

# PSHE Education Aims

Personal, Social, Health and Economic Education

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<b>Date of last review</b>	September 2025
<b>Date of next review</b>	September 2026
<b>Review period</b>	Annual
<b>Owner</b>	Head of College

The following information is available on the S6C website and in the prospectus. It has been written to support our students in their transition to further education and to provide a foundation for our students whilst at college and beyond.

## The College Programme

Each student takes part in our College Programme which includes at least three compulsory and timetabled elements. Education needs to have academic study at its core, and also be wider than academic study.

### Academic study

3 A Level subjects or technical/vocational equivalent, with optional additional study and EPQ.

### Life Skills programme

1 hour a fortnight plus 1:1s with tutor, Development Days, and visiting speakers.

### Weekly clubs and societies

Students are also encouraged to be engaged in their communities and take opportunities to volunteer both in and out of college.

## Life Skills

The intention of the Life Skills Programme is that each student progresses and develops both academically and personally, thriving as individuals and as part of the college and wider community by developing confidence, a sense of responsibility and to make the most of their abilities.

Students will leave S6C with a sense of purpose, inspired to engage with the world around them, equipped with a lifelong desire to learn, and with the knowledge, skills and strategies needed to keep safe, promote mental and physical wellbeing, and take an active role in society.

Topics cover a range of life skills including:

- Physical and mental health and wellbeing
- Finance
- British Values
- Radicalisation and how to prevent it
- Careers and destinations
- Citizenship and society
- Politics and ecological issues
- Personal development and current affairs
- Sexual health
- Employability skills

- Safety online, whilst travelling, and socially
- Study skills and strategies

Sessions are delivered by tutors and also by external speakers in dedicated Development Days three times a year and via our Speaker Programme.

## Weekly Clubs and Societies

Clubs and societies at S6C comprise a variety of enrichment activities, trips and extra-curricular groups. Being part of the wider college community helps students integrate into college life and make new friends. Clubs and societies have included:

- The Student Union
- Duke of Edinburgh Awards
- Various sport activities: Football, Netball, Badminton, Gym/Fitness
- Debate Club
- Film Club
- Video Games Society
- Esports Tournament with the British Esports Association
- Music Club
- Brain Day
- Volunteering
- LGBT+ Society
- Meditation
- Enterprise Club
- Amnesty International
- Baking Club
- Robotics, Knitting, Yoga
- National Poetry Week Performances
- Drama Club and STEM Club
- Various guest speakers from politicians to entrepreneurs and renowned experts

Previous trips have included: New York City, Nepal, St Ives, Cornwall, London art galleries and museums, cinemas, EGX Birmingham/London (Video Games Expo), local art galleries, The British Library, Jurassic Coast Geography Trip, The British Film Institute, and a tour of Oxford University Colleges.

The S6C experience is not just about academic lessons. It includes the tutorial programme, self-directed learning, and clubs and societies.

The more students put into college, the more they get out of it.

## Pastoral Support

Every student is allocated a tutor and this will be their first point of pastoral contact. Tutor meetings are fortnightly, for one hour, but tutors will also have 1:1 contact meetings with their tutees. The Pastoral Lead advises and supports tutors, and can meet with students, arrange further support, or make referrals.

## Pastoral interventions

Tutors, subject teachers and the Pastoral Lead can all arrange pastoral interventions for students. This can range from a chat with a member of staff, or weekly mentoring sessions with The Bridge, to referrals to external agencies.

## Safe spaces in college

Every space in college should be a safe one. Everyone should feel comfortable and accepted at S6C and the college takes bullying very seriously. In addition to the Study Centre there are study tables in the foyer, booths in the cafe and break-out areas of seating. There are also designated quieter spaces for those needing to take a moment.

## Quiet Room

Access to this quiet study space is arranged via the SENCO (Special Educational Needs Co-ordinator) and may be useful for a range of educational or mental health support needs.

## Reflection Room

The Reflection Room is a quiet space for students and staff. It provides comfortable seating, birdsong and wave lighting, picture books from faith and cultural traditions, mindfulness colouring, and a range of contemplative objects. There is a space available for daily prayer. Students are encouraged to let the college know of anything it can do to support their faith or reflection needs in this space.

## Mental Health Support

S6C aims to promote and support the physical, mental and emotional wellbeing of all stakeholders, including students, staff, parents, carers and the wider community.

Building resilience is incredibly important. Having an open mindset, self-care, building a support network, and knowing where to find resources all help build resilience.

However, when challenges require further support, this can come from self-help material, internal support from an educator or employer, an external referral to an age-appropriate mental health service team, a GP, a counselling service, or helplines.

## Crisis and helpline resources

If you are in crisis, the following organisations are here 24/7:

- Samaritans

- Childline
- Young Minds

For mental health support locally (under 18): On Your Mind

For mental health support locally (over 17): IAPT

For young people under 25 wanting support for any issue: The Mix

To start self-help programmes for mental health issues including anxiety, low mood and stress: Get Self Help, Mood Juice (Scottish NHS)

## **Specialist support**

- Domestic violence: Splitz
- Carers and young carers: Carer Support Wiltshire
- Armed forces connections: gov.uk mental health support pages
- Smoking, drugs or alcohol: Talk to Frank, Motiv8 Wiltshire
- Parents, employers and carers: Charlie Waller resources
- SEND additional support: Wiltshire SENDIASS