



CHEL TENHAM
PREP SCHOOL

Thrive (PSHE/RSE) | Subject Overview

Academic year 2023-2024

This subject overview should be read in conjunction with the Cheltenham College [Relationships and Sex Education Policy](#) which, in turn, has been written in reference to the relevant government legislation (including Relationships and Sex Education [RSE] and Health Education 2021, Equality Act 2010 and KCSIE 2022)

At Cheltenham College Prep School, we are committed to providing knowledge and understanding to our pupils in the areas of wellbeing, health, self-efficacy and relationships so that they can embrace the challenges of creating a happy and successful adult life.

At The Prep School from Years 3-8, we deliver Relationships & Sex Education (RSE) as part of our specialist taught, scheduled PSHE programme (entitled 'Thrive'). In the Pre-Prep, age-appropriate Relationships and PSHE curriculum is delivered as part of the broader curriculum in class lessons and follows the Corum Life Education SCARF curriculum. In Pre-Prep (Nursery to Year 2) and Lower School (Years 3 & 4), Thrive is delivered by class teachers, and in Middle/Upper School, Thrive is delivered by the following specialist teachers; Year 5 (Mrs Sarah Reid), Year 6 (Mr Noll Jenkins), Year 7 & 8 (Mr Kit Perona-Wright). All are experienced Pastoral practitioners; Mrs Reid is a form tutor, Head of Classics and a previous Head of Section, Mr Jenkins is the Designated Safeguarding Lead and Pastoral Deputy Head, and Mr Perona-Wright is Deputy Designated Safeguarding Lead, Assistant Head (Co-Curricular, Compliance & Operations) and the Head of Department for Thrive.

It should be noted that elements of the curriculum (such as some aspects of on-line safety) are delivered in our IT/Computing lessons, some aspects of the physical/health criteria are delivered as part of our extensive Games/PE/Sport programme, and our College Lead Nurse works with all pupils in Years 5 – 8 to deliver specific sessions for Sex Education (at an age-appropriate level) and General Health/First-Aid where applicable. Parents of children below the age of 16 can request that they be withdrawn from sex education lessons that form part of the Thrive lessons; pupils would continue to attend Biology lessons and the relationships element of PSHE/RSE lessons (which cover topics such as family, friendship and safety, including online safety). The Sex Education lessons for Years 5 & 6 are usually delivered by the College Lead Nurse in the Summer Term, and for Years 7 & 8 are delivered by the College Lead Nurse in the Spring Term. Should any parent wish to withdraw their child, they must make the request by the end of the preceding term to the relevant member of staff teaching Thrive for that Year Group.

Thrive is delivered to all pupils at The Prep, including those with Special Educational Needs or Disabilities (SEND). Topics are carefully planned with retrieval practice in mind (revisiting important topics over the course of Years 5 – 8 to enable them to be embedded) and is designed with a degree of flexibility in the overall structure of each Year group plan so that teachers can respond to localised (or general/national) issues as and when they may arise.

Developing as effective learners is an intrinsic part of the development of our pupils and this is facilitated both in subject lessons, with our BLP ethos, as well as discretely in Thrive and Form time. A comprehensive Study Skills scheme of work covers core strands that help pupils develop as effective, independent learners.

These include: How the Brain Works, Collaboration and Empathy, Challenge and Participation, Resilience, Study Skills and Revision, and Creativity. Pupils will revisit these themes across their time at The Prep from Year 3-8, progressively building on previous teaching.

A significant part of the Thrive curriculum and resources in Years 5 – 8 has been based on the award-winning iSpace Wellbeing programme. A link to their website is <https://ispacewellbeing.com/about-us>. For some topics (particularly in Upper School), we use material produced by organisations such as the PSHE association, Childnet, BBFC and others which may provide useful additional information for parents/carers, and this will be sent home (electronically, where possible) to ensure parents know what is being covered and can discuss these topics at home with their children.

Attached to this document you will find a subject overview for all Year groups. Should parents in Pre-Prep or Lower School wish to know more about PSHE content delivered in those sections, they may contact the relevant Head of Section or Form Teacher. If you have any general questions about Thrive (PSHE/RSE) at The Prep, please do not hesitate to contact Mr Perona-Wright (Head of Department for Thrive).

With warmest wishes,

A handwritten signature in black ink, appearing to read 'Kit Perona-Wright', with a stylized flourish at the end.

Mr Kit Perona-Wright, Assistant Head & Head of Thrive