



“Living, Learning, Improving” PSHE Programme 2014-2015 St Aloysius’ College

Personal, Social and Health Education is an essential part of the Catholic education and formation of the young person at St. Aloysius’ College. The Scottish Catholic Education Commission’s guidelines on Relationships and Moral Education and the Health and Wellbeing framework of Curriculum for Excellence are the documents which help inform the PSHE programme at the Senior School, all the while reflecting and expanding upon the Mission Statement of the school:

That pupils learn how to use freedom in a responsible manner; become successful life-long learners; appreciate that God can be found in all things; develop a personal relationship with Christ and make a contribution to the mission of the Church and the Society of Jesus by promoting justice in all aspects of living.

Framework Organisers

1. Mental, Emotional, Social and Physical Wellbeing
2. Planning for Choices and Changes
3. Physical Education, Physical Activity and Sport
4. Food and Health
5. Substance Misuse
6. Relationships, Sexual Health and Parenthood

The PSHE Co-ordinator for the Senior School is Mr McKillop, who, together with Mrs Erskine (Depute Head of the Senior School), oversees and develops the current programme for Personal, Social and Health Education.

The departments that deliver the indicated PSHE material are given in brackets. A number of areas in the S3-S6 programme are continuing to be developed.

S1 PSHE Programme

1. Mental, Emotional, Social and Physical Wellbeing
 - Bullying Awareness & Prevention, including cyber-bullying and responsible use of technology (**Computing, Year Office**) (**Whole School Assembly**)
 - Celebrating Success (**Whole School Assembly**)
 - Citizenship – Social Justice on a Local/International Level, Community Environment, Homelessness & Social Justice (**Geography, Year Office**)
 - Citizenship & Behaviour (**Whole School Assembly**)
 - Collaboration and Friendships (**Art, Outdoor Education, Year Office**)
 - Debating Skills (**English, History**)
 - Discrimination (**Year Office**)
 - Enterprise (**Computing**)
 - Fire Safety (**Chemistry**)
 - Gift of Education (**Whole School Assembly**)
 - International Responsibility (**Whole School Assembly**)
 - New School and New Friends (**English, Drama, Year Office**)
 - Prayer & Meditation – Mindfulness (**Religious Education**)
 - Roman Slavery & Housing (**Classical Studies**)
 - Road Safety (**Whole School Assembly**)
 - Social Justice – Refugees: Stigma and perceptions, Community Cohesion (Ecumenism, Inter-faith respect, Acceptance of difference, Faith and Politics) (**Year Office**) (**Whole School Assembly**)

2. Planning for Choices and Changes
 - Cognitive Skills and Study Skills
(**Computing, English, Geography, Physics, Year Office**)
(**Whole School Assembly**)
 - Organisation and Procedure Awareness
(**Chemistry, English, Year Office**)
 - Pupil Council (**Whole School Assembly**)
 - Research Techniques & Library Skills (**Art, English, Mathematics**)
 - Resilience Training (**Year Office**)
 - Self-evaluation (**Whole School Assembly**)
 - Using Potential (**Whole School Assembly**)

3. Physical Education, Physical Activity and Sport
 - PE, Games (**Physical Education**)
 - Healthy Lifestyle, Diet and Exercise
(**Outdoor Education, Physical Education**)

4. Food and Health
 - Healthy Lifestyle, Diet & Exercise (**Physical Education**)
 - Historical Food, Cleanliness & Exercise (**Classical Studies**)
 - Nutrition (**Biology**)

5. Substance Misuse
 - Alcohol Effects (**Chemistry**)
 - Effect of Substance Misuse on the Urban Environment (**Geography**)

6. Relationships, Sexual Health and Parenthood
 - Called to Love: Created in Love (**Religious Education**)
 - Human Reproduction (**Biology**)

