

Personal Development Overview – Summer 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 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) Open Mic Club – Music Room PE – badminton/table tennis - Sports hall pre/post exams	Senior choir- Miss Berry Music room (All lunch) EDEN room Activities 13:45 KS3 Philosophy Film Club – 23 PE – badminton/table tennis - Sports hall pre/post exams	Choir- Miss Berry Music room (All lunch) EDEN room Activities 13:45 Sparx Maths club Rooms 21 & 22 CAFOD Club – 25 Mr Barden and Mrs Holt Eco Club – Science 3 PE – badminton/table tennis - Sports hall pre post exams KS3 DT - “Fix it club” 13:35 – 14:00 Rm 11	KS3 Art Club 1.30 - 2.00 (Room 10) Keyboard club- Miss Berry Music room (All lunch) EDEN room Activities 13:45 Sparx Maths club Rooms 21 & 22 PE – badminton/table tennis - Sports hall pre/post exams Battle of the Bands Rehearsals Gift team Form time and Lunch Chapel Mrs Bretherton. Rosary Lunchtime in the chapel Mr Barden Science club – Lab 1 13:45	EDEN room Activities 13:45 KS4 Art Club (Room 10) PE – badminton/table tennis - Sports hall pre/post exams

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
	BKSB- 15:15-16:00 Eden	Lego Therapy- 15:15-4:00 EDEN	Computer Club – Room 22 – 3.15pm to 4.00pm	GCSE Spanish exam support 15:15-16:00	
	KS 3 Rounders	Creative iMedia Support Sessions Rm 21 - 3.15pm - 4.00pm	KS3 Cricket		
			KS3 Athletics		

Personal Development - Trips and Events

Event Name	Date
<u>GCSE Geography field study visits</u> Year 11 – Longridge Year 10 – Rivers Year 10 - Longridge	3 rd March 2025 28 th April 2025 20/21 March 2025
GCSE History trip to Ribchester Cyber festival event Preston college Summer Concert <u>Duke of Edinburgh's Bronze Award:</u> Training sessions (lunch times) Training day Assessment – Expedition Year 10 NHS Trip	24 th April, 2025 4 th Feb 2025 TBD – July TBD Thursday 26 th June Wednesday 9 th – Thursday 10 th July