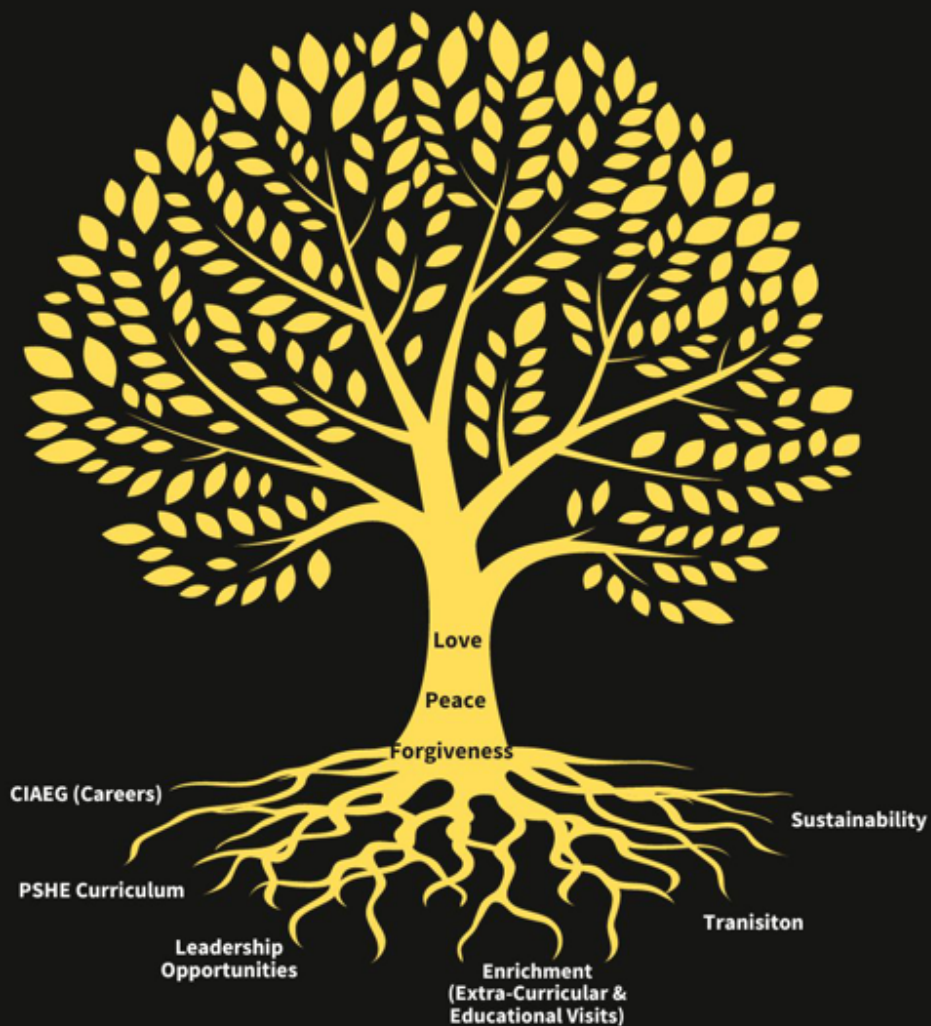


# Building the foundations to “Let Our Light Shine”



# Personal Development

At St. Mary's Catholic High School, it is our mission to educate young people in the Catholic, Christian way to become students of the modern world. Through our Personal Development programme, we instil the values of Love, Peace and Forgiveness, to allow our children to "Let Their Light Shine". From the moment our students transition from Primary school in Year 6, we strive to create resilient, confident and knowledgeable students to flourish, achieving their full potential.

To provide students with the "foundations" to let their light shine, we believe as Catholic educators, it is fundamental that we provide opportunities for all students within our care. Our curriculum seeks to promote a passion for Personal Development ensuring pupils are exposed to a rigorous and research led model which is guided by our Catholic Values with the use of external organisations such as Morrisby Careers, PSHE Association and Ten Ten.

It is vital that our students become citizens of the world, developing character, and are alert to current affairs whilst providing an understanding of fundamental British values; democracy, individual liberty, the rule of law and mutual respect and tolerance to allow our students to contribute positively to society.

Our Personal Development curriculum embodies various aspects of our school community including

- CIAEG (Careers Education)
- Timetabled Lessons.
- Pupil Leadership Opportunities
- Enrichment (Educational Visits & Extra-Curricular)
- Transition (KS2-KS3 & KS4-KS5)
- Sustainability

Our Personal Development curriculum intends to build pupils confidence and resilience, as well as preparing pupils for their adult lives, teaching them to understand how to engage with society, make good decisions, and become effective citizens who flourish and contribute positively. It directly develops and deepens pupils' understanding of the fundamental British values of democracy, individual liberty, the rule of law and mutual respect and tolerance. In all topics, pupils are encouraged to understand that difference is positive and that individual characteristics make people unique.