S2 PSHE Programme

1. Mental, Emotional, Social and Physical Wellbeing
 - Citizenship (Environmental Awareness)
 - **(Geography, Physics, Religious Education, Art & Design)**
 - Fire Safety (**Chemistry**)
 - Anti-Bullying and E-Safety (**Computing, English, Year Office**)
 - Debating Skills (**History, English**)
 - Discrimination, Social Justice and Citizenship
 - **(History, Religious Education, Geography)**
 - Difference, Tolerance and Understanding (**Drama, Classical Studies**)
 - Dignity of the Human Person (**Religious Education**)
 - Prayer and Meditation (**Religious Education**)
 - Coping with Stress (**Year Office**)
 - Social Justice (**Whole School Assembly**)
 - Citizenship and Behaviour (**Whole School Assembly**)
 - Gift of Education (**Whole School Assembly**)
 - Road Safety (**Whole School Assembly**)
 - Inter-Faith Respect (**History**)
2. Planning for Choices and Changes
 - Organisation and Procedure Awareness
 - **(Chemistry, Mathematics, Physics, Geography, English, Year Office)**
 - Research Techniques (**Mathematics, Computing, English**)
 - Financial Mathematics (**Mathematics**)
 - Using Potential (**Whole School Assembly**)
 - Careers Carousel (**Careers, Year Office**)
3. Physical Education, Physical Activity and Sport
 - PE, Games (**Physical Education**)
 - Healthy Lifestyle, Diet and Exercise (**Physical Education**)
4. Food and Health
 - Healthy Eating and Balanced Diet (**Year Office**)
 - Historical Food, Cleanliness and Exercise (**Classical Studies**)
5. Substance Misuse
 - Smoking, Alcohol & Drugs (**Biology**)
6. Relationships, Sexual Health and Parenthood
 - Called to Love: Growing in Love (**Religious Education**)
 - Population and Birth Rates (**Geography**)
 - Personal Relationships and Safety (**Year Office**)

S3 PSHE Programme

1. Mental, Emotional, Social and Physical Wellbeing
 - Anti-Bullying and E-Safety (**Year Office**)
 - Community Cohesion
 - N5 RMPS - Ecumenism, Inter-faith respect. Acceptance of difference.
(Religious Education)
 - The Dignity of the Human Person
 - Christian Anthropology (**Religious Education**)
 - Prayer and Meditation
 - Exploration of forms of prayer that promote wellbeing.
 - **(Religious Education)**
 - Death & Bereavement
 - Catholic Teaching on Life after Death (**Religious Education**)
 - Social Justice (**Whole School Assembly**)
 - Citizenship and Behaviour (**Whole School Assembly**)
 - Gift of Education (**Whole School Assembly**)
 - Road Safety (**Whole School Assembly**)
 - International Responsibility (**Whole School Assembly**)
 - Celebrating Success (**Whole School Assembly**)

2. Planning for Choices and Changes
 - Introduction to Middle School (**Year Office**)
 - Homework and Schoology Use (**Year Office**)
 - Research & Exam Techniques (**Year Office**)
 - Using Potential (**Whole School Assembly**)
 - Cognitive Skills and Study Skills (**Whole School Assembly**)
 - Pupil Council (**Whole School Assembly**)
 - Self-evaluation (**Whole School Assembly**)

3. Physical Education, Physical Activity and Sport
 - Games (**Physical Education**)
 - Y Dance Workshop (**Year Office**)

5. Substance Misuse
 - Alcohol Misuse – Year Assembly on Binge Drinking (**Year Office**)
 - Smoking, Alcohol and Other Drugs Misuse
 - One-day conference in association with LACAUK (**Year Office**)

6. Relationships, Sexual Health and Parenthood

- Personal Relationships and Safety
 - Year Assembly and Police talk on Inappropriate Images and use of technology. – **(Year Office)**
- Relationships and Morality
 - Within N5 RMPS Syllabus – Marriage and family life including Catholic teaching on sexuality, cohabitation, divorce, contraception and the role of the family in society. **(Religious Education)**

S4 PSHE Programme

1. Mental, Emotional, Social and Physical Wellbeing
 - Anti-Bullying and E-Safety (**Year Office**)
 - Community Cohesion
 - N5 RMPS - Ecumenism, Inter-faith respect. Acceptance of difference. (**Religious Education**)
 - The Dignity of the Human Person
 - Christian Anthropology (**Religious Education**)
 - Prayer and Meditation
 - Exploration of forms of prayer that promote wellbeing.
 - (**Religious Education**)
 - Death & Bereavement
 - Catholic Teaching on Life after Death (**Religious Education**)
 - Social Justice (**Whole School Assembly**)
 - Citizenship and Behaviour (**Whole School Assembly**)
 - Gift of Education (**Whole School Assembly**)
 - Road Safety (**Whole School Assembly**)
 - International Responsibility (**Whole School Assembly**)
 - Celebrating Success (**Whole School Assembly**)
 - Citizenship and Charity Work (**Year Office**)
2. Planning for Choices and Changes
 - Homework and Schoology Use (**Year Office**)
 - Work Experience Placement (**Careers**)
 - CV, Interview and Writing Skills (**Year Office**)
 - Research & Exam Techniques (**Year Office**)
 - Using Potential (**Whole School Assembly**)
 - Cognitive Skills and Study Skills (**Whole School Assembly**)
 - Pupil Council (**Whole School Assembly**)
 - Self-evaluation (**Whole School Assembly**)
3. Physical Education, Physical Activity and Sport
 - Games (**Physical Education**)
6. Relationships, Sexual Health and Parenthood
 - Personal Relationships and Safety
 - Year Assembly and Police talk on Inappropriate Images and use of technology. – (**Year Office**)
 - Relationships and Morality
 - Within N5 RMPS Syllabus – Marriage and family life including Catholic teaching on sexuality, cohabitation, divorce, contraception and the role of the family in society. (**Religious Education**)

