

PSHE & SMSC at Ely College.

Personal, Social, Health and Economic Education is delivered in a variety of ways in our school. Many themes are incorporated by subject areas where it is relevant to their curriculum.

Our main PSHE provision is delivered as part of our PLEDGES & Futures programme. Over the course of the 5 PLEDGES days, pupils will cover the following topics and will take part in a variety of activities depending on their year group:

- **Work Skills and Economic Wellbeing:** Pupils will meet with a wide variety of local employers and will have the opportunity to ask them questions about their roles. Others will take part in a 'Dragon's Den' type activity and will spend the day designing and making a produce, before presenting it to a panel of judges at the end of the day. Some pupils will attend workshops on Personal Finance and others will take part in The National Enterprise Challenge Competition. Year 11 will be working on their UCAS applications and attending a Careers Fair.
- **Charities:** Our Charities event in December is in its planning stages. More information will be published soon about this exciting event for our students and the community!
- **Physical and Mental Health & Wellbeing.** Students will be working with the PE department on the benefits of good diet and exercise. Others will be making a pop-up book on healthy Eating. There will also be workshops on healthy perceptions of body image. We are having visiting theatre companies, local NHS staff and support services in to talk to the students about the services they offer young people.
- **Citizenship & Democracy.** This day will include work on anti bullying and an introduction to Post 16 opportunities for our Year 10 pupils.
- **Environment:** The final PLEDGES day will allow our pupils to explore the benefits and processes of recycling, and will enable them to consider the impact they can have on their local environment.

PSHE is also delivered through our whole school assembly programme with a variety of visiting speakers.

SMSC means Spiritual, Moral, Social and Cultural. This is closely linked with our PSHE programme. We deliver opportunities for pupils to engage with these themes in assemblies and during PLEDGES days.

#staysafe