



**BROWNEGE ST MARY'S**  
CATHOLIC HIGH SCHOOL  
*'Let your light shine'*

# Personal Development Programme

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# Personal Development Intent

Here at Brownedge St Mary's Catholic High School, **Personal Development** is at the core of our student's education, and this is reflected in our school's values, expectations, culture and ethos. Our intent is to nurture, educate and inspire students so they can be happy, healthy young people who have the academic knowledge and personal character to lead safe and successful lives beyond school.

Specifically, **Personal Development** at Brownedge seeks to ensure students can protect themselves both on and offline, improve their physical and emotional health, develop character, resilience, and academic potential, and strengthen their leadership attributes.

Our **Personal Development** curriculum ensures that students are educated in the following areas:

- Relationships and Sex Education
- Physical Health
- Mental Well-Being
- Citizenship
- British Values
- Online Safety
- Careers Information, Education, Advice and Guidance (CIEAG)
- Spiritual, Moral, Social and Cultural Development
- Inclusion and Equality of Opportunity











Each of the elements listed above will help, support and contribute to pupils' behaviour and attitudes.

The various strands of our **Personal Development** curriculum deliver all aspects of the statutory guidance, reflect the needs of our community and the age range to which it is delivered. **Personal Development** is overseen by the Deputy Headteacher, Assistant Headteacher and Learning for Life Co-Ordinator with engaging, well sequenced and planned lessons.

To ensure a holistic **Personal Development** curriculum, we supplement the 'taught' components with a range of external speakers and a programme of daily collective worship, prayer themes and cultural focus. To help our pupils discover their talents and interests, we provide a plethora of wider opportunities with which our students can engage beyond the classroom through our CASEO and Interhouse programmes, and attendance on trips.






# Personal Development Key

British Values		Mental Health & Wellbeing	
Careers		Personal Finance	
Citizenship and Community		Respecting Self and Others	
The Law		Staying Safe & Healthy	
Leadership		Study Skills	





Kindness

Week beginning	Prayer theme	Scripture	Assembly focus	Year 7	Year 8	Year 9	Year 10	Year 11
04/09/23	St Teresa of Calcutta	<a href="#">Matthew 16:21-27</a>	Team Brownedge expectations 	Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum
11/09/23	Friendship	<a href="#">Matthew 18:18-20</a>	Friendship - positive relationships 	C1-S1 What is Learning for Life 	C1-S1 What is my money Personality 	C1-S1 Why should someone employ me 	C1-S1 Healthy Lifestyles 	C1-S1 Post-16 options 
18/09/23	Empathy	<a href="#">Matthew 18:21-33</a>		C1-S2 Staying Healthy 	C1-S2 What is value for money 	C1-S2 How do I apply for a job 	C1-S2 Fertility and contraception 	C1-S2 Post-16 
25/09/23	Humility	<a href="#">Matthew 20:1-16</a>		C1-S3 Mental Health 	C1-S3 How do I deal with financial dilemmas 	C1-S3 What makes me employable 	C1-S3 Marriage 	C1-S3 See the bigger picture 
02/10/23	Fresh Starts	<a href="#">Matthew 21:28-32</a>	Staying safe:social media 	C1-S4 Online Safety 	C1-S4 Financial next steps 	C1-S4 How to use my CV 	C1-S4 Consent 	C1-S4 Create Opportunities 
09/10/23	Chosen	<a href="#">Matthew 21:42</a>		C1-S5 Relationships 	C1-S5 How do we pay tax 	C1-S5 Apprenticeships 	C1-S5 Knowing my rights and responsibilities 	C1-S5 Work life balance 
16/10/23	Welcome	<a href="#">Matthew 22:8-10</a>	In a world where lots are trying to be cool, be warm: banter 	Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum

# Autumn Term 2023-24

## Autumn Term 2



## Year Group

Week beginning	Prayer theme	Scripture	Assembly focus	Year 7	Year 8	Year 9	Year 10	Year 11
30/10/23	All Saints	<a href="#">Matthew 5:1-12</a>		Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum
06/11/23	Service	<a href="#">Matthew 23:1-12</a>	Remembrance	C2-S1 Changing Bodies	C2-S1 Are jobs like Russian dolls	C2-S1 Human Rights	C2-S1 Authentic Freedom	C2-S1 Self-worth
13/11/23	Wisdom	<a href="#">Matthew 25:1-13</a>	Anti-bullying week	C2-S2 Healthy Inside and Out	C2-S2 Challenging Stereotypes	C2-S2 Immigration	C2-S2 Self-image	C2-S2 Addiction
20/11/23	Faithfulness	<a href="#">Matthew 25:14-21</a>		C2-S3 Where we came from	C2-S3 Qualifications and pathways	C2-S3 Media	C2-S3 Belief, Values and Attitudes	C2-S3 Eating Disorders
27/11/23	Compassion	<a href="#">Matthew 25:31-46</a>	In a world where lots are trying to be cool, be warm: manners and courtesy	C2-S4 Family and friends	C2-S4 What I can do after school	C2-S4 What role does the UK play in the world	C2-S4 Parenthood	C2-S4 Contraception
04/12/23	Advent	<a href="#">Mark 13:33-37</a>		C2-S5 My life on screen	C2-S5 The Labour Market	C2-S5 Politics	C2-S5 Pregnancy and abortion	C2-S5 Pornography
11/12/23	Advent: preparation	<a href="#">Mark 1:1-8</a>	Keeping healthy: Vaping	Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum
18/12/23	Advent: Light of the world	<a href="#">John 1:6-8</a>		Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum



































