

P12 Sixth Form Personal Development Programme

In order to ensure that Sixth Form students at The Purcell School are supported in their personal development, Personal, Social, Health and Economic Education (PSHE) at Sixth Form level is primarily delivered through a Personal Development programme which is intended to educate the students about life beyond school and to equip them with the skills necessary to lead confident, healthy and responsible lives once they complete their education here.

The Personal Development programme ('the Programme') will give students the opportunity to self-reflect on their attitude towards school life and the balance between music and academic study whilst also allowing them to explore inter-personal relationships, particularly those necessary for a successful career in music, and guide them towards developing healthy and respectful relationships in all aspects of their lives. The Purcell School recognises that whilst most students will go on to musical careers, some will go on to university or vocational training and the Programme will provide appropriate support for those who take a different route to the mainstream student at The Purcell School.

The Programme will help students develop the knowledge, skills and understanding to become informed and responsible members of society and will educate students about protected characteristics as set out in the Equality Act 2010 which include: age; disability; gender reassignment; marriage and civil partnership; pregnancy and maternity; race; religion or belief; sex; and sexual orientation.

The Head of Sixth Form will have overview of the entire process and will work alongside the Head of PSHE and the Head of Pastoral and Safeguarding to ensure that the provision is up to date and in accordance with the School's responsibility to support students' spiritual, moral, cultural, mental and physical development and prepare them for the opportunities, responsibilities and experiences of life, as set out in Section 78 of the Education Act 2002, and the School's statutory safeguarding responsibilities, in line with the statutory guidance that schools 'should ensure children are taught about safeguarding, including online, through teaching and learning opportunities, as part of providing a broad and balanced curriculum'. Tutors will have termly meetings with the Head of Sixth Form to ensure they have the appropriate skills and resources to deliver a successful programme and to monitor the process for continual improvement of the Programme.

The Programme will be delivered through the following:

1. Weekly Tutorial Sessions (two separate sessions of 20 minutes each)

- a. In one session (Wednesday mornings between 08:40 and 09:00) Form Tutors will deliver a dedicated PSHE programme with support from the Head of Pastoral and Safeguarding and Head of Sixth Form. The programme will be curated in consultation with the Deputy Principal and provided to tutors a term in advance. Some flexibility is offered to tutors in covering topics as appropriate to their specific group of tutees at one particular point in time. A sample programme can be found in Appendix A.
- b. In the second session (Friday mornings between 08:40 and 09:00) Form Tutors will work on

developing interpersonal relationships with their tutees through a series of whole group activities which may include (but are not limited to):

- i. a presentation on a topic of current relevance or current affairs,
 - ii. a student-led session,
 - iii. a themed presentation relating to a whole-school topic,
 - iv. a presentation on wellbeing and mental health,
 - v. a presentation on healthy lifestyles,
 - vi. a study-skills session,
 - vii. a session on effective preparation for exams,
 - viii. a session in which students reflect on aims and objectives for the term,
 - ix. a session in which feedback on aspects of school is solicited and discussed in an appropriate fashion, always in support of colleagues
- c. At the relevant times during the term, tutors will help students scrutinise their grades and reports and will facilitate a constructive and reflective focus on them

2. Individual Tutor Meetings

- a. Twice per half term (where possible due to musical commitments) tutors will meet with tutees on an individual basis. The School recognises that different students have different needs throughout the year and tutors are encouraged not to work to a prescribed length of meeting as this may not be appropriate for every student but instead to meet with each student for the appropriate amount of time.
- b. Tutors will focus on target setting with students, aiming to set Specific, Measurable, Attainable, Relevant and Timely (“SMART”) targets and continuing to monitor these throughout the academic year
- c. Alongside target setting, tutors will be encouraged to work with students to develop specific study skills and, where appropriate, assist with any organisational difficulties, academic concerns and pastoral matters
- d. Sixth Form tutors will write up a brief outline of these meetings along with any concerns raised, targets set and any other matters arising in a dedicated book which returned at the end of each half term to the Head of Sixth Form who will monitor this process and highlight any concerns to the Senior Leadership Team and other members of staff as appropriate.

3. Assemblies and Dedicated PSHE Sessions

- a. Throughout the academic year, and no less frequently than once per term, Sixth Form students attend specific and targeted assemblies and longer sessions as appropriate. These are organised in conjunction with the PSHE Department and may include visiting speakers and formalised teaching from subject specialists.
- b. These dedicated sessions will cover topics such as alcohol and drug awareness, understanding LGBTQIAP+ culture and gender identity, and other sessions as appropriate to the student body at the time. Sex and Relationships Education may also be delivered through these sessions by trained specialist staff.

