

Personal Development Overview – Autumn 2024

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 are able to 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 1-2-1 Reading – Form time EDEN room	Sensory circuits – EDEN room 8:30 IDL – LRC – Form time 1-2-1 Reading – Form time EDEN room	Sensory circuits – EDEN room 8:30 IDL – LRC – Form time 1-2-1 Reading – Form time EDEN room	Sensory circuits – EDEN room 8:30 IDL – LRC – Form time 1-2-1 Reading – Form time EDEN room	Sensory circuits – EDEN room 8:30 IDL – LRC – Form time 1-2-1 Reading – Form time EDEN room
Lunchtime	Sensory circuits – EDEN room 13:55 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) Sensory circuits – EDEN room 13:55 Badminton and TT GCSE Year 10/11 Year 7 301 dart league -Physical health and sport ambassador session Equality/diversity and wellbeing ambassador group session	Y11 DT NEA – Mr Barton Room 11 (All lunch) Choir- Miss Berry Music room (All lunch) Sensory circuits – EDEN room 13:55 Spanish Culture club room 15 13:30-14:00 Y7 Netball – Physical health and sport ambassador session Y7 Monster kickabout football	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) Sensory circuits – EDEN room 13:55 Badminton and TT GCSE Year 10/11	KS3 Philosophy Film Club – Room 23 – Mrs Bell from 13:45 Sensory circuits – EDEN room 13:55 KS4 Art Club (Room 10) Badminton and TT GCSE Year 10/11

After School	Homework club – LRC – 15:15 – 16:00 Lego Therapy- 15:15-4:00 EDEN	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 Football and Netball fixtures	Debate Club – Room 20 – Mr Baldwin	Football and Netball fixtures	GCSE Spanish speaking exam support 15:15-16:00	KS3 badminton 7/8/9
	BKSB- 15:15-16:00 Eden		Y11 Cambridge National Coursework support session by invitation	Football and Netball fixtures KS3 Badminton (dependent on fixtures)	
	Science Club 15:15:16:00 Lab 5		Computer Club – Room 22 – 3.15pm to 4.00pm	Poetry Club – Room 16 – Mrs Mortimer 15:15-16:00	
				Year 11 GCSE Computer Science Focused Revision – room 21 and room 22 – 3:15pm – 4.00pm	

Personal Development - Trips and Events

Event Name	Date
Manchester City Trip 2025	February 2025 - date TBC
Preston City Athletics 2025	June 2025 – date TBC
Watersports Trip Spain 2025	27 th June – 5 th July 2025
Year 7 trip to a Gurdwara	Summer 2025
Year 8 trip to a Mosque	Summer 2025
Year 11 trip to The Lowry Theatre (An Inspector Calls)	8 th January 2025

Music Theatre trip	TBC January 2025
Year 10 & 11 performance of A Christmas Carol (theatre company in school)	10th December 2024
Year 10 & 11 performance of Macbeth (theatre company in school)	1st April 2025
Y10 Bronze Duke of Edinburgh's Award	Meeting dates to be confirmed (not set weekly) Starting Autumn Term
Spanish trip to Andalucia	24th-29th March
8-11 – reward trip for sports recognition representing in 3 or more sports last academic year	TBC – term 2
Playathon	20th December