Hope

# Spring Term 2023-24



## Spring Term 1

## Year Group

Week beginning	Prayer theme	Scripture	Assembly focus	Year 7	Year 8	Year 9	Year 10	Year 11
08/01/24	Epiphany	Matthew 2:1-12	Team Brownedge Expectations 	C3-S1 Citizenship  	C3-S1 Appreciating differences 	C3-S1 In search of love 	C3-S1 Preparing for work experience 	C3-S1 Coping with exam stress 
15/01/24	Christian Unity	John 1:35-42		C3-S2 British values  	C3-S2 Feelings  	C3-S2 What does a healthy relationship look like 	C3-S2 Job sectors 	C3-S2 Sexually transmitted diseases 
22/01/24	Holocaust Memorial Day	Mark 1:14-20		C3-S3 UK political system  	C3-S3 Before I was born 	C3-S3 The perfect partner 	C3-S3 Employment rights and responsibilities  	C3-S3 Coersion  
29/01/24	St John Bosco	Mark 1:21-28	Online safety week 	C3-S4 UK electoral system 	C3-S4 Tough relationships 	C3-S4 Love people use things 	C3-S4 Post-16 options 	C3-S4 Rest and sleep 
05/02/24	Prayer	Mark 1:29-39		C3-S5 UK laws  	C3-S5 Think before you share 	C3-S5 In control of my choices 	C3-S5 Learning about advanced manufacturing 	C3-S5 Cancer awareness 

12/02/24 - HALF TERM

Patience



## Spring Term 2

## Year Group

Week beginning	Prayer theme	Scripture	Assembly focus
19/02/24	Lent	Mark 1:12-15	Staying safe: physicality and not following the crowd 
26/02/24	Lent: The Transfiguration	Mark 9:2-10	
04/03/24	Lent: St Katharine Drexel	John 2:13-17	
11/03/24	Lent: Love	John 3:16-17	In a world where lots are trying to be cool, be warm; use of language  
18/03/24	Lent: St Oscar Romero	John 11:1-45	
25/03/24	Holy Week	Mark 14:1-15:47	

Justice





## Summer Term 1

## Year Group

Week beginning	Prayer theme	Scripture	Assembly focus
15/04/24	Easter	<u>Luke 24 35-48</u>	 Team Brownedge expectations 
22/04/24	Vocation	John 10 11-18	
29/04/24	Growth	<u>John 15 1-8</u>	
06/05/24	Community	<u>John 15 9-17</u>	In a world where lots are trying to be cool, be warm: embracing diversity  
13/05/24	Joy	<u>John 17 11-19</u>	
20/05/24	Pentecost	John 15 26-27, 16 2-15	

**27/05/24 - HALF TERM**



## Summer Term 2

































## Year Group

Week beginning	Prayer theme	Scripture	Assembly focus	Year 7	Year 8	Year 9	Year 10	Year 11
03/06/24	Corpus Christi	<a href="#">John 3: 16-18</a>	Staying safe: physicality and not following the crowd  	C4-S1 Skills and qualities  	C4-S1 Think before you share 	C4-S1 Fertility and contraception 	C4-S1 Budgeting and debt 	N/A
10/06/24	Family	John 6: 51-58		C4-S2 What is a career  	C4-S2 The wider world 	C4-S2 Smoking and Vaping  	C4-S2 Deductions and payslips 	N/A
17/06/24	World Refugee Day	<a href="#">Matthew 9:36-10:8</a>		C4-S3 Gender stereotypes 	C4-S3 Attitudes to mental health 	C4-S3 Marriage 	C4-S3 Financial risk 	N/A
24/06/24	Courage	<a href="#">Matthew 10: 26-33</a>	In a world where loots are trying to be cool, be warm: use of language 	C4-S4 The working world 	C4-S4 Promoting emotional wellbeing 	C4-S4 One hundred percent 	C4-S4 Fraud  	N/A
01/07/24	Unique	<a href="#">Matthew 10:37-42</a>	Keeping healthy: well-being  	C4-S5 Future planning 	C4-S5 Digital resilience 	C4-S5 Knowing my rights and responsibilities  	C4-S5 Gambling 	N/A
08/07/24	St Maximilian Kolbe	Matthew 11: 25-30		Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum	N/A
15/07/24	Journey	Matthew 13:1-23		Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum	Pupils studying regular curriculum	N/A

# Drop Down Days



## Drop Down Day 1

Year Group	Session 1	Session 2	Session 3	Session 4	Session 5
7	<p>Online safety: Including reporting online and support for harmful behaviours.</p> 	<p>Understanding protected characteristics and their importance - guest speaker</p>   	<p>Understanding how our Gospel values link to British values.</p> 	<p>Learning how to identify bullying, the impact it has and how we can tackle it.</p>  	<p>Consent - Giving and seeking permission - NHS guest speaker.</p>  
8	<p>Understanding protected characteristics and their importance - guest speaker</p>   	<p>Healthy relationships - Spotting online prejudice and filtering online information.</p> 	<p>Healthy eating - what is a balanced diet?</p> 	<p>Understanding how our Gospel values link to British values.</p> 	<p>Learning how to identify bullying, the impact it has and how we can tackle it.</p>  
9	<p>Understanding protected characteristics and their importance - guest speaker</p>   	<p>Personal hygiene - Sleep and self-care</p> 	<p>Learning how to identify bullying, the impact it has and how we can tackle it.</p>  	<p>Basic first aid and CPR</p> 	<p>Understanding how our Gospel values link to British values.</p> 
10	<p>Understanding how our Gospel values link to British values.</p> 	<p>Understanding protected characteristics and their importance - guest speaker</p>   	<p>Healthy relationships - Spotting online prejudice and filtering online information.</p> 	<p>Preparing for work experience and interview preparation.</p> 	<p>Personal hygiene - Sleep and self-care</p> 