- c. Every week the Principal or, where appropriate, another member of staff or visiting specialist, will give an assembly to the whole school on subjects appropriate to the student experience at the time. These will respond to events in the wider world, or to specific concerns and situations which develop in school, and will provide topics for discussion in tutorials.
- d. Every two weeks the Head of Sixth Form or, where appropriate, another member of staff or visiting specialist, will give an assembly to Sixth Form students that is targeted to their experience. This may include sessions on UCAS applications, social media usage, student finance applications, how to present yourself as a musician and an individual in society, mental health support and awareness and will support the wider PSHE programme.

4. Additional Skills Sessions

- a. Throughout the year, students will be invited to sessions which are targeted to specific skills that may be useful to them once they leave school. These will take place as appropriate throughout the school year and will be appropriate to their year group. These sessions may include how to market yourself as a musician, how to budget and manage money effectively. Many of these sessions are delivered using resources such as those provided by Barclays LifeSkills (www.barclayslifeskills.com) which have been created with guidance from the PSHE Association.
- b. In the Autumn Term, following the application deadlines of 1st October for Conservatoire and 15th October for Oxbridge applications (as laid out annually by UCAS), Upper Sixth students are offered sessions to help prepare for university interviews, and conservatoire auditions and interviews, which are run in conjunction with the Principal and the Director of Music to draw on the most appropriate range of skills and experience of university and conservatoire training and admissions. These sessions will be targeted at specific groups of students as appropriate, and will usually include conservatoire interviews and mock auditions, alongside Oxbridge interview classes and preparation classes for pre-application submissions of work, most noticeably for university music and art courses. These will be a mixture of classes and individual sessions and students are encouraged to sign up early to make the most of them.
- c. In the Spring Term, Lower Sixth students are invited to a session run by the Head of Sixth Form and the Director of Music about their journey beyond school. Visiting specialists from Conservatoires will be invited to provide further guidance on that route, including the suitability of consultation lessons and open days, whilst the Head of Sixth Form will introduce students to alternative courses of study, including UK and US Universities and other international institutions. This session will usually be held in the first half of the term, subject to student and visiting specialist availability. Upper Sixth students are invited to talk with the Lower Sixth students after the session on an informal basis to help explain their decision-making process the previous year.
- d. In the latter half of the Summer Term, Upper Sixth students are invited to Futures Day, run by the Head of Sixth Form, in which they are given further guidance about life beyond school to compliment sessions run throughout the Personal Development programme over their two years in the Sixth Form. A sample programme can be found in Appendix B.

5. Delivery of the Programme

- a. The Programme will be delivered in discrete sessions as appropriate to the type and duration required. These may be run during the school day, during larger music block sessions, or in dedicated development time between 5pm and 6pm on Tuesdays and Thursdays.
- b. Sixth Form students will undertake the Programme on various frequencies depending on the nature of the sessions. Sample programmes can be found in Appendix C which demonstrate the programme for an individual over the course of their two years at the school.
- c. Individual sessions may also be offered during the evenings throughout scheduled Prep time and will usually be delivered in the boarding houses. Provision will always be made to accommodate day students who may not be able to stay beyond the end of the school day.
- d. The Head of Sixth Form will maintain an overview of the programme and will ensure that all students have appropriate access to the support they need to develop as happy and healthy members of society.

Appendix A – Sample PSHE Programme

Term 1 – Autumn Term

The following Core Themes will be explored through assemblies and through tutorials. Tutors are also encouraged to use PSHE resources available through the school's subscription to The Day (theday.co.uk) and to look at the weekly topics with the resources provided. Tutors are required to inform the Head of Sixth Form as to what topics are covered on a weekly basis so that an overview can be maintained and any gaps can be addressed in good time.

Core Themes Explored: Health and Wellbeing

H2. Maintaining a Healthy Diet (all Sixth Form)

- Assembly with School Catering Team
- Follow up Tutorials on maintaining a healthy diet whilst at school and beyond
- Follows through to Upper Sixth sessions on healthy eating on a budget as part of the programme for leavers

H3. Manage Being 'New' in 'New Places' (all Sixth Form)

- Assembly with Head of Sixth Form at start of academic year
- Follow up Tutorials on ensuring that new students, which a large proportion of the Lower Sixth are, feel safe and happy in the school environment

H4. First Aid including CPR (all Sixth Form)

- Extended session with specialist, arranged through the School Nurse

H7. Applying strategies for maintaining positive mental health (all Sixth Form) and

H8. Recognising when they need to employ strategies to re-establish positive mental health including managing stress and anxiety and

H9. Recognising when they, or others, need support with their mental health and how to access the most appropriate support and

H10. Recognising common mental health issues in themselves and

H11. Recognising mental health issues in others; be able to offer or find support for those experiencing difficulties with their mental health

