



KINGSTON
GRAMMAR SCHOOL

FOUNDED 1561



Ac Laetari Programme



In the words of the Independent
Schools' Inspectorate, our
PSHE programme is
'ambitious and well-planned'

PSHE TEAM



Mr N Forsyth
Head of Wellbeing



Mrs VS Humphrey
Deputy Head;
Pastoral



Mrs M Robinson
Head of PSHE



Mrs P Obi
School Nurse
(Maternity Cover)



Mrs N Ghauri
School Counsellor

THE 'AC LAETARI' PROGRAMME AT KINGSTON GRAMMAR SCHOOL

Welcome to the ac Laetari ("be happy") programme, our integrated pastoral development and education programme.

This programme sits alongside our comprehensive and rigorous academic curriculum to complement and support the pastoral and academic development of each of our students. Delivering targeted, well-thought-out and ground-breaking initiatives at all levels throughout the School, our overarching aim is to equip each student with the skills and tools to tackle life with confidence and enthusiasm, and achieve all they want to.

In this booklet you will find details of our PSHE education and wider pastoral programme for our students, as well as details of talks and advice evenings for parents. Our comprehensive and wide-ranging pastoral programme includes mindfulness for both pupils and staff, strategies for coping with stress and building resilience, modern and bespoke Relationships and Sex Education (RSE) and training on the safe and responsible use of social media and the internet. It also tackles the important issues around alcohol and drugs, risky behaviour and preparation for life outside school and university. We are rightly proud of our pastoral provision and it is widely acknowledged to be one of the best in any school in the UK.

The 2017 ISI inspection report had much to say about the quality of our provision:

"The quality of the pupils' personal development is excellent."

"Pupils have a pronounced sense of right and wrong and instinctively understand the importance of taking responsibility for their own behaviour and being mindful of its impact on others."

"Pupils also learn to balance success and failure. They persevere with the challenges presented to them and develop strong self-reliance and independence."

"Key contributory factors to pupils' personal development are the strong ethos and commitment to pupils' wellbeing and the clear sense of purpose promoted by school leaders and governors, the coherent and well-planned pastoral care provision, and the strong and supportive school community which values equally academic success and personal growth."

This year, mental health and wellbeing will continue to be a central theme and we are delighted that Natasha Devon MBE and her Self-Esteem Team will be visiting KGS again in the Autumn term to talk to many of our students about body confidence. In October, the Uprfront Theatre Company will be performing their play 'In Harm's Way' to Fourth Year students. This will look at self-harm in young people and strategies

to manage stress and pressure. In a similar vein, the author Caroline Jones will be talking to Fifth Year students about her book, 'The Spaces in Between', which chronicles her battle with bulimia during her time at school and Oxford University.

Following our national conference on Relationships and Sex Education last year we are delighted that the government has now made RSE compulsory in all schools. Our own comprehensive programme begins in the First Year and continues right through to Sixth Form. For younger students, properly planned and age-appropriate sessions help them to understand the physical and emotional side of growing up as well as helping them to identify inappropriate or unsafe behaviour or experiences. Further up the school, the emphasis switches to issues such as consent and the law, contraception and STIs, and healthy and unhealthy relationships. Students are also given the opportunity to explore and discuss wider issues such as pornography, gender stereotyping and peer pressure.

This year, we will begin a ground-breaking Happiness and Wellbeing Programme for all First Year students. Sessions throughout the year will focus on issues such as building friendships and coping with pressure and will include 'Failure Day' where students are encouraged to think positively about disappointment and setbacks. Our Pastoral Programme in the Sixth Form includes a wide range of outside speakers including Robyn Steward (who speaks about disability) and Emma Cole (who speaks about HIV).

In his best-selling books, 'Raising Girls' and 'Raising Boys', Steve Biddulph highlights the importance of positive parenting and a strong, stable family life. Of course, we know that teenagers who have good relationships with their parents are more likely to perform better academically and be happier with their lives; however, bringing up teenagers will always be challenging and there are times when all parents could do with a little more help and support. This year, working with the PSA, we have a number of parent talks planned and we are particularly pleased that Dick Moore from the Charlie Waller Trust will be back at KGS to talk about parenting, mental health and how to survive the tough times. Esther Hardy will be back in May to present her very popular talk on Relationships and Sex and we also have advice evenings on exams and social media.

Further details about each evening and how to book will be sent to you nearer the time. We do hope that you can join us for as many evenings as possible.

Ac Laetari!