# Drop Down Days



## Drop Down Day 2

Year Group	Session 1	Session 2	Session 3	Session 4	Session 5
7	Healthy relationships - Spotting online prejudice and filtering online information. 	Healthy eating - what is a balanced diet? 	Dred UK - substance misuse - guest speaker.  	Basic first aid and CPR. 	Personal hygiene - Dental care and sleep 
8	Dred UK - substance misuse - guest speaker.  	Careers - The labour market. 	Online safety: Including reporting online and support for harmful behaviours. 	Personal hygiene - Sleep and self-care 	Basic first aid and CPR. 
9	Healthy eating - what is a balanced diet? 	Dred UK - substance misuse - guest speaker.  	Careers - The labour market. 	Healthy relationships - Spotting online prejudice and filtering online information. 	Online safety: Including reporting online and support for harmful behaviours. 
10	Careers - The labour market. 	Contraception and STI's - NHS guest speaker. 	Healthy eating - what is a balanced diet? 	Dred UK - substance misuse - guest speaker.  	Protecting our mental health and wellbeing.  







## Learning for Life

Cycle 1	Cycle 2	Cycle 3	Cycle 4
<p><b>Created in the Image of God, Sex and Health Education</b></p> <ul style="list-style-type: none"> <li>· Pupils will learn how Learning for Life is a combination of PSHE, RHSE, Citizenship and Careers and how this links to what makes them unique and marvellous. This unit aims to introduce the foundational threads of our RSHE curriculum.</li> <li>· <b>Staying Healthy:</b> Pupils will learn about diet and exercise.</li> <li>· <b>Mental Health:</b> Pupils will learn about what mental health is and about different strategies that help us to cope with change and transition.</li> <li>· <b>Online Safety:</b> Pupils will learn about how to stay safe when being online.</li> <li>· <b>Relationships:</b> Pupils will learn about healthy relationships and the signs of an unhealthy friendship.</li> </ul>	<p><b>Created in the Image of God, Sex and Health Education</b></p> <ul style="list-style-type: none"> <li>· <b>Changing Bodies:</b> Pupils will learn about puberty involves physical, emotional and sexual development. Whilst this might feel daunting, they will learn that puberty is God’s plan for them, and how He is with them throughout it all.</li> <li>· <b>Healthy Inside and Out:</b> Pupils will learn about self-esteem: what contributes to it, how it can affect their lives and how to increase it.</li> <li>· <b>Where we came from:</b> Pupils will learn about sexual intercourse as more than just a physical act, but a gift from God for married couples as His plan for how babies are made.</li> <li>· <b>Family and Friends:</b> Pupils will learn about different types of friendship and family structure, and discuss how better to manage their behaviour through consideration of thoughts, feelings and actions.</li> <li>· <b>My Life on Screen:</b> Pupils will learn about their online ‘lives’ and that they need to take steps to safeguard themselves, just as they do in real life</li> </ul>	<p><b>Created to Live in Community: Citizenship and Financial Education</b></p> <ul style="list-style-type: none"> <li>· <b>Citizenship:</b> Pupils will learn what citizenship is and why it is important in their lives.</li> <li>· <b>British Values:</b> Pupils will learn about the British Values of democracy, rule of law, individual liberty, respect, and tolerance. Pupils will understand what these values are, why they are important and how they can live by them. Pupils will consider the similarities between British Values and the Gospel Values.</li> <li>· <b>UK Political System:</b> Pupils will learn about Britain as democratic country. They will also learn about how Parliament in the UK is structured and what role the House of Lords, House of Commons, and the Monarchy play.</li> <li>· <b>UK Electoral System:</b> Pupils will learn about voting system in the UK and why it is important to vote. Pupils will make links between voting and our responsibly as UK citizens and Christians. Pupils will also know what an MP is and how the UK is divided into constancies. Pupils will learn about what a political party is and the role that they play.</li> <li>· <b>UK Laws:</b> Pupils will consider why laws are important. Pupils will know how laws are made and how an act becomes a law. Pupils will know what the age of criminal responsibility is in the UK.</li> </ul>	<p><b>Created to Build the Kingdom of God: Careers/Vocation Education</b></p> <ul style="list-style-type: none"> <li>· <b>Skills &amp; Qualities:</b> Pupils will about their personal qualities and skills and how these are important in the World of work.</li> <li>· <b>What is a career?:</b> Pupils will learn about different careers and how skills are suited to different careers.</li> <li>· <b>Gender Stereotypes:</b> Pupils will learn about what stereotyping is and how this can apply to careers perceptions as well as the implications of law on stereotyping</li> <li>· <b>The Working World:</b> Pupils learn about the importance of Careers Research in making informed decisions for their future.</li> <li>· <b>Future Planning:</b> Pupils will begin to think about their future possibilities; Discover, Explore, Dream.</li> </ul>