- Assembly with Head of Sixth Form and School Counsellor on mental health awareness and access to support structures
- Extended sessions with specialists on performance anxiety, and other common mental health issues as appropriate
- Follow up Tutorials on maintaining positive mental health and managing performance anxiety in practical terms at The Purcell School

- Possible sessions on Mental Health First Aid with visiting specialists

H17. Managing online safety in all its forms

- Assembly with Head of Sixth Form or other appropriate staff on learning to protect one's online status, and appropriate behaviour online alongside the dangers of trolling and other negative communication online
- Follow up Tutorials on online safety with practical exercises

H18. Understanding the effects of alcohol and drug use

- Extended session with specialist on drug and alcohol use and abuse in the first half term of the academic year in order to support students who arrive with limited knowledge and understanding
- Follow up Tutorials and small group sessions as appropriate

Weekly Themes for Term 1

Each week resources are available for exploration of specific topics. These will be explored through assemblies where appropriate, either with the whole school or the sixth form specifically, and will be explored through tutorials each week. The weekly schedule given below is a suggested outline and may vary.

Week 1 – Identity

Week 2 – Democracy

Week 3 – Climate Change

Week 4 – Languages

Week 5 – Black History

Week 6 – Mental Health

Half Term

Week 7 – Homelessness

Week 8 – Remembrance

Week 9 – Anti-Bullying

Week 10 – Tolerance

Week 11 – Gender

Week 12 – Human Rights

Resources are available through the school subscription to <http://theday.co.uk> and include assembly videos and talking points, and activities for use in tutorials. The Head of Sixth Form will, in the absence of other staff volunteers, give the fortnightly assembly and will have overview of the entire Programme. Tutors will have termly meetings with the Head of Sixth Form to ensure they have the appropriate skills and resources to deliver a successful programme.

Appendix B – Futures Day Programme

This is a sample programme which has been adapted from that used during the Summer term of the 2018-19 Academic Year with additional developments made to improve upon the initial offering.

Session 1 – Administrative Session

- Development Team to present on what it means to be a Purcell Alumnus
- Data Collection for Alumni purposes
- Distribution of CIE login details
- Discussion about Results Day procedures

Session 2 – The Budget Game

- Head of Sixth Form to introduce the University and Conservatoire Budget Game, adapted from Barclays LifeSkills resources
- Students are given replica money to represent their termly income from student loans, with money deducted for rent. Students then play the board game and attempt to make it to the end of term without going bankrupt.
- Follow on discussion about the pitfalls encountered during the game and how they might be avoided in real life

Lunch

Session 3 – How to Survive as a Student

- Students are issued with information pertinent to life as a student, including advice on registering for NHS services, advice from past students about the first days at Conservatoire, simple recipes for eating on a student budget, and advice on drug and alcohol consumption in higher education establishments
- Discussion panel with former students chaired by Head of Sixth Form and/or Director of Music

Session 4 – Being a Professional Musician

- Specialist guest speaker to present on the practicalities of marketing yourself as a professional musician, including creating websites, registering with the Performing Rights Society, and other pertinent information to help students protect themselves professionally.

Break

Session 5 – Practical Skills

- Session led by Head of Sixth Form with support from other staff to help students develop practical skills to help them in the future.
- Various pieces of flat-packed furniture are provided with instructions and students attempt to build the furniture in groups in a competitive spirit. Points will be awarded according to speed of construction, accuracy of construction and safety.

Appendix C – Sample Sixth Form Professional Development Programme

This is a sample programme which demonstrates the development programme offered to a sixth form student who is applying for further study in their second year and should be read in conjunction with Appendix A. This is not an exhaustive list and maintains flexibility as to the emerging needs of the sixth form cohort, with sessions moving and being added as appropriate. Extended Assemblies function for delivering information to students and run for approximately 30 minutes, 1- and 2-hour workshops are offered where interactivity is desired and beneficial. Where appropriate, sessions will be run by visiting specialists, or under the guidance of the Head of Sixth Form, Director of Music, Head of Pastoral Care and Safeguarding and the PSHE team.

