory guidance

Do schools have to teach PSHE?

Statutory guidance includes the following:

- Relationships and sex education
- Health education



Relationships and Sex Education - Statutory guidance

Aim (Department for Education, 2021)

- Is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships.
- It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship.
- It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure).
- It should teach what is acceptable and unacceptable behaviour in relationships.
- Effective RSE does not encourage early sexual experimentation.
- It should teach young people to understand human sexuality and to respect themselves and others.
- It enables young people to mature, build their confidence and self-esteem and understand the reasons for delaying sexual activity.
- Effective RSE also supports people, throughout life, to develop safe, fulfilling and healthy sexual relationships, at the appropriate time.
- Right to withdraw



Why is PSHE important?

Health

PSHE education forms a bridge between education and public health.

Chief Medical Officer

Safety

When pupils receive lessons on relationships and sex, disclosures about abuse and exploitation increase significantly.

International Cochrane study, 2015

Academic attainment

A virtuous cycle can be achieved, whereby pupils with better health and well-being achieve better academically

PSHE Education: A Review of Impact and Effective Practice, DfE, 2015

Flourishing

A curriculum for life?

UK Youth Parliament



The Equality Act 2010

The Equality Act 2010 places duties on schools not just to address prejudice-based bullying but also to help to prevent it happening, and in doing so to keep protected characteristic groups safe.

PSHE education, with its focus on identity and equality, can help schools to fulfil this duty.

P **S** **H** **E**





What is the purpose of PSHE at Biddenham?

PSHE (personal, social, health and economic) education is a school curriculum subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future.

PSHE education helps pupils to stay healthy, safe and prepared for life – and work – in modern Britain

In addition at Biddenham we would like to embed our school values, develop our ethos and culture. We aim to provide a full pastoral curriculum aimed at educating the 'whole child', which protects, supports and challenges.



PSHE in the Biddenham Curriculum

PSHE lessons

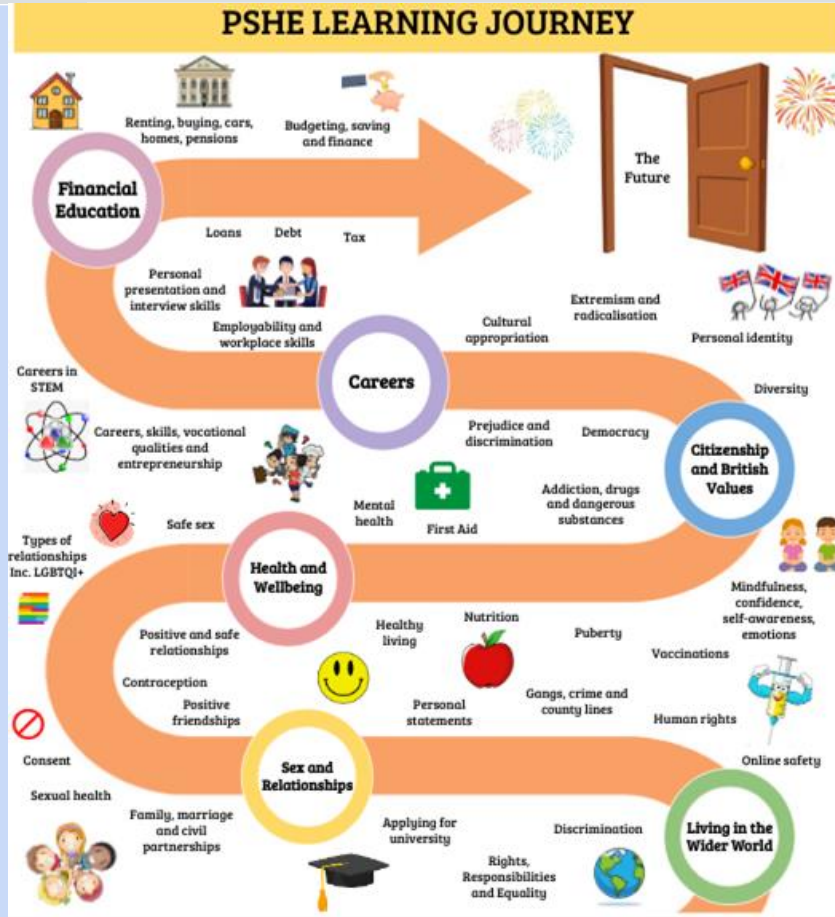
- Every Tuesday students have access to a 50 minute session
- Taught by their form tutor

Taught across the curriculum (to name a few)

- Science
- Religious studies – laws regarding marriage
- PE – have a focus on oral hygiene in yr8 and then personal hygiene in year 9



By the end of secondary school





More information

School website: <https://www.biddenham.beds.sch.uk/subjects/pshe/>

Here you will find:

- Support for students and for parents and carers!
 - Including resources to support conversations
- PSHE policy



Mental Health & Wellbeing

Government Social Research – March 2022

Rates of adolescent mental health difficulties were concerning prior to COVID-19 with 14–17% of young people meeting criteria for at least one mental health disorder

COVID-19 pandemic has led to increased adolescent depressive symptoms and decreased life satisfaction

High need for professional support – this is now a priority for school aged children



Mental Health & Wellbeing

Young Minds 2023

In the last two years, on average more than 70% of young people have sought mental health support, and 59% of young people said their mental health got worse during the wait for support.