This curriculum provides an inclusive environment which meets the needs of all pupils, through a detailed knowledge and understanding of the pupils we teach and close liaison with the pastoral team. The Personal Development units of study, delivered by identified and specific specialist staff, facilitate the development of pupils' character, encouraging them to reflect wisely, learn eagerly, behave with integrity and cooperate consistently well with others.

We are especially proud of our Personal Development curriculum at St Mary's; it extends far beyond the academic, technical and vocational. We support pupils to grow in many diverse aspects of life and we take our responsibility to develop the whole child, very seriously.



***Building the foundations to "Let our light shine"***

## St Mary's Catholic High School Personal Development Model



YEAR	<b><u>LIVING WORLD (1)</u></b>	<b><u>LIVING WORLD (2)</u></b>	<b><u>RELATIONSHIPS</u></b> <b><u>Ten Ten (RSHE For Catholic Schools)</u></b>	<b><u>HEALTH &amp; WELLBEING (1)</u></b>	<b><u>HEALTH &amp; WELLBEING (2)</u></b>	<b><u>LETTING YOUR LIGHT SHINE</u></b> <i>(Bespoke Module)</i>
7	<b><u>Developing skills and aspirations</u></b>  Careers, teamwork and enterprise skills, and raising aspirations  (Morrisby Careers Platform)	<b><u>Financial decision</u></b>  making Saving, borrowing, budgeting and making financial choices	<b><u>Life Live To The Full</u></b>  Our core identify, changing bodies, healthy inside and out, changing bodies, where we come from, family and friends, my life on screen and living responsibly.	<b><u>Religion and Belief: Christ at the Centre &amp; First Aid</u></b>  Engage with the Catholic ethos and values of St. Mary's	<b><u>Health and puberty</u></b>  Healthy routines, influences on health, puberty, unwanted contact, and FGM	<b><u>Welcome to St Mary's</u></b>  Expectations and standards at St Mary's.
8	<b><u>Community and careers</u></b>  Equality of opportunity in careers and life choices, and different types and patterns of work  (Morrisby Careers Platform)	<b><u>Digital literacy</u></b>  Online safety, digital literacy, media reliability, and gambling hooks	<b><u>Life Live To The Full</u></b>  Created and chosen, appreciating differences, feelings, before I was born, tough relationships, think before you share and the wider world.	<b><u>Drugs and alcohol</u></b>  Alcohol and drug misuse and pressures relating to drug use	<b><u>Emotional wellbeing</u></b>  Mental health and emotional wellbeing, including body image and coping strategies	<b><u>St Mary's &amp; Me</u></b>  What can you do to support the greater community at St Mary's (Sustainability)
9	<b><u>Setting goals</u></b>  Learning strengths, career options and goal setting.  (Morrisby Careers Platform)	<b><u>Employability skills</u></b> Employability and online presence	<b><u>Life Live To The Full</u></b>  The search for love, love people & use things, in control of my choices, fertility and contraception, marriage, one hundred percent and knowing my rights & responsibilities.	<b><u>Peer influence, substance use and gangs</u></b>  Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	<b><u>Healthy lifestyle</u></b>  Diet, exercise, lifestyle balance and healthy choices, and first aid	<b><u>Options (Preparing for KS4)</u></b>  Discussion of options and pathways at KS4.
10	<b><u>Financial decision making</u></b>  The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	<b><u>Preparing For Employment</u></b> Personal Statement Writing  (Morrisby Careers Platform)	<b><u>Life Live To The Full</u></b>  Authentic freedom, self-image, beliefs, values & attitudes, parenthood, pregnancy & abortion, abuse and solidarity	<b><u>Mental health</u></b>  Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	<b><u>Exploring influence</u></b>  The influence and impact of drugs, gangs, role models and the media	<b><u>Work Experience</u></b>  Preparing, completing and evaluating work experience placements.
11	<b><u>Moving Forward</u></b>  Revision techniques/strategies and future opportunities	<b><u>Next Steps</u></b>  (Morrisby Careers Platform)  CV Writing & Preparing for KS5	<b><u>Life Live To The Full</u></b>  Self-worth, addiction, eating disorders, birth control, pornography, STIs and coercive control.	<b><u>Building for the future</u></b>  Self-efficacy, stress management, and future opportunities	<b><u>Independence</u></b>  Responsible health choices, and safety in independent contexts	<b><u>Options (Preparing for Exams &amp; KS5)</u></b>  Pupil wellbeing, stress management and supporting applications at KS5.