PSHE IN CLASS

"Pupils feel safe and value the school's commitment to enhance their wellbeing, much of which is achieved through the ambitious and well-planned PSHE programme and the work of form tutors."
ISI 2017

#workwellandbehappy

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PSHE PROGRAMME FOR 2017-2018

Year/term	Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
First Year	Mindfulness & staying safe		Mindfulness & keeping healthy			Citizenship
Second Year	The world of work & money skills		Media & aesthetics			The state
Third Year	Resilience		Relationships and Sex Education (RSE)		RSE continued	Study skills
Fourth Year	Keeping healthy & safe		Social media & body image		Social media & body image continued	First aid
Fifth Year	Wellbeing including positive mental health		Wellbeing including first aid refresher			Preparation for exams
Lower Sixth	Being an independent, respectful citizen		Preparing for life after school			Keeping socially & academically healthy
Upper Sixth	Being an independent, respectful citizen		Preparing for life after school			Preparation for exams

JUNIOR SCHOOL

First Year

We have a 10-week mindfulness programme for our First Years and run this alongside programmes looking at personal safety and health. We finish the year looking at citizenship, how democracy works and what makes a good citizen.



Second Year

We move on to begin looking at what our students can expect from the ever-changing world of work and how to start developing useful money skills. We then look at our interaction with the media and how this can affect our outlook. In the Summer term, we turn our attention to looking at the state and how our justice systems work.

Third Year

This year we look at building resilience and then move onto age-appropriate relationships and sex education which lasts into the Summer term. We add in a reminder of study skills close to their exam week.



MIDDLE SCHOOL

Fourth Year

We revisit the topics of health and safety from a more mature perspective as their age affects how they are now interacting with the world around them. This leads on to looking at the impact social media has in society and how this may impact their body image and that of their friends and family. We finish the year with first aid training.

Fifth Year

The purpose of the wellbeing programme is to equip our students with suitable methods to deal with their current and future experiences. We look at areas such as mindfulness, stress and dealing with setbacks.



SIXTH FORM

For our Lower Sixth students, tutors deliver our programme during tutor time and there are dedicated lessons for our Upper Sixth students in which the programme is delivered.

The focus of both year groups is developing their independence and skills for their life away from KGS and home.



"Sixth Form pupils recognise the greater freedom of lifestyle choices they will encounter at university and they feel well prepared for it."
ISI, 2017

PASTORAL & OUTREACH PROGRAMME

"Pupils also learn to balance success and failure. They persevere with the challenges presented to them and develop strong self-reliance and independence."

ISI 2017

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PASTORAL EDUCATION COLLAPSE DAY & OUTREACH PROGRAMME

Pastoral care and education is at the core of everything we do here at KGS. In addition to the timetabled PSHE curriculum, we offer a wider programme of pastoral education and training aimed at students, staff and also parents. For students there are a number of 'collapse sessions' for each year group per year, when students are taken out of lessons to take part in workshops and talks focusing on a key issue and given by an outside expert or KGS staff. Typical subjects are drug and alcohol addiction, body image and self-esteem, and sex and relationships education.

For parents, we offer our very popular PSA advice evenings where we discuss various issues such as internet safety and managing screen time, anorexia and self-harming. We also post information and advice on topical issues on our website and parent portal.

First Year	2 October Failure Day KGS Staff	31 October Growth mindset KGS Staff	30 November Self-esteem Natasha Devon	26 January Online safety KGS Staff	March Staying safe Sutton Life Trust	3 May RSE Amy Forbes-Robertson	July Outward bound KGS Staff
Second Year	12 September Anti-bullying Robert Higgs		13 September Online safety Childnet International	23 January Improving mental health Self-Esteem Team	3 May Sex Education Day Amy Forbes-Robertson		
Third Year	21 November Coping under pressure Isobel Wolff		30 January RSE Esther Hardy	6 November Alcohol Aric Sigman	23 January Improving mental health Self-Esteem Team		
Fourth Year	5 October Self-harm UpFront Theatre		6 November Screen time Aric Sigman	30 November Improving mental health Natasha Devon	30 January RSE Esther Hardy	15 March Addiction Peter Hall	
Fifth Year	10 October Eating disorders Caroline Jones		4 October 23 January 19 March Revision skills Elevate	12 December Cancer Nigel Revell	Leavers' Day Festival talk Amy Forbes-Robertson		

PARENT TALKS

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Upcoming PSA Advice Evenings

9 October 2017

7.30pm

Digital Awareness
with Emma
Robertson

29 November 2017

7.30pm

Mental Health with
Dick Moore

27 March 2018

7.30pm

Preparing for Exams
with KGS Staff

15 May 2018

7.30pm

SRE* for Generation
Z with Esther Hardy

All talks can be
booked via the
School website
[www.kgs.org.uk/
school-life/events](http://www.kgs.org.uk/school-life/events)

PSA PARENTS ADVICE EVENINGS

As parents we all want to support our children through their secondary school years, but it's not always easy and there are times when we could do with some support ourselves. The PSA, in partnership with the School, runs advice evenings for parents on average once a term, on a range of topics. Often, the School will arrange for an outside speaker to address students during the day and then give a talk to parents in the evening: this gives us insight into what our children have been discussing in school, and enables us to continue the conversation at home. The advice evenings are also a great opportunity to meet up with other parents. If there are any issues of particular interest you'd like us to explore in future, please email your ideas to me via the PSA: psa@kgs.org.uk. We have a fascinating programme of talks for the coming year, and I hope to see you there.

