

Life Skills

At Key Stage 3, students study a variety of topics related to Personal, Social, Health, Financial and Citizenship Education. In Year 10, students experience lessons covering subjects such as global issues, personal finance and political understanding.

Throughout, outside speakers are arranged to give students as broad an understanding as possible of the subject. The course is not examined and this allows the flexibility to follow interests and respond to current affairs.

In Year 7, students also participate in a course based on the UK Resilience Programme (UKRP) aiming to develop emotional intelligence and communication skills, as well as providing students with a range of coping strategies. The programme is based on Cognitive Behaviour Therapy and students are given opportunities to discuss a wide range of issues and they learn to deal with difficulties if they arise. Mindfulness training is incorporated into the lessons. Further elements of UKRP are offered to students in Years 10 and 11, and within the Liberal Studies enrichment programme in the Sixth Form.