

Life Skills

Key Stage 3 & 4

Guide for Parents



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What is Life Skills and why is it on the curriculum?



Life Skills includes Personal Social and Health education, as well as Economic Education, Study Skills, Citizenship and Careers Education and Guidance.

Life Skills lessons take place once a fortnight and students are taught in their teaching groups as Ax, Ay etc.

Life Skills is a planned programme of learning opportunities and experiences that are designed to help young people grow up and develop as individuals and members of families and communities. It is designed to equip them with the knowledge and practical skills to live healthy, safe, fulfilled and responsible lives. Life Skills also enables young people to reflect on and clarify their own values and attitudes, and to explore the complex and sometimes conflicting range of values and attitudes they encounter now, and will in the future.

Personal Social and Health Education (PSHE)

This area concentrates on developing social skills relating to self esteem, bullying, making friends and health issues. These include areas such as drugs education (**DE**) and sexual health and relationships education (**SHRE**).

Study Skills (SS)

Study Skills were incorporated into our Life Skills programme for the first time last year to help Key Stage 4 students in particular to prepare for examinations. It links with our Careers Guidance programme and encourages students to consider the way in which they learn and think, about how best to study, and how to revise in preparation for exams.

Economic Education (EE)

This area aids students' understanding of the nature of the world of work, the diversity and function of business, and its contribution to national prosperity. Students develop as questioning and informed consumers who learn to manage their money and finances effectively in light of the financial crisis that the country is currently experiencing. There are numerous opportunities for enterprise through a weekly club, and the regular enterprise market which develop their entrepreneurial

skills that our young people require.



Citizenship (CE)

Citizenship is incorporated within the programme and ties into our Personal, Social and Health Education programme. Students develop skills of enquiry, communication, participation and responsibility through learning about and becoming informed and interested participants in their local, national and global communities. Citizenship develops an interest in political issues, human rights, gender, race and disability discrimination as well as the economy.

Active citizenship is encouraged through our School Council which is being further developed this year with our Student Support Team, and through the Head Teachers Question Time which is also being launched this year. As well as this every two years we hold Tring Youth Town Council elections, and Tring School has actively participated in community events such as the Tringe Festival and the Tring Carnival.

Careers Education and Guidance (CEG)

Students have access to careers software and websites through Moodle. They can also access some of these websites at home. Advice and counselling is offered to students through our Connexions Personal Advisers, and every year group updates a CV that they can use once they leave school. Their first CV is completed before they come to Tring School with the help of our primary feeder schools.

Careers Guidance is particularly important at Year 9 when students are choosing their options, and at Key Stage 4 when they are looking at choices regarding further education post 16.

Whole Day Events

Life Skills tries to hold at least one whole day event for each year group.



Year 7 3 E's Day

Year 8 Real Game Day (13 October)
Drugs Awareness Day (9 February)

Year 9 Sexual Health and Relationships Morning (27 March)

Year 10 Enterprise Day (15 March)

Parents will receive a letter explaining the content of these days nearer the time of the event.

Whole day events are designed to compliment the Life Skills Programmes of Study that are delivered to each year group.

Year 10 are also invited to take part in Work Experience in July. A vast amount of preparation goes into finding an appropriate placement for all Year 10 students. They listen to a number of talks about health and safety, as well taking part in activities to help them develop skills to make a good first impression, and write a CV and letter of application. If there are any questions regarding Work Experience please contact Denise Griffiths, our Connexions Coordinator.

All whole day events are coordinated and led by the Specialist Life Skills Team with the help of the Student Support Team.

Outside Speakers



In order to ensure that students are kept fully up to date with the latest information, and that the information is accurate, we invite outside speakers in to talk to whole year groups and classes.

Year 7 DrugsLink (drugs awareness)

Police (drugs awareness)

Childnet International (E safety)

Peacechild (friendships and peer mediation)

Year 8 Magistrates (offending behaviour and the consequences)

Police (crime and consequences)

Year 9 Holocaust Survivor (cross curricular with History)

Herts Aid (sexual health)

Year 10 Everyman Cancer (cancer awareness)

Prison Me No Way (crime and consequences)

Year 11 DrugsLink (drug awareness)
 Magistrates (crime and consequences)
 HYHG (homelessness)
 NHS (sexual health)
 Herts Aid (Sexual Health)

Year 7 Programme of Study



Theme: Relationships and Being Healthy

Getting to Know Your Class and Friendships (PSHE)

These sessions are delivered at the beginning of the year and focus on getting to know the other students in their classes and encourage students to get to know the classmates they haven't had the courage or opportunity to talk to before.

DrugsLink (DE)

This is the first of a series of sessions during Key Stage 3 in which Bud Windeler from a Hertfordshire drugs education service comes to talk to students about the harm that drugs can cause to themselves and others. Year 7 begin by looking at "soft" drugs including alcohol and nicotine.