Charlotte Sainsbury
PSA Advice Evenings Co-ordinator

ESTHER HARDY All About SRE*

'All About SRE' supports parents in playing a crucial role in helping their children understand and navigate all the information they receive about relationships and sex.

The aim of Esther's talk is to give parents useful information and tips that will encourage them in supporting their children as they grow up and make decisions about relationships and sex. The evening is informal and friendly and no one is put on the spot or expected to know everything.



Parents who have attended the talk in the past have commented on how useful it was and how they were greatly relieved to find out that many parents had similar questions or concerns to them.

DICK MOORE Mental Health Wellbeing and Awareness Speaker

"Life is not about waiting for the storm to pass - it is about learning to dance in the rain."

Since November 2012, Dick has been visiting schools, universities and organisations to help raise awareness of mental health issues. Did you know that 10% of young people are suffering from a diagnosable mental health disorder today? Not only does this mean that a vast number of young people are unhappy, but also that they are underperforming at school, college and in the early stages of their careers. The consequences for families, schools and employers are dire. And yet mental health remains a largely hidden epidemic. There is SO much more that could be done, that SHOULD be done.



GUEST SPEAKERS

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OUR VISITING SPEAKERS

EMMA ROBERTSON Digital Awareness UK

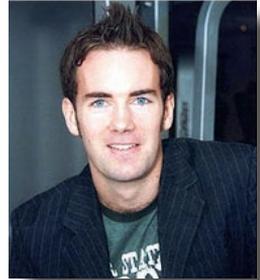
As Co-Founder of Digital Awareness UK, Emma has been seen passionately campaigning in the media (regularly on BBC News, Sky TV and Channel 5 News), in Parliament and in schools around the country to empower young people to survive and thrive online.

She uses the knowledge she has from the corporate world and insights from the work she delivers on the ground in schools every day to deliver events ensuring teachers have the skills necessary to drive digital resilience amongst their students.



ROBERT HIGGS Anti-Bullying Expert

Robert Higgs is an actor, author and anti-bullying expert who speaks widely on the UK independent schools circuit. His presentation has a positive focus on empowering young people by providing them with a practical toolkit for building the empathy, resilience, self-confidence and self-esteem needed to avoid bullying behaviour. Robert's unique approach has credibility with young people because he speaks from the perspective of having experienced bullying himself as a teenager.



NATASHA DEVON MBE Anti-Bullying Campaigner

Natasha Devon is a writer, campaigner and pundit. She has a column in The Times Educational Supplement and pens pieces for The Guardian, as well as ghost-writing books for scientists and celebrities.

She advises politicians on mental health and education policy, and campaigns for mandatory PSHE plus better funding for school subjects known to support mental health (including sports, drama and art). In 2015, she was given an MBE for Services to Young People and in 2016 The Sunday Times and Debrett's named Natasha as one of the 20 most influential people in education.



PETER HALL Drug and Alcohol Awareness Speaker

After a privileged upbringing, Peter spent 25 years escaping from life and the last 5 years dealing with the fallout. He has been in and out of jail cells, rehab and court.

"Life finally got my attention. One day I woke up and realised I had wasted 25 years."

As a speaker, his message is of hope. Peter recounts his story in a refreshing, matter-of-fact manner that makes people sit up and listen. He believes that education of the pitfalls is essential in helping others not to make the same mistakes that he did.



CAROLINE JONES Eating Disorders Speaker

In Caroline's talk she tells the compelling and uplifting story of her journey through bulimia and on to recovery. Her talk empowers young people to see that they have a choice in how they deal with difficulties, how they see themselves and the world around them. Its lessons on compassion, and our ability to change the track we find ourselves on, are relevant to all of us.

Caroline's memoir, 'The Spaces In Between: The Story of an Eating Disorder' was published in February by Constable to exceptional reviews.



AMY FORBES-ROBERTSON Sex & Relationship Education Speaker

Over the last 15 years Amy has gained a great deal of experience working with children and young people in many different settings.

Amy shares the view that providing young people with good information about sex and relationships is a key factor in enabling them to make better choices regarding their own emotional safety and wellbeing.

Most importantly, Amy has a wonderful ability to communicate and empathise with young people; combined with a lovely sense of humour it means she is the ideal person to deliver this kind of information and will be a fantastic addition to the team!



UPFRONT THEATRE COMPANY



UpFront Theatre Company believes that - more often than not - most students are pretty well-informed. They know the facts; they are aware of what's 'right' and what's 'wrong' and they have an ocean of resources provided within school, online and in the media. However, filling the gaps, and putting these 'rights or wrongs' into action, can prove to be the tricky part.

All UpFront Theatre Company products have an interactive or forum theatre element and are designed to enable the students to become an active audience and think for themselves. They encourage students to put themselves in the character's shoes and ask the question, 'What would I do?'

Through their workshops, assemblies and plays, they invite students to ask questions, give advice and articulate opinions.

* Relationships and Sex Education (RSE) is also sometimes referred to as Sex and Relationships Education (SRE)



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