



**STAHS Policies**

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**P03: PASTORAL CARE AND PERSONAL DEVELOPMENT**

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# 1 PASTORAL CARE AND PERSONAL DEVELOPMENT

## 1.1 Principles

The policy supports the vision of St Albans High School for Girls that all young people should be inspired and assisted to fulfil their potential and aims to promote the safeguarding and welfare of pupils. The intention is to equip pupils with knowledge and skills for their safety and success in the present and future and to allow them to discuss freely, in an age appropriate way, issues and concerns they may have as they grow older and mature.

## 1.2 Scope and Aims

This policy applies throughout STAHS, including EYFS. It must be read in conjunction with P1 Safeguarding and P2 Pupil Mental and Physical Health.

## 1.3 Policy

**1.3.1** During their time at St Albans High School for Girls, pupils will be given opportunities to cover the following themes:

- a. Personal identity and self-esteem
- b. Communicating with others
- c. Healthy relationships; family, friendships, sex and relationship education
- d. A healthy, balanced lifestyle, including the dangers of substance abuse
- e. Mental health and emotional well-being
- f. Risk and safety
- g. Diversity and equality
- h. Decision making and problem solving
- i. Rights and responsibilities
- j. Change and resilience
- k. Study skills and lifelong learning
- l. Economic well-being
- m. Further education, employment opportunities and careers
- n. Citizenship, British values and being a productive member of the community
- o. Safe and responsible use of ICT, including its potential negative role in bullying and radicalisation

**1.3.2** These themes are explored in a variety of ways:

Through the pastoral structure:

- a. In sessions and assemblies with Class Teachers (Prep) House Tutors (Senior), Assistant Housemistresses or Housemistresses and Heads of Section (Senior)
- b. Through the Tutor Programme
- c. Through the Careers Programme
- d. Through the UCAS and Life After STAHS Programme
- e. Through mentoring

- f. Through anti-bullying support
- g. Through safeguarding awareness and training
- h. By having access to the STAHS Counsellors
- i. By having access to the STAHS Chaplain

Through the curriculum:

- a. Through the PSHE programme
- b. Through Character Education and associated theme days (Prep)
- c. In off-timetable/year group sessions with external visitors (which may be linked to parents' seminars)
- d. As part of the St Albans High School for Girls Diploma (Sixth Form)

**1.3.3** These themes are explored within a spiral curriculum so that pupils have the opportunity to encounter them at different levels as they progress through the school.

**1.3.4** The Curriculum is regularly reviewed throughout the course of the year. Both at the Prep and the Senior School, the Deputy Head Academic is responsible for coordinating regular reviews of key Curriculum areas, including working with the Subject Coordinators (Prep) and Assistant Head of Sixth Form (Senior) on the St Albans High School for Girls Diploma. The Tutor Time and PSHE curricula (including stand-alone workshops and seminars) are coordinated by the Deputy Head Pastoral (at the relevant School – Prep/Senior). In the Prep School the Head and Deputy Head Pastoral coordinate Character Education

**1.3.5** The Quality of Pastoral Care is regularly reviewed throughout the course of the year. In the Senior School, the Housemistresses and Assistant Housemistresses are expected to regularly assess the quality of Tutoring. In the Prep School, the quality of pastoral care is overseen by the Deputy Head Pastoral of the Prep School.

## 2 POLICY INFORMATION

Policy and related documents	
Document title	Availability
Health, Sex and Relationships Policy	Website, Portals
Spiritual, Moral, Social and Cultural Development	Website, Portals
Careers Advice and Guidance	Website, Portals
PSHE in the Prep School	Website, Portals
Principles of Excellent Pastoral Care	Website, Portals
The Role of the Tutor	Staff Portal
Skills for Life and PSHE	Website, Portals

Policies and related documents as indicated are available request from [info@STAHS.org.uk](mailto:info@STAHS.org.uk).  
St Albans High School for Girls, 3 Townsend Avenue, St Albans AL1 3SJ. Tel: 01727 853 800

This policy can be made available in large print or other accessible formats if required.