



SALISBURY SIXTH FORM COLLEGE

PSHE EDUCATION AIMS

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The following information is available on the S6C website and in the Prospectus and has been written in order to support our students in their transition to FE 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

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; 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, ecological issues, personal development, current affairs, sexual health, employability skills, safety online/whilst travelling/socially, study skills and strategies, and more.

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 are an important part of the S6C experience and 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
- STEM Club
- Various guest speakers from politicians to entrepreneurs and renowned experts

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

We at the college continue to remind our students that the S6C experience isn't just about academic lessons but it also includes the tutorial programme, self-directed learning and of course, clubs & societies. We've found that the more students put into college then 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 to 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 we take bullying very seriously. In addition to our Study Centre there are study tables in the foyer, booths in the cafe and break out areas of seating. We also have some designated quieter spaces for those needing to take a moment.

Quiet Room

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

Meeting Rooms

We have a range of small meeting rooms where students can meet with external agencies.

Reflection Room

Our newly launched Reflection Room is a quiet space for students and staff. 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 us know of anything we 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 – students, staff, parents/carers and our communities.

We can all face obstacles to our wellbeing and building resilience (the ability to bounce back) is incredibly important. Having an open mindset, self care, building a support network, and knowing where to find resources, all help build resilience.

However, despite our best efforts we may meet challenges that 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, the GP, a counselling service, or helplines.

Some people have underlying long term / short term mental health conditions, and some people are having to handle difficult circumstances, but in either case, positive mental wellbeing can be encouraged and maintained using a range of tried and tested strategies.

Students, parents/carers, staff, and members of the community may find the following resources useful in supporting their own, or someone else's mental health. Help is always at hand – and there is always someone who can listen or advise.

There are so many resources available online – and different ones suit different people and circumstances – if you can't find something that is helpful for you, then please get in touch and we will be happy to signpost further material and agencies. It's good to talk!

5 areas of wellbeing

Learn about 5 internationally recognised areas of wellbeing and see if you can make a small change in each area.

NHS Support Learn Happy

Explore a range of further helplines and support signposted by Wiltshire local authority: this includes help for specific issues such as eating disorders, gender issues, self harm, support for LGBTQ+, parental support, a list of useful apps for your phone etc. Use the menu on the left hand side to find a huge array of resources and information, linked to local support services:

Crisis lines

If you are in crisis the following organisations are here for you 24/7.

- Samaritans
- Childline
- Young Minds

If you would like to refer yourself, or someone under 18, for mental health support locally:

- On Your Mind

If you would like to refer yourself, or someone over 17, for mental health support locally

- IAPT

If you would like to know more about mental health issues in young people or adults: or if your mental health has suffered due to covid:

- Young Minds Mind
- The Calm Zone

If you are a young person under 25 wanting support for any issue – mental health, emotional support, difficult circumstances, tough day and need to talk, register for counselling, peer support etc:

- The Mix

If you would like to start self help programmes for a range of mental health issues: including sleep problems, low mood, anxiety, OCD, PTSD, phobias, stress, anger, panic and depression.

- Get Self Help
- Mood Juice (Scottish NHS)

If you are a parent worried about a young person or child: On Your Mind

- Young Minds
- Address your stress

Managing stress can make a huge difference to wellbeing:

- MHFA England The Mix

Domestic violence

- If you have been affected by physical/verbal/sexual abuse, in the home, or in the community, then you may well need further support as you move on. Please contact Splitz for more information: Splitz

Carers and Young Carers

- If you are a carer, or young carer, offering support to someone in your family, above and beyond average expectations, then you need support yourself. You can find out more, and self refer with Carer Support Wiltshire.

Armed Forces

If you have connections with the armed forces then you are free to contact any of the agencies already mentioned, but you may also be able to access additional support on www.gov.uk under 'Mental health support for the UK armed forces'

For issues related to smoking, drugs or alcohol: including a 24/7 anonymous helpline for advice and support, and specific guidance for parents/carers:

- Talk to Frank
- Motiv8 Wiltshire

Guides for parents, employers, carers and educators on a huge range of topics including covid, self harm, wellbeing, suicide prevention, emotional wellbeing, home working:

- Charlie Waller

Special needs additional support

- Free confidential information, advice and support available locally from Wiltshire SENDIASS