

PSHCE 2019-20

PSHCE lessons during the school closure will be focused on embodying the Alsop Way and embedding key positive behaviours that will help students to adapt to remote learning. Each session will be focused around a different key attribute and link to the new challenges they face in the current circumstances, but also the new opportunities for personal development that are presented.

Session	Intention
Session 1 – Being Positive	Students understand that valuing everyone includes valuing themselves, and learn the how they can look after themselves and remain safe and healthy, by maintaining appropriate social distancing and good hand hygiene, taking opportunities to exercise and eat healthy, and behaving responsibly online. Students know the value of maintaining a positive outlook and mindset, and learn strategies to help promote positive mental wellbeing in the face of challenging circumstances.
Session 2 – Being Kind	Students understand that valuing everyone includes looking out for others, particularly those who may be vulnerable and in need of kindness and support. Students can recognise and take opportunities to be kind to others, including offering to go shopping for elderly or infirm neighbours, helping parents/carers around the house or reaching out to people who may be feeling isolated.
Session 3 – Being Engaged	Students understand the importance of taking opportunities and engaging with new possibilities to learn, and can identify gaps in their experience, knowledge and skills that they can fill while outside of school. Students appreciate the value of social interaction when sharing a living space with others, and know the importance of unplugging devices and engaging with loved ones face-to-face, through having conversations, sharing stories, playing games or learning from each other.
Session 4 – Being Ambitious	Students can be ambitious about their futures and what they want to learn and achieve, setting themselves goals and focusing on their priorities once they return to school, and their ambitions beyond school. Students know how to challenge themselves, by reading challenging texts, learning new knowledge and skills, and trying to achieve things they have previously failed at, given up or avoided.
Session 5 – Being Prepared	Students understand the importance of organisation to learning outside of school, and know how to create a study timetable and manage their time effectively. Students understand the importance of working and studying independently and showing initiative, and know how to develop strategies for finding their own answers and solutions.
Session 6 – Being Committed	Students know what it means to be committed and self-motivated, and can develop strategies to motivate themselves. Students understand the importance of resilience, can recognise situations where they are naturally resilient, and can develop strategies for overcoming barriers and coping with changing demands.