## Learning for Life

Cycle 1	Cycle 2	Cycle 3	Cycle 4
<p><b>Created to Live in Community: Citizenship and Financial Education</b></p> <ul style="list-style-type: none"> <li>· <b>What is my money personality?:</b> Pupils will reflect upon their own attitude to money and spending. Pupils will also understand the difference between needs and wants and will calculate the potential implications of borrowing.</li> <li>· <b>What is value for money?:</b> Pupils will understand how to budget and plan for the future. Pupils will also consider what value for money means and how this applies to them and their spending habits.</li> <li>· <b>How do I deal with financial dilemmas?</b> Pupils will understand bank accounts, compare different types of bank accounts, and realise the benefits of saving. Pupils will also learn how to interpret a bank statement.</li> <li>· <b>What are the next steps in my financial journey?:</b> Pupils will recognise what can influence our financial habits, as well as understand common types of financial fraud and how to help stay safe online.</li> <li>· <b>Why do we pay tax and how is it spent?:</b> Pupils will learn about how public money is raised and spent in the UK.</li> </ul> 	<p><b>Created to Build the Kingdom of God: Careers/Vocation Education</b></p> <ul style="list-style-type: none"> <li>· <b>Are jobs like Russian Dolls?:</b> Pupils will learn about the range of jobs available in a work environment and be able to explain these opportunities.</li> <li>· <b>Challenging Stereotypes:</b> Pupils will deepen their knowledge on gender stereotypes and begin to challenge them through looking at different job roles.</li> <li>· <b>Qualifications &amp; Pathways:</b> Pupils will learn about the different pathways available to them from 16 years old and beginning to think and plan their future beyond education.</li> <li>· <b>What I can do after school?:</b> Pupils will learn how GCSE options link to jobs and explore a range of jobs linked to their preferred choices through using online support tools.</li> <li>· <b>The Labour Market:</b> Pupils will learn what Labour Market information is, why it is important and how to use it to make informed decisions about future career choices.</li> </ul> 	<p><b>Created in the Image of God, Sex and Health Education</b></p> <ul style="list-style-type: none"> <li>· <b>Created and Chosen:</b> Pupils will learn what makes them scientifically unique, and that our deepest need is to love and be loved.</li> <li>· <b>Appreciating difference:</b> Pupils will learn about some of the ways in which people may choose to articulate their identity, including gender and sexual identity.</li> <li>· <b>Feelings:</b> Pupils will learn that an increase in hormone production during puberty leads to physical and psychological changes, including sexual attraction, and methods for managing the feelings involved with these.</li> <li>· <b>Before birth:</b> Pupils will learn what happens during the different stages of pregnancy, the importance of pre-natal care and the emotional, real-life impact of pregnancies carried to full term and otherwise.</li> <li>· <b>Relationships:</b> Pupils will learn the meaning of terms such as 'prejudice', 'discrimination', 'Protected Characteristics', 'tolerance', 'kindness' and 'forgiveness' and consider what this look like in real terms.</li> <li>· <b>Online Safety:</b> Pupils will learn about the consequences of sharing images of a sexual nature, how to resist pressure to do this, and the importance of setting rules to keep themselves safe online.</li> </ul> 	<p><b>Created in the Image of God, Sex and Health Education</b></p> <ul style="list-style-type: none"> <li>· <b>Relationships in the Wider World:</b> Pupils will learn from history that prejudice can grow into discrimination without the courage of upstanders, and that we all can all, through our language and behaviour, play a part in dismantling prejudice at its root.</li> <li>· <b>Attitudes to Mental Health:</b> Pupils will learn about attitudes to mental health and challenging misconceptions.</li> <li>· <b>Promoting emotional well-being:</b> Pupils will learn ways to promote emotional wellbeing. Also, how to build resilience and how to reframe disappointments and setbacks. Pupils will also consider the impact of social media on mental health and emotional wellbeing.</li> <li>· <b>Unhealthy coping strategies:</b> Pupils will learn about unhealthy coping strategies, including self-harm and eating disorders. Pupils will understand why, when, and how to access support for themselves or others.</li> <li>· <b>Healthy Strategies:</b> Pupils will learn healthy ways to manage difficult feelings or challenging circumstances</li> </ul> 