Anti-Smoking (DE)

Led by one of our Student Support Team, this session compliments the DrugsLink session and the talk from our outside speaker about the dangers of smoking

Keep Fit and First Aid (PSHE)

These two sessions are designed to help students understand the benefits of exercise and how to administer basic first aid. These sessions are led by someone who is First Aid trained.

Healthy Eating (PSHE)

As Tring School has a Healthy School Award, we feel it is important to help students become more aware of how eating well can help them stay healthy and fit. This session delivers a series of activities to help them understand what makes a diet healthy, and how what you eat can affect your body and mind.



Puberty (SHRE)

The first in our Sexual Health and Relationship sessions is concerned with the changes that the students will see in their bodies over the next few years. It is designed to reassure them how normal puberty is, and where they can go for advice if they are concerned about these changes.

Support Staff (PSHE/CG)

This session is designed to help students understand the role that Support Staff play in keeping the school running and work they do in helping students around school. Our Support Staff come into these sessions and talk about what job they do and how they were employed as well as their employment history.

Racism and Prejudice (CE)

These sessions are delivered by a member of our Extended Leadership Team and help students to understand the consequences of racism within the school community and the country. It challenges misconceptions and requires students to think about their behaviour towards others.

Bullying/Circle time (PSHE)

One in a series of sessions tackling what bullying is and what to do if they face bullying. This session concentrates on cyber and text-bullying.

Disability Awareness (CE/PSHE)

An important topic for students at Tring School, this session has been designed to help students understand how being disabled affects peoples everyday lives whether it is a physical or mental disability. This session has been designed with the help of our Learning Support Department.

Loss and Grief (PSHE)

Delivered by one of our Specialist Team, with the advice of our School Counsellor, this session is designed to help students deal with loss, or support those who have recently lost someone close to them.

Road Safety (PSHE)

Students are encouraged to think about how they can be safe on their journey to school

CV (CEG)

Our students are now completing a CV each year and updating it with achievements and certificates. We are hoping that eventually this will go online. (This session is delivered to every year group).



Year 8 Programme of Study

Theme: Politics, Citizens and Laws

Democracy & Democracy and Voting (CE)

These sessions compliment the History Curriculum in Year 8 in which students begin to think about what democracy is and how it affects them. They then vote on a topic that affects them in school, and this then goes to the School Council and the Head Teachers Question Time.

Youth in the News (CE)

Students think about how young people are portrayed in the media and discuss whether this portrayal is accurate.

Why Laws (CE)

Students think about the purpose of laws and consider the reasons for some of the school rules.

Volatile Substances (DE)

Led by one of our Leadership Team, this session looks at how volatile substances are used in everyday life and how as a drug, they can be abused.

Environment (CE)

Students are asked to consider how they impact the environment and how they can make changes to improve the environment immediately around them.

Britishness (CE)

Students are required to consider what makes a person “British”. This session compliments the Racism and Prejudice session in Year 7.



Crime and Consequence (CE)

In the second of our PCSO sessions, Martin Leadbitter comes in to talk to the students about crime and how it affects them and their community.

Drugs/Alcohol (DE)

The second in our drugs awareness sessions in Key Stage 3 concentrates on alcohol and how it can affect society and the individual.

Think Work (CEG)

Students start to think about what interests them and what career path they may want to take. They start to look at what they might need to do to achieve their goals.

Extended Leadership Team (PSHE/CEG)

Our Extended Leadership Team deliver a session about what it means to be part of the Leadership Team, and how they got their role in school.

Active Citizenship (CE)

Students consider what it means to be an “Active Citizen”, and how they can begin to get involved in the school and Tring community if they haven’t already

Truancy (PSHE)

Students are taught about the consequences of truancy and to think about what absence from school can mean for them in the future.

How to debate (CE)

Students are given a topic to debate and have to prepare and compete with another class on that topic

Year 9 Programme of Study



Theme: Preparing for KS4, Careers and Personal Safety

Options (CEG/SS)

Two sessions are delivered during the first term to help them become more informed about how their option choices will affect their career paths.

Alcohol (DE)

The third in the series of Key Stage 3 sessions dealing with drugs, this concentrates on binge drinking and its effects on the body

Personal Safety (PSHE)

Students think about how certain actions can put them in danger, and how to become safer in some situations. This session also deals with bullying.

Human Rights (CE)

This session is designed to compliment the History curriculum in Year 9. It deals with the history of human rights and asks the students to consider whether education should be a human right.

Connexions (CEG)

Students are shown the range of information, advice and guidance offered through our Connexions Centre, and how the resources can help them to choose the most appropriate options at Key Stage 4, and to ensure they can lead happy and healthy lives.

Internet Safety (PSHE)

Students are encouraged to become aware of the dangers of using the internet and how to ensure they are safe in chat rooms and social networking sites.

