



Personal Development and Life Skills at Vanguard School

Subject Policy

Intent:

At Vanguard School, we recognise that the Spiritual, Moral, Social and Cultural is integral to our young people's development and is at the heart of everything we do. Our curriculum equips our students with the necessary knowledge, skills and self-confidence to lead a fulfilling and meaningful life of their choice. They will learn to be thoughtful citizens of the world, who play an active and meaningful role within our school, their homes and their community.

The mental health and wellbeing of our students is at the heart of our curriculum. As a school, we recognise that autistic pupils are often vulnerable to high levels of anxiety and other mental health conditions. We firmly believe that the personal development of our pupils is fundamental to their ability to feel safe and ready to learn. We have therefore dedicated significant time and resource each week to this area of our curriculum by drawing upon the expertise of our transdisciplinary team in aspects of its delivery.

Vanguard School recognises our responsibility to prepare our students for life in our modern country, promoting tolerance and understanding. Our Personal Development and Life Skills curriculum sets high expectations of and for our pupils and aims to raise self-awareness, esteem and respect. We share a commitment to increase the number of students who go on to seek volunteering or employment roles of their choosing and will equip our students with the necessary skills to do this, including building positive relationships and managing finances.

Implementation:

At Vanguard School, our Personal Development and Life Skills lessons cover the following areas: PSHE, Citizenship, Food & Nutrition, Sex and Relationships Education, Personal Finance Education, First Aid.

The curriculum is divided into 3 areas of study. The first is Health and Well-being which covers Growing and Changing, Healthy Living and Keeping Safe. The second area is The Wider World, looking at Rights and Responsibilities, Our Environment, Finance and Transition. The final area is Relationships, which covers Feelings and Emotions, Healthy Relationships and Valuing Difference. We have adopted the new curriculum for Sex and Relationships Education, which aims to ensure that young people are equipped to make safe, informed and healthy choices as they progress through adult life.

Students will also have the opportunity to explore and improve their physical and emotional health and well-being through cross curricular learning, the arts and our enrichment programme.