## Learning for Life

Cycle 1	Cycle 2	Cycle 3 and 4
<p><b>Created to Build the Kingdom of God: Careers/Vocation Education</b></p> <ul style="list-style-type: none"> <li>· <b>Why should someone employ me?:</b> Pupils will learn about the range of possible jobs and consider what jobs and roles may interest them. Understand what skills employers are looking for and investigate their own skills, identifying two for further development.</li> <li>· <b>How do I apply for a job?:</b> Pupils will learn about the range of ways that organisations undertake recruitment and selected for employment.</li> <li>· <b>What makes me employable?:</b> Pupils will become aware that employers look for learning, skills, qualities, and minimum qualifications in their employees. Pupils will explore their own skills and qualities and ways in which they can develop them.</li> <li>· <b>How to use my CV:</b> Pupils will learn about child employment law (Rights &amp; Responsibilities) and the positives and negatives of working while studying GCSEs to become aware of work-life balance.</li> <li>· <b>Apprenticeships what are they?:</b> Pupils will learn about the apprenticeship pathway and the range of apprenticeships available. They will become aware of the reason someone would apply for an apprenticeship and how to navigate online recruitment and CIAG support websites.</li> </ul> 	<p><b>Created to Live in Community: Citizenship and Financial Education</b></p> <ul style="list-style-type: none"> <li>· <b>Human Rights:</b> Pupils will know what human rights are, how they were developed and why they are important.</li> <li>· <b>Immigration:</b> Pupils will know the difference between immigration, illegal immigrants, refugees and asylum seekers. Pupils will explore why people immigrate and what the positives are of living in a multi-cultural society are.</li> <li>· <b>Media:</b> Pupils will learn about fake news and how to distinguish between fact and fiction in the media.</li> <li>· <b>What role does the UK play in the world? What is Parliament?:</b> Pupils will learn about the role of Britain in the world. Pupils will know what the commonwealth is and how the UK contributes to the UN and other international bodies.</li> <li>· <b>Politics:</b> Pupils will learn about the political parties and what it means to represent your party. General elections, and some pupils to 'stand' for election.</li> </ul> 	<p><b>Created in the Image of God, Sex and Health Education</b></p> <ul style="list-style-type: none"> <li>· <b>In search of love:</b> Pupils will consider their desire to love and be loved, and learn about God's plan for romantic love, sexual, attraction and intimacy.</li> <li>· <b>What does a healthy relationship look like?:</b> Pupils will learn about what a healthy relationship looks like and what the signs of an unhealthy relationship maybe.</li> <li>· <b>What makes a perfect partner?:</b> Pupils will consider what qualities they value in relationships.</li> <li>· <b>Love people, use things:</b> Pupils will learn about objectification, and consider the impact of on relationships and personal well-being.</li> <li>· <b>In control of my choices:</b> Pupils will learn about love and lust, shame and regret and delaying sexual intimacy, all with a view to making wise, informed, and mindful choices. Lesson includes the age of consent.</li> <li>· <b>Fertility and Contraception:</b> Pupils will learn about methods for managing conception and discuss how they uphold or contravene God's plan for sex.</li> <li>· <b>Marriage:</b> Pupils will learn about different types of committed relationships and consider what relationships they would like in the future</li> <li>· <b>One hundred percent:</b> Pupils will learn that consent is not just gaining permission for something but choosing to honour and respect one another as persons with innate dignity.</li> <li>· <b>Managing unhealthy relationships (Medway):</b> Pupils will learn about the different signs of different types of abuse. Pupils will learn about exit strategies and identify support for abusive relationships. learn about exit strategies and identify support for abusive relationships.</li> <li>· <b>Knowing my rights and responsibilities:</b> Pupils will learn about physical consent, sexual exploitation, and human rights.</li> </ul> 



## Learning for Life

Cycle 1	Cycle 2	Cycle 3	Cycle 4
<p><b>Created in the Image of God, Sex and Health Education</b></p> <ul style="list-style-type: none"> <li>· <b>Healthy Lifestyles:</b> Pupils will learn about the harmful effects of vaping, the current laws surrounding vaping and it's impact on society and the environment.</li> <li>· <b>Fertility and Contraception:</b> Pupils will learn about methods for managing conception and discuss how they uphold or contravene God's plan for sex.</li> <li>· <b>Marriage:</b> Pupils will learn about different types of committed relationships and consider what relationships they would like in the future</li> <li>· <b>Consent:</b> Pupils will learn that consent is not just gaining permission for something but choosing to honour and respect one another as persons with innate dignity.</li> </ul> <p><b>Knowing my rights and responsibilities:</b> Pupils will learn about physical consent, sexual exploitation, and human rights.</p> 	<p><b>Created in the Image of God, Sex and Health Education</b></p> <ul style="list-style-type: none"> <li>· <b>Authentic Freedom:</b> Pupils will learn about the objective reality of sex, and how this might impact people's decisions around relationships, including their own hopes and wishes for the future.</li> <li>· <b>Self-image:</b> Pupils will learn about different experiences of body shame, explore notions of 'dignity' and 'modesty' in relation to the body and consider that our bodies are good, as part of our unique, inseparable combination of body and soul.</li> <li>· <b>Belief, Values and Attitudes:</b> Pupils will learn the meaning of the terms 'beliefs', 'values' and 'attitudes', how crucial they are in shaping our choices and that we should interrogate them regularly to ensure we are living the way we intend.</li> <li>· <b>Parenthood:</b> Pupils will learn the meaning of the terms 'beliefs', 'values' and 'attitudes', how crucial they are in shaping our choices and that we should interrogate them regularly to ensure we are living the way we intend.</li> <li>· <b>Pregnancy and Abortion:</b> Pupils will learn about the stages of life in the womb, abortion methods and legality, and sex as so often being divorced from the possibility of parenthood.</li> </ul> 	<p><b>Created to Build the Kingdom of God: Careers/Vocation Education</b></p> <ul style="list-style-type: none"> <li>· Preparing for work experience</li> <li>· Job sectors and LMI</li> <li>· Employment rights and responsibilities</li> <li>· Post 16 options</li> <li>UK wages and their importance</li> </ul> 	<p><b>Created to Live in Community: Citizenship and Financial Education</b></p> <ul style="list-style-type: none"> <li>· <b>What is debt?:</b> Pupils will learn about budgeting and how life choices can impact on a person's finances. Pupils will consider the advantages and disadvantages of using credit when compared to saving to make purchases.</li> <li>· <b>Money and Work:</b> What is a pay slip and what deductions are made from my salary?: Pupils will learn about the main features of a payslip. Pupils will know how to calculate gross and net pay accounting for a range of deductions. Pupils will also identify employee benefits beyond salary</li> <li>· <b>What is financial risk and how can I protect my money?:</b> Pupils will learn about different types of fraud. Pupils will also learn about insurance and how it can help protect us from risk.</li> <li>· <b>How can technology be used to manage our finances?:</b> Pupils will learn about how different technology can be used to manage money and to consider the implications of technology on the future of personal finances.</li> <li>· <b>What is gambling and what are the risks?:</b> Pupils will learn about the different risks associated with gambling.</li> </ul> 





