

PERSONAL, SOCIAL, HEALTH & CITIZENSHIP EDUCATION (PSHCE)

PSHCE at Fitzharrys School is referred to as **Fitz Focus+** and is a planned, developmental program of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives both now and in the future, helping to prepare them to play a full and active part in society.

PSHCE is part of a whole-school approach at Fitzharrys School; the Fitz Focus+ program has been developed to respond to the needs of students in Abingdon and link local issues with national and global ones.

There are 7 key elements of the program:

- Morning Fitz Focus session (10 minutes a day) – these focus on target setting, Higher Order Thinking Skills through ‘Thunks’, Maths and Literacy thinking skills and a weekly current affairs quiz to expand students interest in the world.
- Afternoon Fitz Focus sessions (15 minutes 3 times week) – these focus on reinforcing key messages such as attendance, behaviour, uniform and equipment expectations, a weekly reflection on progress, a termly school council discussion led by form reps and a weekly discussion led by the tutor which is linked to the Fitz Focus+ topic for the term.
- Fitz Focus+ - this is the name for PSHCE at Fitzharrys and named so students see that all aspects of social, moral, spiritual and cultural development (SMSC) and personal development are linked.
- Wider Learning Days – targeted off-timetable days are used to support the work undertaken in Fitz Focus+ and students personal development. Themes include Mental Health, Physical Health, eSafety, Risky Behaviour, Team Building, Equality and Enterprise. During Wider Learning Days, students work with a range of external speakers and colleagues from partner agencies including Thames Valley Police, The Abingdon Bridge, School Nurse Team, and The Training Effect.
- Mentoring – once a term, students meet with their tutors to reflect on their progress and set targets for the next term.
- Assemblies – Weekly assemblies are delivered by colleagues across the pastoral, curriculum and senior leadership teams and supported by a range of external speakers as appropriate throughout the year. The themes are a key part of the development of students’ social, moral, spiritual and cultural development.
- Careers Independent Advice & Guidance – All students in Year 10 complete work experience and all in Year 11 have individual interviews with Adviza. There is also a planned programme of careers and guidance evenings for students and parents and all Year 8-13 students have access to free online careers advice from Adviza.

Fitz Focus+ (PSHCE) education equips pupils to live healthy, safe, productive, capable, responsible and balanced lives. It encourages them to be enterprising and supports them in making positive learning and career choices, effective transitions between key stages and setting and in achieving economic wellbeing. Fitz Focus+ contributes to personal development of our students by helping them to build their confidence, resilience and self-esteem, to identify and manage risk, make informed choices and understand what influences their decisions. Fitz Focus+ lessons, in line with the government’s emphasis on British Values, foster students’ awareness and understanding of democracy, government and how laws are made and upheld. Teaching equips pupils with the skills and knowledge to explore political and social issues critically, to weigh evidence, debate and make reasoned arguments.

Fitz Focus+ enables our students to recognise, accept and shape their identities, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings. The programme helps students to develop an understanding of themselves alongside empathy and the ability to work with others, work which helps students form and maintain good relationships, develop the essential skills for future employability and to enjoy and manage their lives.

The curriculum for Fitz Focus+ aims to ensure that all pupils:

- Acquire a sound knowledge and understanding of how the United Kingdom is governed, its political system and how citizens participate actively in its democratic systems of government
- Develop a sound knowledge and understanding of the role of law and the justice system in our society and how laws are shaped and enforced
- Develop an interest in, and commitment to, participation in volunteering as well as other forms of responsible activity, that they will take with them into adulthood
- Are equipped with the skills to think critically and debate political questions, to enable them to manage their money on a day-to-day basis, and plan for future financial needs and career aspirations.

Fitz Focus+ Overarching concepts:

1. Identity (personal qualities, attitudes, skills, attributes and achievements and what influences these; understanding and maintaining boundaries around personal privacy, including online)
2. Relationships (including different types and in different settings, including online)
3. A healthy (including physically, emotionally and socially), balanced lifestyle (including within relationships, work-life, exercise and rest, spending and saving and lifestyle choices)
4. Risk (identification, assessment and how to manage risk, rather than simply the avoidance of risk for self and others) and safety (including behaviour and strategies to employ in different settings, including online)
5. Diversity and equality (in all its forms, with due regard to the Equality Act 2010)
6. Rights (including the notion of universal human rights), responsibilities (including fairness and justice) and consent (in different contexts)
7. Change (as something to be managed) and resilience (the skills, strategies and ‘inner resources’ we can draw on when faced with challenging change or circumstance)
8. Power (how it is used and encountered in a variety of contexts including online; how it manifests through behaviours including bullying, persuasion, coercion and how it can be challenged or managed through negotiation and ‘win-win’ outcomes)
9. Careers (including enterprise, employability and economic understanding)

The termly themes explored are below:

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Managing friendships	Dealing with bullying	Family, friends & relationships	Diversity	Values for success in life	Enterprise
Year 8	Diversity & stereotypes	Self confidence	Body image	Beliefs & values	Drugs & alcohol	Healthy eating
Year 9	Homophobia	Careers options	Citizenship & the media	Life skills	Sexual health and relationships	Managing credit and debt
Year 10	Money management course run by outside organisation		Drug and alcohol addiction		What to expect on work experience	Revision and Revision timetables
Year 11	Building a CV and covering letter	Exam & revision techniques	Personal finance	Revision strategies		