



Personal, Social and Health Education (PSHE)

What is PSHE?

PSHE is Personal, Social and Health Education. It comprises all of a school's planned provision to promote its students' personal and social development, including health and wellbeing.

Areas covered include health and drugs education, sex and relationships, celebrating difference, first aid, team building activities, young people and the law, rights and responsibilities, personal finance, careers education and guidance, preparation for work experience and examinations, and aspects of local and global citizenship, amongst others.

Why do we teach PSHE?

The National Curriculum non-statutory guidelines for PSHE include:

- developing confidence and responsibility and making the most of their abilities
- developing a healthy, safer lifestyle
- developing good relationships and respecting the differences between people.

How is it organised?

The discrete subject areas at the college do not make up the full course of study. There are many other topics and activities which are important in a well-balanced curriculum and some of these are delivered via conference days. Since September 1999, Personal, Social and Health Education at Cottenham has been delivered via five conference days which take place each half term (apart from the second half of the summer term).

The normal college timetable is suspended on these days to provide flexible time for a wide range of activities. Typically, students work within their year group, but may not be with their own form.

Each day is based on one or more themes planned and developed by a group of staff that could include form tutors, year heads, Cambridgeshire PSHE Service and the PSHE co-ordinator. Students may also be involved in the planning of some of the activities. Teaching staff and support staff all take an active part in the conference day (see visitors).

How will parents be kept informed about the conference days?

Students will be given a letter for their parents, before each conference day, giving a brief outline of the activities for each year group. This information will also be available on the college website.

Visitors on conference days

We have been very lucky to enlist the help of a wide range of outside agencies and visiting speakers who work with students on the conference days. In recent years these have included PSHE Services, theatre-in-education companies, (drugs/alcohol, relationships, road safety), Centre 33 (Cambridge), Bridge Project, Samaritans, St John Ambulance, Police, School nurse, mums and their babies, young people as carers, Cambridge Cruse, Cambridge Blue Badge guides, Always/Tampax nurse, sexual health advisor, parish council, Hearing Dogs for Deaf people, Camsight, Citizens' Advice Bureau, Trading Standards, Harambee Centre, HSBC bank, Driving Standards Agency, magistrates, Social Services, Youth Offending Service, army, navy and representatives from industry and local colleges.

Each year we are adding to this impressive list and it is very encouraging that visitors are very happy to return again and again to the college.

