

“Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain” **PSHE Association**

Life skills classes

Writhlington Sixth Form is not just a place to nurture your academic success. It also provides opportunities and experiences for students to learn new skills and broaden their horizons.

The course will be run by the Sixth Form team together with a variety of outside speakers. Specialist outside speakers are invited in to deliver specific content. For example, the school nurse runs the life skills session on sexual health.

Overview of the course

In Year 12 and 13, the life skills sessions will cover a wide range of vital issues such as:

- sex education
- drugs and alcohol education
- first aid
- safe driving
- mental health and well being
- prevent strategy
- managing finances
- how to apply to jobs, apprenticeships and university
- careers education
- revision skills and managing study time
- awareness on topical issues



Sixth Form students learning CPR and basic first aid skills as part of a life skills session earlier this year provided by the Royal United Hospital in Bath.