*Building the foundations to "Let our light shine"*

Year 7 Rotation:

	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
<b>S</b>	Life Live To The Full (1/2)	Financial Decisions	Christ At The Centre	Life Live To The Full (2/2)	Morrisby Careers	Health & Puberty
<b>A</b>	Morrisby Careers	Health & Puberty	Life Live To The Full (1/2)	Financial Decisions	Christ At The Centre	Life Live To The Full (2/2)
<b>I</b>	Life Live To The Full (1/2)	Morrisby Careers	Health & Puberty	Life Live To The Full (2/2)	Financial Decisions	Christ At The Centre
<b>N</b>	Health & Puberty	Life Live To The Full (1/2)	Financial Decisions	Christ At The Centre	Life Live To The Full (2/2)	Morrisby Careers
<b>T</b>	Financial Decisions	Christ At The Centre	Life Live To The Full (1/2)	Morrisby Careers	Health & Puberty	Life Live To The Full (2/2)
<b>M</b>	Christ At The Centre	Life Live To The Full (1/2)	Morrisby Careers	Health & Puberty	Life Live To The Full (2/2)	Financial Decisions

Year 8 Rotation:

	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
<b>S</b>	Life Live To The Full (1/2)	Digital Literacy	Emotional Wellbeing	Life Live To The Full (2/2)	Careers (Morrisby)	Drugs & Alcohol
<b>A</b>	Careers (Morrisby)	Drugs & Alcohol	Life Live To The Full (1/2)	Digital Literacy	Emotional Wellbeing	Life Live To The Full (2/2)
<b>I</b>	Life Live To The Full (1/2)	Careers (Morrisby)	Drugs & Alcohol	Life Live To The Full (2/2)	Digital Literacy	Emotional Wellbeing
<b>N</b>	Drugs & Alcohol	Life Live To The Full (1/2)	Digital Literacy	Emotional Wellbeing	Life Live To The Full (2/2)	Careers (Morrisby)
<b>T</b>	Digital Literacy	Emotional Wellbeing	Life Live To The Full (1/2)	Careers (Morrisby)	Drugs & Alcohol	Life Live To The Full (2/2)
<b>M</b>	Emotional Wellbeing	Life Live To The Full (1/2)	Careers (Morrisby)	Drugs & Alcohol	Life Live To The Full (2/2)	Digital Literacy

Year 9 Rotation:

	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
<b>S</b>	Life Live To The Full (1/2)	Employability Skills	Healthy Lifestyles	Life Live To The Full (2/2)	Careers Morrisby	Peer Influence /Substance
<b>A</b>	Careers Morrisby	Peer Influence /Substance	Life Live To The Full (1/2)	Employability Skills	Healthy Lifestyles	Life Live To The Full (2/2)
<b>I</b>	Life Live To The Full (1/2)	Careers Morrisby	Peer Influence /Substance	Life Live To The Full (2/2)	Employability Skills	Healthy Lifestyles
<b>N</b>	Peer Influence /Substance	Life Live To The Full (1/2)	Employability Skills	Healthy Lifestyles	Life Live To The Full (2/2)	Careers Morrisby
<b>T</b>	Employability Skills	Healthy Lifestyles	Life Live To The Full (1/2)	Careers Morrisby	Peer Influence /Substance	Life Live To The Full (2/2)
<b>M</b>	Healthy Lifestyles	Life Live To The Full (1/2)	Careers Morrisby	Peer Influence /Substance	Life Live To The Full (2/2)	Employability Skills

Year 10 Rotation:

	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
<b>S</b>	Life Live To The Full (1/2)	Careers (Morrisby)	Exploring Influence	Life Live To The Full (2/2)	Financial Decision Making	Mental Health
<b>A</b>	Careers (Morrisby)	Mental Health	Life Live To The Full (1/2)	Financial Decision Making	Exploring Influence	Life Live To The Full (2/2)
<b>I</b>	Life Live To The Full (1/2)	Careers (Morrisby)	Mental Health	Life Live To The Full (2/2)	Financial Decision Making	Exploring Influence
<b>N</b>	Mental Health	Life Live To The Full (1/2)	Careers (Morrisby)	Exploring Influence	Life Live To The Full (2/2)	Financial Decision Making
<b>T</b>	Careers (Morrisby)	Exploring Influence	Life Live To The Full (1/2)	Financial Decision Making	Mental Health	Life Live To The Full (2/2)
<b>M</b>	Exploring Influence	Life Live To The Full (1/2)	Careers (Morrisby)	Mental Health	Life Live To The Full (2/2)	Financial Decision Making

Year 11 Rotation:

	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
<b>S</b>	Life Live To The Full (1/2)	Next Steps (Morrisby)	Independence	Life Live To The Full (2/2)	Moving Forward	Building For the Future
<b>A</b>	Next Steps (Morrisby)	Building For the Future	Life Live To The Full (1/2)	Moving Forward	Independence	Life Live To The Full (2/2)
<b>I</b>	Life Live To The Full (1/2)	Next Steps (Morrisby)	Building For the Future	Life Live To The Full (2/2)	Moving Forward	Independence
<b>N</b>	Building For the Future	Life Live To The Full (1/2)	Next Steps (Morrisby)	Independence	Life Live To The Full (2/2)	Moving Forward
<b>T</b>	Next Steps (Morrisby)	Independence	Life Live To The Full (1/2)	Moving Forward	Building For the Future	Life Live To The Full (2/2)
<b>M</b>	Independence	Life Live To The Full (1/2)	Next Steps (Morrisby)	Building For the Future	Life Live To The Full (2/2)	Moving Forward