

## Values in Practice (Compulsory)

This course is not examined

### Course content

The school has a strong set of values, which it wishes you to explore and, hopefully, to adopt as your own. There are formal and informal opportunities to explore these values throughout the curriculum and in the wider life of the school. Our values are rooted in our Christian distinctiveness and run through the whole of our curriculum and pastoral work. They are fully in accord with the current national drive to promote British Values, such as respect and democracy. Our focus in ViP lessons includes elements of careers education and guidance; personal, social, health and economic education; and citizenship.

### Skills

**Personal, Social and Health Education** includes:

- Intrapersonal skills, such as critical, constructive self-reflection, learning from experience, decision making, resilience, self-regulation and self-organisation
- Interpersonal skills, such as active listening, empathy, communication, teamwork, negotiation, assertiveness, managing pressure and resisting persuasion/coercion.
- Skills of enquiry, such as formulating questions, using data, analysis, planning and deciding, drawing and defending conclusions, evaluating and managing risk, evaluating social norms and reviewing progress

**Citizenship** includes:

- Skills for playing a full and active part as responsible citizens in society
- Critical thinking skills
- Debating skills
- Skills for managing money on a day-to-day basis and planning for future financial needs
- Making reasoned decisions and arguments
- Weighing evidence
- Participation and responsible action, including campaigning and volunteering

**Careers Education** includes:

- Employability skills, such as teamwork, communication, problem-solving, self-management and motivation, taking initiative, reliability, business awareness
- Skills for researching and successfully applying for a range of educational and career pathways
- Skills for managing setbacks and disappointments

### Knowledge

In Year 10, students will learn about:

- Financial education, including the interest rates for borrowing and saving, threats of debt and gambling. Longer-term financial planning and risk e.g., insurance.
- Managing emotions such as stress and anger, positive mindsets and relaxation.

- Sex and relationships education
- The laws on drugs and need for responsible behaviour
- Mental health conditions
- Work-related learning, including rights and responsibilities in the workplace and preparing for successful work experience

In Year 11, students will learn about:

- Applying for jobs; writing CVs, personal statements and applications, interview skills
- Career pathways and managing your personal journey
- Keeping healthy and happy: self-examination, screening and risk factors for cancer, organ donation,
- Preparation for examinations, including revision skills and planning, and management of stress

For further details, please see Miss Francombe (Head of ViP).