

# Personal Development Overview – Autumn 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 \(st-cecilias.co.uk\)](https://st-cecilias.co.uk)

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

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

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 This Term

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School	<p>Sensory circuits – Carlo Building 8:30</p> <p>Precision Teaching Maths- 8:30 LRC</p> <p>IDL – LRC – Form time</p>	<p>Sensory circuits – Carlo Building 8:30</p> <p>Precision Teaching Maths- 8:30 LRC</p> <p>IDL – LRC – Form time</p>	<p>Sensory circuits – Carlo Building 8:30</p> <p>Precision Teaching Maths- 8:30 LRC</p> <p>IDL – LRC – Form time</p>	<p>Sensory circuits – Carlo Building 8:30</p> <p>Precision Teaching Maths- 8:30 LRC</p> <p>IDL – LRC – Form time</p>	<p>Sensory circuits – Carlo Building 8:30</p> <p>Precision Teaching Maths- 8:30 LRC</p> <p>IDL – LRC – Form time</p>
Lunchtime	<p>EDEN room Activities 13:45</p> <p>KS4 Art Club (Room 10)</p> <p>Open Mic Club – Music Room</p> <p>PE – badminton/table tennis - Sports hall pre/post exams</p> <p>Y11 Revision: JUDAISM – 23</p> <p>Design Technology – GCSE NEA Coursework</p>	<p>Senior choir- Miss Berry Music room (All lunch)</p> <p>EDEN room Activities 13:45</p> <p>PE – badminton/table tennis - Sports hall pre/post exams</p> <p>CAFOD Club – 25 Mr Barden and Mrs Holt</p> <p>Design Technology – GCSE NEA Coursework</p>	<p>Choir- Miss Berry Music room (All lunch)</p> <p>EDEN room Activities 13:45</p> <p>PE – badminton/table tennis - Sports hall pre post exams</p> <p>Digital Disciples meetings/events (13:25- 13:45) Rm 24</p> <p>KS4 Art Club (Room 10)</p>	<p>Keyboard club- Miss Berry Music room (All lunch)</p> <p>EDEN room Activities 13:45</p> <p>Wellbeing Ambassador group meeting LRC 13:45</p> <p>PE – badminton/table tennis - Sports hall pre/post exams</p> <p>Design Technology – GCSE NEA Coursework</p> <p>Rosary Lunchtime in the chapel Mr Barden, Mrs Bretherton, Mrs Holt , Mrs Gornall</p>	<p>EDEN room Activities 13:45</p> <p>PE – badminton/table tennis - Sports hall pre/post exams</p> <p>Anti Bullying Ambassador Group meeting 13:45</p>

<b>After School</b>	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
	Football/Netball Fixtures KS4 Badminton/Table Tennis	Dungeons & Dragons Club 15:15-16:00 EDEN	Dungeons & Dragons Club 15:15-16:00 EDEN	GCSE Computer Science exam support in Room 22 15:15-16:00	Football fixture night  KS3 from October
	Year 11 Maths Past Papers Society	Football fixture night (meeting dependant)	Computer Club – Room 22 – 3.15pm to 4.00pm  KS3 Badminton/Table Tennis	KS3 Football/Netball/Fixture Night  Debate Club- Mrs Holt Room 16A  KS3 Art Club – Week 1 Only	

## Personal Development - Trips and Events

Event Name	Date
Wellbeing Ambassadors Training	Monday 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup> September and 6 <sup>th</sup> October
Compass Bloom Sleep & Anxiety workshops	Monday 29 <sup>th</sup> September, 6 <sup>th</sup> October, 13 <sup>th</sup> October
Hello Yellow Day	Friday 10 <sup>th</sup> October
The Yogi project –year 7	Friday 10 <sup>th</sup> October
SEN Friendly Bowling Trip-year 8	Friday 26 <sup>th</sup> September
Introduction to Compass Bloom support assembly	Friday 26 <sup>th</sup> October
Sir Tom Finney social-year 7	Tuesday 23 <sup>rd</sup> & 30 <sup>th</sup> September

<b>Forest School</b>	<b>Every Tuesday from 7<sup>th</sup> October</b>
<b>Duke of Edinburgh (Y10)</b>	<b>Friday 26<sup>th</sup> June 2026 Training day, Wed 8th – Thurs 9th July assessed expedition</b>