## Learning for Life

Cycle 1	Cycle 2
<p><b>Created to Build the Kingdom of God: Careers/Vocation Education</b></p> <ul style="list-style-type: none"> <li>· <b>Post 16 Options:</b> Pupils will understand the options available at the end of Year 11 and consider how I can make the best choice for them, so that they can make applications for post 16 study or training.</li> <li>· <b>Post 18:</b> Universities: Pupils will learn about post 18 study at university and how to make informed decisions about post 18 providers. They will learn about the Russell Group universities and how they could benefit them.</li> <li>· <b>See the bigger picture:</b> Pupils will develop their awareness of the relationship between career and the natural environment, and the relationship between career, community, society, politics, and the economy.</li> <li>· <b>Create Opportunities:</b> Pupils will demonstrate awareness of the importance in taking the initiative in their learning and life. Recognises that building a career will require them to be imaginative and flexible and develop the ability to communicate their needs and wants. Be able to identify a role model and understand the value of leadership.</li> </ul> <p><b>Work Life Balance:</b> Pupils will learn about and explore work life balance and the responsibilities that individuals have at different stages of life.</p>	<p><b>Created in the Image of God, Sex and Health Education</b></p> <ul style="list-style-type: none"> <li>· <b>Self-Worth:</b> How formative experiences can shape a person’s beliefs,</li> <li>· <b>Addiction:</b> How addiction can affect a person’s life, different forms of addiction and strategies to resist/overcome the pull of short-term highs</li> <li>· <b>Eating Disorders:</b> Pupils will learn How pressure, stress and anxiety can contribute to poor emotional health, how this can manifest in different ways, including eating disorders and strategies to support oneself and others.</li> <li>· <b>Sexual Desire:</b> Pupils will learn that sexual desire is a positive thing that draws us to truth and beauty, the sex industry, unrealistic expectations and unhealthy sex harms relationships by fostering selfishness and self-satisfaction and its addictions</li> <li>· <b>Sexually Transmitted Infections:</b> Pupils will learn how upbringing and peer pressure might have an impact on our choices, sexually Transmitted Infections, and the responsibility of getting tested as well as the emotional/psychological impacts of (regularly) engaging in casual sex and how recognising our true value can bring freedom.</li> <li>· <b>Coercive Behaviour:</b> Pupils will learn the many forms of coercive control -Why victims might find it hard to leave abusive relationships, victim-blaming and other societal attitudes towards misogyny and sexual violence (including rape) alongside the qualities of a truly respectful, healthy relationship and support avenues available to them</li> <li>· <b>Coping with stress:</b> Pupils will learn about the warning signs of stress and the effects of stress on the body as well as how to manage stress and look after our mental-wellbeing.</li> </ul> <p><b>Taking care of ourselves:</b> Why sleep is important for our health and well-being, The effects of sleep deprivation on the body.</p>



# Trips 2023/24



Trip/Visit	Faculty	Calendar Date	Approximate Cost	Notes
Runshaw College	MFL	September 2023	N/A	<b>Target Year Group: Years 9, 10 and 11</b> <b>Venue: Runshaw College</b> <b>Transport: Coach</b> <b>Duration: Day Visit</b>
IET Faraday Challenge	Technology	October 2023	N/A	<b>Target Year Group: Year 9</b> <b>Venue: Manchester University</b> <b>Transport: Minibus</b> <b>Duration: Day Visit</b>
Bridgewater Hall Halle Orchestra	Music	October 2023	£25	<b>Target Year Group: All Years</b> <b>Venue: Bridgewater Hall</b> <b>Transport: Coach</b> <b>Duration: Day Visit</b>
Cyberfirst Media City	Technology/Careers	November 2023	FREE	<b>Target Year Group: Year 8</b> <b>Venue: HOST, Media City</b> <b>Transport: Coach</b> <b>Duration: Day Visit</b>
CERN	Science	November 2023	£650	<b>Target Year Group: Year 10 and 11</b> <b>Venue: Geneva</b> <b>Transport: Aeroplane</b> <b>Duration: 3 Days</b>



