

PSHE

The aim of our PSHE programme and other PSHE related activities is to help our students to develop the knowledge, skills and attributes they need to manage many of the critical opportunities, challenges and responsibilities they will face they grow up and in adulthood. PSHE education contributes to students personal development by helping them to build their confidence, resilience and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions. It will enable them to recognise, accept and shape their identity, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings. Developing an understanding of themselves, empathy and the ability to work with others will help you to form and maintain good relationships, develop the essential skills for future employability and better enjoy and manage their life.

KS3

Students follow a carousel system for their PSHE lessons at St. Richard Gwyn. During the year they will be taught by 5 teachers who will deliver their PSHE lessons for 7 weeks. We also have regular speakers to the school and host events that compliment our rigorous programme The units they cover are as follows:

- Health and Wellbeing
- Relationship and Sex Education
- Citizenship
- Study Skills
- Careers and Lifelong learning

KS4

Year 10 and 11 receive their PSHE lessons in the same way as above; however they work towards an accredited qualification – Agored Cymru. See the Agored Cymru sheet for more details.

KS5

Year 12 & 13 have a bespoke PSHE package that covers all the above, that is delivered by their tutors and external speakers.

