ST ALBANS EDUCATION GROUP

Pastoral Care & Personal Development

June 2026

A group of sector-leading Independent Schools

STAHS Policies

P03: PASTORAL CARE AND PERSONAL DEVELOPMENT

Author/s:	Prep & Senior DSLs	Date reviewed:	Trinity 2026
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1. Principles

1.1. 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.

2. Scope and Aims

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

3. Policy

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

3.2. These themes are explored in a variety of ways:

3.2.1.Through the patoral structure:

a. In sessions and assemblies with Class Teachers (Prep) Form Tutors (Senior), Heads of Year and the Sixth Form Leadership Team (Senior)
b. Through the Careers Programme
c. Through the UCAS and Higher Education Programme
d. Through pupil mentoring
e. Through anti-bullying support
f. Through safeguarding awareness and training
g. By having access to the STAHS Counsellors, Pastoral Assistant and the Head of Mental Health and Well-being Lead
h. By having access to the STAHS Chaplain
i. By having access to the School Nurses

3.2.2.Through the curriculum:

a. Through the Skills for Life (PSHE & RSE) programme
b. Through the SuperCurricular

c. Through Character Education and associated theme days (Prep)
d. In off-timetable/year group sessions with external visitors
e. As part of the STAHS Diploma (Sixth Form)
f. Through Future STAHS curriculum (Y5 and Y6)

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.

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 Sixth Form Diploma. The Skills for Life Curriculum (including stand-alone workshops and seminars) are coordinated by the Head of Skills for Life (at the relevant School – Prep/Senior) who works closely with the Deputy Head Pastoral.

3.5. The Quality of Pastoral Care is regularly reviewed throughout the course of the year. In the Senior School, the Heads of Year and Head of Sixth Form 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.

POLICY INFORMATION

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

Policies and related documents as indicated are available request from info@STAHS.org.uk.
St Albans High School for Girls, 1-3 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.