# Trips 2023/24



Blackburn College Public Services Showcase	Careers	November 2023	FREE	<b>Target Year Group: Year 10 and 11</b> <b>Venue: Blackburn College</b> <b>Transport: Taxi</b> <b>Duration: Day Visit</b>
Castlerigg	RE	December 2023	£150	<b>Target Year Group: Year 8 and 9</b> <b>Venue: Castlerigg, Lake District</b> <b>Transport: Coach</b> <b>Duration: 3 Days</b>
Whole School Rewards Trip	HOH	December 2023	£20-£35	<b>Target Year Group: All Year Group</b> <b>Venue: TBC</b> <b>Transport: Coach</b> <b>Duration: Day Visit</b>
Ski Lessons	PE	January-February 2024	£85	<b>Target Year Group: Year 9, 10 and 11</b> <b>Venue: Chill Factore</b> <b>Transport: Minibus</b> <b>Duration: Day Visit</b>
America Ski Trip	PE	February 2024	£1950	<b>Target Year Group: Year 8, 9 and 10</b> <b>Venue: Jasper, Canada</b> <b>Transport: Aeroplane</b> <b>Duration: 7 Days</b>
Leyland Trucks	Careers	February 2024	FREE	<b>Target Year Group: Year 10</b> <b>Venue: Leyland Trucks</b> <b>Transport: Taxi</b> <b>Duration: Day Visit</b>



# Trips 2023/24



Young Enterprise Showcase	Technology	March 2024	N/A	<b>Target Year Group: Year 9 and 10</b> <b>Venue: Lancaster University</b> <b>Transport: Minibus</b> <b>Duration: Day Visit</b>
Blackburn College Catering Masterclass	Technology/Careers	March 2024	FREE	<b>Target Year Group: Year 9</b> <b>Venue: Blackburn College</b> <b>Transport: Taxi</b> <b>Duration: Day Visit</b>
Blackburn College British Science Week Event	Science/Careers	March 2024	FREE	<b>Target Year Group: Year 9</b> <b>Venue: Blackburn College</b> <b>Transport: Coach</b> <b>Duration: Day Visit</b>
Whole School Rewards Trip	HOH	April 2024	£20-£35	<b>Target Year Group: All Year Group</b> <b>Venue: TBC</b> <b>Transport: Coach</b> <b>Duration: Day Visit</b>
Theatre Trip	Expressive Arts	April 2024	£35	<b>Target Year Group: All Years</b> <b>Venue: Lowry</b> <b>Transport: Coach/Minibus</b> <b>Duration: Day Visit</b>
Mental Health Champions Charity Walk	HOH	April 2024	N/A	<b>Target Year Group: Year 11</b> <b>Venue: Ullswater</b> <b>Transport: Minibus</b> <b>Duration: Day Visit</b>
Runshaw College My Futures Day	Careers	April 2024	FREE	<b>Target Year Group: Year 10</b> <b>Venue: Runshaw College</b>



# Trips 2023/24



				<b>Transport: Minibus</b> <b>Duration: Day Visit</b>
LUSoM Maths of Pokemon Talk	Maths/Careers	April 2024	FREE	<b>Target Year Group: Year 9</b> <b>Venue: LUSoM</b> <b>Transport: Coach</b> <b>Duration: Day Visit</b>
Preston Hospital Careers Event	Careers	May 2024	FREE	<b>Target Year Group: Year 10</b> <b>Venue: Preston Hospital</b> <b>Transport: Minibus</b> <b>Duration: Day Visit</b>
Preston College/Carefoot Construction Site Visit	Careers	May 2024	FREE	<b>Target Year Group: Year 9</b> <b>Venue: Preston College/Carefoot Construction</b> <b>Transport: Minibus</b> <b>Duration: Day Visit</b>
UCLan Research Forum	Careers	May 2024	FREE	<b>Target Year Group: Year 10</b> <b>Venue: UCLan</b> <b>Transport: Minibus</b> <b>Duration: Day Visit</b>
TeenTech Festival	Technology/Careers	June 2024	FREE	<b>Target Year Group: Year 9</b> <b>Venue: UCLan</b> <b>Transport: Minibus</b> <b>Duration: Day Visit</b>



# CASEO Timetable Autumn Term

Day	Lunch	After School
<b>Monday</b>   	Maths Sparx Support (Y7, 8 & 9) Year 10 OCR PE Support Equalities Group (All Years) GCSE Music Performance Development	Trampoline (Y7, 8 & 9) Dance/Cheerleading (All Years) Maths Sparx Support (Y10 & 11) Homework Club (All Years) Brownedge Vocals (All Years)
<b>Tuesday</b>  		Maths Sparx Support (Y7, 8 & 9) History Club (All Years) Football (All Years) Homework Club (All Years) Gardening Club (Y7, 8 & 9) Faith in Action (All Years) Science Club (Y7 & 8) Netball (Y7, 10 & 11) Higher Maths Intervention & Past Paper Club (Y10 & 11)
<b>Wednesday</b> 	Maths Sparx Support (Y10 & 11) Debate Club (Y7, 8 & 9)	Maths Sparx Support (Y10 & 11) Homework Club (All Years) Netball (Y8 & 9) Band Practice (All Years)
<b>Thursday</b>	Creative Magazine Club (Y7, 8 & 9) Improvisation Club (Y7 & 8) Keyboard Club (All Years)	Maths Sparx Support (Y7, 8 & 9) STEM Club (Y9) Homework Club (All Years) Gardening Club (Y10 & 11) Chaplaincy Group (All Years) Philosophy Club (All Years)
<b>Friday</b>		Further Maths (Y10 & 11)

## PLUS!

- Basic Sign Language for Y9 & 10 every Tuesday after school Oct - Dec
- Modern Foreign Languages Club for All Years - dates TBC
- Art Club for All Years every Tuesday after school Oct - Dec
- Intermediate Maths Challenge Prep for Y9 & 10 every Monday lunch from 20th Nov - 29th Jan
- Geography Task Master for Y7 every Tuesday after school from 7th Nov - 12th Dec



# CASEO 2023/24



Equally important to our taught curriculum is the portfolio of experiences that enable personal and social development, develop citizenship and community work and present challenge. This experienced curriculum offers opportunities for all pupils to:

- participate in a wide spectrum of extracurricular activities
- learn from residential retreats and out of school educational experiences
- develop leadership roles
- engage in works of charity and community cohesion
- learn about their responsibility towards each other within our Brownedge family
- collaborate across age groups through Interhouse activities and events
- partake in a two week experience in the world of work

All these experiences have the aim of helping our pupils to develop their identity so they are ready and equipped to fully engage with life beyond school.





