Our Bridge PRSHE Curriculum



From the moment that pupils begin their journey in the Bridge at President Kennedy, they will be exposed to our 'Three Strands' PRSHE curriculum, which enables students to become successful, happy, and wellrounded young adults who are ready to thrive in the wider world. The aim of our curriculum is to instil students with the skills and characteristics needed to make confident and informed decisions about their health, mental wellbeing, and relationships. The PKS 'Three Strands' curriculum is centred around three principal threads: Living in the Wider World, Keeping Safe and Healthy and Student Leadership and Service. At President Kennedy, our PRSHE is primarily delivered during morning tutor times, led by the student's tutor, who takes a principal role in pastorally supporting their tutees through positive relationships, as well as being part of class discussions in students' main curriculum subjects. In our curriculum, we have ensured that there are opportunities for verbal discussions and for pupils to consider applicable real-life scenarios so that they can reflect upon and apply the knowledge that they have gained.

Through our PRSHE curriculum, which aligns with the recent Government Statutory Guidance, we aspire to support our pupils to develop resilience, emotional awareness and to know when and how to ask for help, as well as know where they can access support.

Students are encouraged to think deeply about what makes an effective 'leader', using fictional and non-fictional texts as well as examples of real people from the wider world – both past and present.

Students are also given opportunities to undertake leadership roles of their own within the Bridge: becoming Student Council members who voice student concerns, organising their own enrichment clubs and managing fundraising activities for local charities of their choice.

THE 3 STRANDS

Living in the Wider World

Celebrating Diversity

Student

- **Promoting British Values** Exploring career possibilities
- Awareness of economic wellbeing
- Moral and ethical considerations

Keeping Safe Leadership & Healthy

- & Service Leadership: Driving · Forming and sustaining positive, respectful relationships Service: Actions
 - · Maintaining healthy which improve our lifestyles · Sustaining positive mental Activity: Improving
 - and emotional wellbeing · Managing risk and through experiences
 - personal safety

Students are challenged to consider thought-provoking topics which will prepare them for life beyond their school years. Through celebrations of National events such as **Holocaust Memorial** Day, World Book Day, International Women's Day along with various religious days, students are taught about the importance of community values and mutual respect.

As well as this, our **University Visit** programme will give all students the chance to visit a university during their time in the Bridge with a view to broadening student's horizons.

Students are stimulated to contemplate a range of factors that affect their physical and emotional wellbeing so they can make informed choices about their own lifestyle and relationships by recognising what is healthy and what isn't. Exploration of emotions is also explored so students understand themselves, and empathise with others.

Furthermore, students will explore how to manage strong emotions such as anger and stress; the impact of spending time online and on social media; the importance of healthy lifestyles; the consequences of using drugs; and how to identify and possess healthy and non-toxic relationships.