

Personal Development Overview – Spring 2025

At St. Cecilia's, our vision is to provide an excellent, well-rounded education and formation which celebrates our pupils' academic, emotional, and spiritual achievement, whilst preparing everyone to fulfil their full potential as human beings in God's World. Personal Development at St. Cecilia's is both plentiful and accessible to all, maximising the outcomes for every child so that they can flourish in life. We believe that developing as a human being is a key building block for 'success' in life. This 'success' has many strands including being able to relate to and contribute better to the world around you, developing safe and fulfilling relationships with others, growing a character that values equality and inclusivity whilst supporting what is right and just, having high levels of belief and fulfilling potential.

For ease of your interpretation of the document below, we can group some components of our Personal Development programme into areas such as:

- Safe Relationships
- Physical Health, Mental Health, and Wellbeing
- Relationships and Sex Education
- Equality, Inclusion and Opportunity
- Fundamental British Values
- Citizenship
- Spiritual Development
- Moral Development
- Social development
- Cultural Development
- Character Development
- Futures, Finance and Careers

You can read about examples of personal development at St Cecilia's, through the mediums of **the curriculum, extra-curricular activities, PSHE/RSE, year group activities and interventions** here:

- [Personal Development | St Cecilia's RC High School \(st-ceciliasschool.co.uk\)](https://st-ceciliasschool.co.uk/personal-development)

Or feel free to look at specific aspects of it here:

- The curriculum: [Curriculum Delivery | St Cecilia's RC High School \(st-ceciliasschool.co.uk\)](https://st-ceciliasschool.co.uk/curriculum-delivery)
- Department 5 year plans: [Department Pages | St Cecilia's RC High School \(st-ceciliasschool.co.uk\)](https://st-ceciliasschool.co.uk/department-pages)
- Our PSHE/RSE curriculum: [PSHE & RSHE | St Cecilia's RC High School \(st-ceciliasschool.co.uk\)](https://st-ceciliasschool.co.uk/pshe-rse)
- Pupil leadership and ambassador groups: [Pupil Leadership and Ambassadors | St Cecilia's RC High School \(st-ceciliasschool.co.uk\)](https://st-ceciliasschool.co.uk/pupil-leadership-ambassadors)
- Our careers programme: [Careers at St Cecilia's | St Cecilia's RC High School \(st-ceciliasschool.co.uk\)](https://st-ceciliasschool.co.uk/careers)
- Safeguarding: [Safeguarding | St Cecilia's RC High School \(st-ceciliasschool.co.uk\)](https://st-ceciliasschool.co.uk/safeguarding)

Our Personal Development programme is fluid and adapted in accordance to need and incident on the school, community and/or national awareness/incidents. We update this each term that so that you can gather a sense of currency. For example, to address the riots over Summer, pupils are exploring some issues during form time with a focus on Islamophobia, disinformation and negative attitudes towards immigrants and asylum seekers.

Personal Development - Extra-Curricular Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School	Sensory circuits – EDEN room 8:30 IDL – LRC – Form time	Sensory circuits – EDEN room 8:30 IDL – LRC – Form time	Sensory circuits – EDEN room 8:30 IDL – LRC – Form time	Sensory circuits – EDEN room 8:30 IDL – LRC – Form time	Sensory circuits – EDEN room 8:30 IDL – LRC – Form time
Lunchtime	EDEN room Activities 13:45 KS4 Art Club (Room 10) Badminton and TT GCSE Year 10/11 Open Mic Club – Music Room	Senior choir- Miss Berry Music room (All lunch) EDEN room Activities 13:45 Badminton and TT GCSE Year 10/11 KS3 Philosophy Film Club – 23 GCSE Design Technology making – Y10 and Y11 Battle of the Bands Rehearsals	Choir- Miss Berry Music room (All lunch) EDEN room Activities 13:45	Mindful Crafts – Room 23 – Mrs Bell from 13:45 KS3 Art Club 1.30 - 2.00 (Room 10) Keyboard club- Miss Berry Music room (All lunch) EDEN room Activities 13:45 GCSE Design Technology making – Y10 and Y11 Battle of the Bands Rehearsals Gift team Form time and Lunch Chapel Mrs Bretherton. Rosary Lunchtime in the chapel Mr Barden	EDEN room Activities 13:45 KS4 Art Club (Room 10) Badminton and TT GCSE Year 10/11 Battle of the Bands Rehearsals

After School	Homework club – LRC – 15:15 – 16:00	Homework club – LRC – 15:15 – 16:00	Homework club – LRC – 15:15 – 16:00	Homework club – LRC – 15:15 – 16:00	Homework club – LRC – 15:15 – 16:00
	GCSE Badminton/TT 10/11	Lego Therapy- 15:15-4:00 EDEN	Basketball fixtures	GCSE Spanish speaking exam support 15:15-16:00	KS3 basketball 7/8/9
	BKSB- 15:15-16:00 Eden	Battle of the Bands Rehearsals	Computer Club – Room 22 – 3.15pm to 4.00pm	Drama Club 3:15-4pm - Hall Mrs Holt	Battle of the Bands Rehearsals
	Battle of the Bands Rehearsals		Battle of the Bands Rehearsals	Battle of the Bands Rehearsals	

Personal Development - Trips and Events

Event Name	Date
Year 7 trip to a Gurdwara	Summer 2025
Year 8 trip to a Mosque	Summer 2025
Catholic Heart Pilgrimage to Ladyewell	Summer 2025
Year 7 Residential to Manor Adventure	14 th Feb-17 th Feb 2025
Music Theatre trip (Joseph & the Technicolor Dreamcoat)	27 th Feb
Choir to Lancashire Sings	28 th March
Y10 Bronze Duke of Edinburgh's Award	Meeting dates to be confirmed (not set weekly) Starting Autumn Term. Training day: 26 th June 2025. Assessed expedition: 9 th –10 th July 2025

<p><u>GCSE Geography field study visits</u></p> <p>Year 11 – Longridge</p> <p>Year 10 – Rivers</p> <p>Year 10 - Longridge</p>	<p>TBC – Spring term 1 2025</p> <p>TBC - Spring term 2 2025</p> <p>TBC – Spring term 2 2025</p>
<p>GCSE History trip to Hadrian’s Wall</p> <p>GCSE History trip to Ribchester</p> <p>Cyber festival event Preston college</p> <p>Year 8 retreat day</p> <p>Walsingham Pilgrimage</p> <p>Year 9 retreat day</p> <p>Holy island Pilgrimage</p>	<p>1st April, 2025</p> <p>24th April, 2025</p> <p>4th Feb 2025</p> <p>Tuesday 11th March 2025</p> <p>May 2nd</p> <p>Tuesday 13th May</p> <p>June 2025</p>