*Come along to*

**BREAKFAST**



**CLUB**



**FROM 8AM IN THE CANTEEN**

**£1.50 CREDIT EVERY DAY FOR  
PUPILS ELIGIBLE FOR FREE  
SCHOOL MEALS - GET A HOT  
BREAKFAST SNACK LIKE TOAST,  
CHEESE ON TOAST OR A PASTRY,  
AND A DRINK!**

## Breakfast Club



Our school breakfast club is a provision for our pupils which enables them to eat a healthy breakfast in a safe environment before their first class. They have opportunity to chat and cooperate with other children of different ages or from different school classes.

Interactions like these contribute to the development of social skills and confidence. Our pupils have fun with their friends and have a filling breakfast before the day's learning begins setting them up for the day.



# Interhouse Competitions 2023/24



Competition	Year Group	Dates	Faculty
European Day of Languages Foodie Flag	All	25/09-28/09	Food Tech
European Day of Languages	All	25/09-28/09	MFL
Inktober	All	01/10-03/11	Art
Friendship Poem	All	02/10-06/10	Health & Social Care
Currency Competition	All	W/b 13/10	Maths
UK Parliament Week	7-10	30/10-13/11	History
Christmas Card Competition	All	06/11-20/11	Art
Geography Quiz	All	W/b 06/11	Geography



# Interhouse Competitions 2023/24



Competition	Year Group	Dates	Faculty
Tomorrow's Engineers Week	All	06/11-10/11	Science
Worship Garden Mural Design	All	19/11-24/11	RE
Maths Olympics	All	W/b 01/12	Maths
Santa Sports	7-9	W/b 16/12	PE
Interhouse Quiz	All	W/b 16/12	Whole school
Boggle Challenge	7-10	15/01-26/01	English
Internet Safety	All	W/b 05/02	ICT/Computing
Lent Acts of Kindness	All	19/02 - 40 days	RE

# Interhouse Competitions 2023/24



Competition	Year Group	Dates	Faculty
International Day of Women and Girls in Science	All	15/02-19/02	Science
Pi Day	All	26/02-14/03	Maths
World Book Day Quiz	7-10	07/03	English
British Science Week	All	03/03-16/03	Science
World Poetry Day	All	11/03-26/03	English
Eggstraordinary Women for Women's History Month	7-10	11/03-25/03	History
Maths Olympics	All	W/b 15/04	Maths
Interhouse Quiz	All	Last day of term	Whole school

# Interhouse Competitions 2023/24



Competition	Year Group	Dates	Faculty
National Geographic Photography Competition	7-10	W/b 13/05	Geography
Local History Month Project	7-10	May	History
Extreme Reading	7-9	W/b 20/05	English
Maths Olympics	All	W/b 03/06	Maths
Sports Day	7-10	28/06	PE
BBC Writing Competition	7-9	July	English
Lit-Coins	All	Whole year	English
Interhouse Quiz	All	Last day of term	Whole school

# Careers Provision



	Autumn term	Spring term	Summer term
Year 7	Parents Evening	Careers workshops L4L lessons	End of Year Examination week and L4L lessons
Year 8	Careers Fair L4L lessons	Pathways choices and options Careers workshops Parents Evening	End of Year Examination week and L4L lessons Personal Statement work
Year 9	Careers Fair GCSE Information Evening L4L lessons	Careers workshops Parents Evening	End of Year Examination week and L4L lessons Personal Statement work
Year 10	Careers Fair	Work experience preparation Careers research, investigation and workshops Parents Evening L4L lessons	College visits and taster Days Work experience Mock Interviews Personal Statement work
Year 11	College and apprenticeship applications Personal Statements and CVs Careers Fair L4L lessons	College Interviews Apprenticeship interviews Parents Evening GCSE Information Evening	

All students in years 7 to 11 at Browndedge St Mary's Catholic High School are entitled to personalised and appropriate Careers Education Information Advice and Guidance (CEIAG) through the Learning for Life Programme, Form time activities, Independent Advice provided by Career North, extra-curricular activities and information shared as part of our curriculum provision. Pupils are entitled to:

- Find out about technical education qualifications and apprenticeship opportunities, as part of our careers programme which provides information on the full range of education and training options available at each transition point
- Hear from a range of local providers about the opportunities they offer, including technical education and apprenticeships
- Understand how to make applications for the full range of academic and technical courses

The CEIAG programme is designed to meet the needs of all students in school. It incorporates the eight Gatsby benchmarks which are at the heart of the Careers Strategy. It is differentiated to ensure progression through activities that are appropriate to students' stages of career learning, planning and development. Needs of SEN learners are planned for and activities are differentiated to ensure access. The programme promotes equality of opportunity, inclusion and anti-racism. Each key stage has set entitlements which are in line with those set out in the CDI framework.