Being a Teen (SHRE/DE/PSHE)

The second in our Sexual Health and Relationships sessions deals with the emotions of being a teenager and peer pressure. This session compliments the Sexual Health and Relationships Morning.

Homophobia (SHRE/PSHE)

Students look at homophobic bullying, understanding what it is and its affects.



Marketing (EE)

This session is designed to help students understand how marketing can influence the way that they buy products.

Gender Discrimination (CE/PSHE)

This session compliments the Careers Guidance programme and asks them to consider what employment they want to go in to, why and how gender sometimes affects people's perceptions.

Poverty (CE)

Students take a look at what poverty is in Britain and abroad.

Year 10 Programme of study

Theme: Work Experience and Study Skills

Contraception (SHRE)

Students look at the importance of safe sex and methods of contraception

Study Skills (SS)

Two sessions are delivered to Year 10 and designed to help them better understand the way in which they best learn, and how to make the most of revision.

WWI Remembrance Day (CE)

Students look at why we commemorate Remembrance Day and some of the poetry from WWI

Business and Budgeting (EE)

Students think about how to pay bills on a budget as well as look at a range of ways of paying bills and how to ensure they remain in control of their financial management.

DrugsLink (DE)

Bud Windeler from DrugsLink comes in to talk to the students for the second time about drugs and the effects on society and themselves.



Alcohol (DE)

This session compliments the DrugsLink session with Bud Windeler and gets students to think about how to drink responsibly.

Careers (CEG)

Students are introduced to CareersWeb, a software programme that helps them to consider different career paths and what jobs they could go into with the Key Stage 4 results they are predicted.

Teen Pregnancy (SHRE)

Students are asked to look at the effects on teenagers and their families of an unplanned pregnancy whilst still at school.

Mental Health (PSHE)

Students look at mental health issues and self harming as well as where they can get help from.

Sexuality (SHRE/PSHE)

This session compliments the Year 9 Homophobia lesson and requires students to think about sexuality and where they can look for help if they have questions about their sexuality.

(A number of Year 10 Life Skills sessions are taken up with talks in preparation for Work Experience)

Year 11 Programme of Study

Theme: Preparing for Post 16

College Talks (CEG)

Students are offered the opportunity to listen to talks from colleges in the area and the courses that they offer.



Sixth Form Talk and Options Fair (CEG)

Heather Golla, Head of Sixth Form, talks to the students about what life in the Sixth Form is like, and what results they need to achieve at the end of Key Stage 4 for entry to Tring School's Sixth Form.

Careers (CEG)

Students look at careers options in more details using a computer software programme that they can also access from home.

Budgeting (EE)

Students look at a wage slip and consider tax and what happens to income tax once it is deducted. They also look at where their tax should be spent in order to make it effective to the country.

Refugees (CE)

Students look at what it is like to be a refugee and the difference between refugees, asylum seekers and illegal immigrants.

Fairtrade (CE/EE)

This session is designed to get students to think about how Fairtrade can help under-developed countries, and what they can do to support growing economies.

Eating Disorders (PSHE)

Students look at what it means to have an eating disorder and see where they can go for help for themselves and others.

Revision Skills (SS/CG)

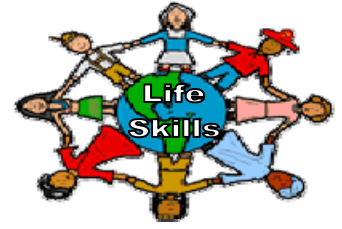
In these two sessions students consider how best to revise and study for examinations.

Pregnancy (SHRE)

Students look at how pregnancy affects both the mother and father, and how having a baby can affect the mothers' body, and both parents' social lives and income.

Drugs Awareness (DE)

The last in our Drugs Education sessions deals with the more disturbing results of becoming involved in taking drugs, in particular looks at the effects on a heroin users family.



Sexual Health and Relationships Education/ Drugs Education

Sexual Health and Relationships Education and Drugs Education is part of the Personal, Social and Health Education programme that we are required to deliver to all students as part of the curriculum, and complements the programmes of study in both Science and Religious Education.

We believe your child will both enjoy and benefit considerably from participating in these sessions. It provides them with knowledge and encourages the acquisition of skills and attitudes which allows them to manage their lives in a responsible and healthy way.

Parents will receive a letter reminding them that their children will be taking part in the Sexual Health and Relationships Education Day in Year 9, and the Drugs Awareness Day in Year 8 before it takes place.

The Life Skills Programme of Study is designed so that the information and guidance we give about sexual health and drugs is age appropriate.

Queries about Life Skills

If you have any questions regarding Life Skills, please contact Gayle Raybould the Life Skills Coordinator at graybould@tring.herts.sch.uk Likewise, if you have any suggestions on how our programme or this leaflet to parents can be improved please contact Gayle Raybould.