Blue bold sessions indicate those offered to both Upper and Lower Sixth together

Green bold sessions indicate those offered to that respective year group

LOWER SIXTH			
AUTUMN TERM			
Week 1	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
	Knowing Yourself in a Different Environment (extended assembly)		
Week 2	Whole School Assembly	Tutorial (x3)	Individual Session with Tutor
Week 3	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
	Getting to Know You (individual meetings with Head of Sixth Form)		
Week 4	Whole School Assembly	Tutorial (x3)	
	Getting to Know You (individual meetings with Head of Sixth Form)		
	Drug and Alcohol Awareness (2 hour workshop – Music Block)		
Week 5	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
	Getting to Know You (individual meetings with Head of Sixth Form)		
	Eating Healthily and Keeping Fit (5-6pm session)		
Week 6	Whole School Assembly	Tutorial (x3)	
	Getting to Know You (individual meetings with Head of Sixth Form)		
Week 7	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
Week 8	Whole School Assembly	Tutorial (x3)	Individual Session with Tutor
	Sexual Health Talk (extended assembly)		
Week 9	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
Week 10	Whole School Assembly	Tutorial (x2)	
SPRING TERM			
Week 1	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
Week 2	Whole School Assembly	Tutorial (x3)	Individual Session with Tutor
	‘Conservatoire? University? What do I do?’ Session (5-6pm session)		
Week 3	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
	‘Conservatoire? University? What do I do?’ Follow Up (drop-in session)		
Week 4	Whole School Assembly	Tutorial (x3)	
	‘Conservatoire? University? What do I do?’ Follow Up (drop-in session)		
Week 5	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
	LGBT History Month – talk on understanding gender (extended assembly)		
Week 6	Whole School Assembly	Tutorial (x3)	
	Developing Healthy Relationships with Others (5-6pm session)		
Week 7	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly

Week 8	Whole School Assembly	Tutorial (x3)	Individual Session with Tutor
	Protecting Yourself Online – eSafety Talk (extended assembly)		
Week 9	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
Week 10	Whole School Assembly	Tutorial (x2)	
SUMMER TERM			
Week 1	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
	Social Action and Outreach Skills (2 hour workshop)		
Week 2	Whole School Assembly	Tutorial (x3)	Individual Session with Tutor
Week 3	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
	Building Confidence and Resilience (1 hour workshop)		
Week 4	Whole School Assembly	Tutorial (x3)	
Week 5	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
	Applying for further study (small targeted group discussions)		
Week 6	Whole School Assembly	Tutorial (x3)	
	Applying for further study (small targeted group discussions)		
Week 7	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
	Caring for your health as a Musician (1 hour workshop)		
Week 8	Whole School Assembly	Tutorial (x3)	Individual Session with Tutor
Week 9	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
Week 10	Whole School Assembly	Tutorial (x2)	
UPPER SIXTH			
AUTUMN TERM			
Week 1	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
	Knowing Yourself in a Different Environment (extended assembly)		
	Applying to Conservatoire – Getting Started (drop in sessions)		
Week 2	Whole School Assembly	Tutorial (x3)	Individual Session with Tutor
	Applying to Conservatoire and University (drop in sessions)		
Week 3	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
	Oxbridge Application Sessions (small targeted group meetings)		
Week 4	Whole School Assembly	Tutorial (x3)	
	Sexual Health Talk (extended assembly)		
	Oxbridge Application Sessions (individual meetings)		
	Applying to Conservatoire (mop-up sessions before deadline)		
Week 5	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
Week 6	Whole School Assembly	Tutorial (x3)	
	Interviewing at Oxbridge (group and individual sessions)		
	Interviewing at Conservatoire (individual sessions)		
Week 7	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
	Interviewing at Oxbridge (group and individual sessions)		
	Interviewing at Conservatoire (individual sessions)		
Week 8	Whole School Assembly	Tutorial (x3)	Individual Session with Tutor
	Drugs and Alcohol Awareness (2 hour workshop – Music Block)		
	Interviewing at Oxbridge (group and individual sessions)		
	Interviewing at Conservatoire (individual sessions)		
Week 9	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
	Interviewing at Conservatoire (individual sessions)		
Week 10	Whole School Assembly	Tutorial (x2)	

SPRING TERM			
Week 1	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
Week 2	Whole School Assembly	Tutorial (x3)	Individual Session with Tutor
	Keeping Mind and Body Healthy Together (5-6pm session)		
Week 3	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
Week 4	Whole School Assembly	Tutorial (x3)	
	Student Finance – What’s it All About? (extended assembly)		
Week 5	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
	LGBT History Month – talk on coming out and acceptance (extended assembly)		
Week 6	Whole School Assembly	Tutorial (x3)	
Week 7	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
Week 8	Whole School Assembly	Tutorial (x3)	Individual Session with Tutor
	Online Reputation and Social Networking (extended assembly)		
Week 9	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
	Managing Stress (5-6pm session)		
Week 10	Whole School Assembly	Tutorial (x2)	
SUMMER TERM			
Week 1	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
	Healthy Eating in Periods of Stress and Worry (extended assembly)		
Week 2	Whole School Assembly	Tutorial (x3)	Individual Session with Tutor
Week 3	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
	Building Confidence and Resilience (1 hour workshop)		
Week 4	Whole School Assembly	Tutorial (x3)	
Week 5	Whole School Assembly	Tutorial (x2)	Sixth Form Assembly
Week 6 – 9	Public Examinations		
Week 10	Futures Day (all-day preparation event) – See Appendix B		

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