



## "IT'S 4 LIFE..."

We offer a more sophisticated, adult approach to PSHCE. Our programme is:

- a) distinctive, different,
- b) relevant
- c) fun & interesting
- d) challenging

It is made up of 4 strands in the Sixth Form.

### 1. PRACTICAL

These are the skills for life that are often not "officially" taught. This includes things like:

- Car maintenance
- DIY
- Cooking
- Managing a budget
- Investing money (!) – great plan afoot for this!
- Negotiating an overdraft
- Hosting a dinner party!
- How to say "no" / get out of awkward situations
- Planning a trip
- Managing a household
- Childcare
- First aid
- Asserting yourself without being confrontational (incl: debating / public speaking)
- Social charm / social conventions
- Presentation skills
- Interview skills
- CV writing
- Renting / buying a home
- De-coding the news / media manipulation
- Event management

We are also the first girls' school in the country to offer a Btech in Safe Driving as part of our PSHE programme.

### 2. THEORETICAL

We explore global / domestic political & moral issues. This means involves students: expanding awareness / arguing a point / developing a position / generating their sense of themselves as citizens and being empowered. The sorts of issues covered are:



- Human rights
- Animal rights
- Role of religion
- Moral codes
- Youth culture / responsibility
- Gender issues
- Peer relationships
- School responsibility
- Notion of service
- Environment

These are explored through:

- Speakers
- Small group discussion
- Research / presentation
- Debating
- Model UN / Holocaust Memorial / Global perspectives trips etc etc

### 3. HEALTH BASED / EDUCATIONAL

- Safe driving
- Drink
- Drugs
- Sexual health
- Diet
- Coping with anxiety / stress

### 4. UCAS / CAREERS

We have a robust and focused programme of UCAS and HE guidance and advice. See the UCAS section on our website.

- We offer guidance and advice on writing personal statements, filling in UCAS forms, selecting courses and universities, visiting Unis.
- We also offer practical and hands on careers experience using through the following:
  - event management (helping to run music festivals (Fest on the Field), Fashion shows, Conferences, magazine editing and production, schools without walls – practical in-school experience, organising Rag Week – pr / management / running budgets , leading World Challenge initiatives to raise money etc.