Over 40% waited more than a month for mental health support after seeking it..

Nearly half a million young people are being referred for mental health problems every month, with many not being able to get the support they need.

Latest NHS figures show urgent referrals have reached the highest levels since before the pandemic began, with a 37 per cent increase on the previous month



Biddenham's Approach to Mental Health & Wellbeing





Biddenham's Approach to Mental Health & Wellbeing

- Weekly wellbeing tips
- Health and wellbeing topics covered in more depth through PSHE
- Extra curricular clubs to support health and wellbeing
- Sanctuary
- Peer support programmes – sixth form mentoring and student safeguarding leads
- In house counsellor for year 7 & 8 students
- In house Bedford Open Door counselling for year 9–13 students
- Part of MHST (Mental Health Support Team)
- Close links with other agencies such as Early Help, CAMHS, Young Carers, Aquarius and Terrence Higgins Trust



Supporting your child's Mental Health & Wellbeing

Psychologist Dr Anna Colton states all young people are different both in the way they learn and show their stress.

Stress can manifest in many ways. For example, tearfulness, insomnia, a lack of appetite, or eating all the time. Alternatively, young people may show their stress by socialising too much or withdrawing from social activities altogether. To add to this, blind panic, which some young people experience when they are under pressure can result in inactivity – this can often be misinterpreted by parents as laziness.

- You know your child best, is there a change in behaviour that indicates they are stressed or not coping?
- Help them find a balance between school work, social times and relaxation times.
- Allow/encourage down time if they lead busy lives
- Talk to your child, have meal times together, go for a walk or a drive to help open the lines of communication
- Encourage 'self care' e.g. sleep, being active, healthy eating, break from social media etc
- Concerned things are not getting better then please contact us we have access to support services
<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>



Supporting your child's Mental Health & Wellbeing





Supporting your child's Mental Health & Wellbeing

Reasons why social media has age limitations

- ★ Your child's online identity can be misused and stolen. This could lead to blackmail, bullying and grooming
- ★ Research tells us that a child's brain is not developed enough to make ethical decisions until they are 13 years old. This means it's difficult for a child to fully grasp the impact of their actions upon others, online or otherwise.
- ★ Your child will have to lie and give a fake birth year in order to create these accounts
- ★ multiple studies have found a strong link between heavy social media and poor mental health e.g. depression, anxiety and loneliness,

Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?





Sexual Health Education
on 1:1 basis.
Referral needed, speak
to HoY.



<https://carersinbeds.org.uk/who-we-help/young-carers/>
Are you a young carer and need support, speak to
Mrs Speight or Caroline in sanctuary

Year 7&8 School Counsellor Mrs Nagrani
Ask your HoY or Mrs Speight for a referral
or drop into the sanctuary at lunchtime



CAMHS Thursdays week
1 - referral needed
See Mrs Speight

Feeling low?

Anxious?

Struggling
to cope?

Text
SHOUT
to **85258**
for free,
confidential
support, 24/7



www.themix.org.uk



Wellbeing Support
Services available for young people
Speak to your HoY, Mrs Speight or
Sanctuary staff for further information or
visit the school website wellbeing section
<https://www.biddenham.beds.sch.uk/wellbeing/>



Year 9 - 13
weds, Thurs and Fridays in Sanctuary; Referral needed
or visit <https://www.bedfordopendoor.org.uk/>

Aquarius for those using or who have been affected by
drug or alcohol misuse
Referral needed
<https://aquarius.org.uk/our-services/young-peoples-services/bedfordshire-yp/>



Sixth form mentoring
Student Safeguarding
Leads
Speak to your tutor
about a referral



www.youngminds.org.uk/





Mental Health & Wellbeing

The pupils at Biddenham International School and Sports College reported average to high levels of wellbeing, positive emotional state, and positive outlook.

The staff at Biddenham International School and Sports College reported overall low levels of emotional exhaustion and depersonalisation and high levels of personal accomplishment.





Our student's views on the Mental Health & Wellbeing support we provide

I think Biddenham does a very good job of supporting me and has helped me a lot, with my well being and Mental health.

Everything that we have at Biddenham is great

Not really sure what more they can do as Biddenham offer a wide range of support for mental health and well being

76% of students find the wellbeing tip of the week sometimes or always useful

There are a lot of support networks and the teachers are supportive and understanding



Any Questions