S5 PSHE Programme

1. Mental, Emotional, Social and Physical Wellbeing
 - Anti-Bullying and E-Safety (**Year Office**)
 - Prayer and Meditation
 - Exploration of forms of prayer that promote wellbeing.
 - (**Religious Education**)
 - Social Justice (**Whole School Assembly**)
 - Citizenship and Behaviour (**Whole School Assembly**)
 - Gift of Education (**Whole School Assembly**)
 - Road Safety (**Whole School Assembly**)
 - International Responsibility (**Whole School Assembly**)
 - Celebrating Success (**Whole School Assembly**)
 - Citizenship and Charity Work (**Year Office**)
 - Effective Stress Management
 - Part of Study Skills Programme (**Year Office**)

2. Planning for Choices and Changes
 - Homework and Schoology Use (**Year Office**)
 - Cognitive & Study Skills Programme (**Year Office**)
 - Using Potential (**Whole School Assembly**)
 - Cognitive Skills and Study Skills (**Whole School Assembly**)
 - Pupil Council (**Whole School Assembly**)
 - Self-evaluation (**Whole School Assembly**)

3. Physical Education, Physical Activity and Sport
 - Games (**Physical Education**)

6. Relationships, Sexual Health and Parenthood
 - Called to Love: Faithful in Love
 - Living in Communion, belonging to a family, personal relationships, the bigger picture, different lifestyles, life at its beginning, life at its natural end, design and purpose, natural family planning, contraception. (**Religious Education**)

S6 PSHE Programme

1. Mental, Emotional, Social and Physical Wellbeing

- Anti-Bullying and E-Safety
 - CEOP information
 - Police talk on inappropriate images and use of technology.
 - Debate & Lecture – Respect Me visit.
(Year Office)
- Prayer and Meditation
 - Exploration of forms of prayer that promote wellbeing.
(Religious Education)
- Social Justice **(Whole School Assembly)**
- Citizenship and Behaviour **(Whole School Assembly)**
- Gift of Education **(Whole School Assembly)**
- Road Safety **(Whole School Assembly)**
- International Responsibility **(Whole School Assembly)**
- Celebrating Success **(Whole School Assembly)**
- Citizenship
 - Social Justice on a Local/International Level
 - Community Environment
 - Debate & Lecture - Public Health Awareness – Donating blood
 - Debate & Lecture visits from YES and NO campaigns on Referendum.
(Year Office)
- Citizenship
 - Catholic Social teaching, poverty, just war theory, pacifism, environmental justice. **(Religious Education)**
- Citizenship
 - Visit from University Chaplains **(The Chaplaincy)**
- Bioethics
 - Eugenics, Embryonic Stem Cell Research and Human Cloning
(Religious Education)
- Coping with Stress
 - Presentation on balancing demands and coping with stress in S6. (Tina Campbell)
(Year Office)
- Debating Skills
 - Debate & Lecture debates organised by Debating Society, covering topical issues.
(Year Office)

2. Planning for Choices and Changes

- C.V., Interview and Writing Skills **(Year Office)**
- Money Management & Debt Awareness **(Year Office)**
- Careers Exploration
 - Debate & Lecture - Scottish Engineering
 - Careers Fayre
(Year Office, Careers)
- UCAS **(Year Office, Careers)**

- Leadership Skills
 - Team work and Organisation
 - Four Day Residential Leadership Course
(Year Office, Outdoor Education)
 - Using Potential **(Whole School Assembly)**
 - Cognitive Skills and Study Skills **(Whole School Assembly)**
 - Pupil Council **(Whole School Assembly)**
 - Self-evaluation **(Whole School Assembly)**
3. Physical Education, Physical Activity and Sport
- Games **(Physical Education)**
4. Food and Health
- Healthy Eating & a Balanced Diet
 - Debate & Lecture from the NHS **(Year Office)**
5. Substance Misuse
- Homelessness & Substance Misuse
 - Debate & Lecture Salt and Light talk about homelessness and the effects of drug and alcohol addiction.
 - Fundraising activities for Salt and Light.
(Year Office)
 - Smoking, Drugs & Alcohol
 - Glasgow Alcohol Awareness group presentation on the effects of alcohol. **(Year Office)**
6. Relationships, Sexual Health and Parenthood
- Sexually transmitted infections
 - Debate and Lecture Talk on HIV. **(Year Office)**