



Let Your Light Shine

Personal Development

Mr. Weaver/Dr Tyrer

Building the foundations to “Let our light shine”

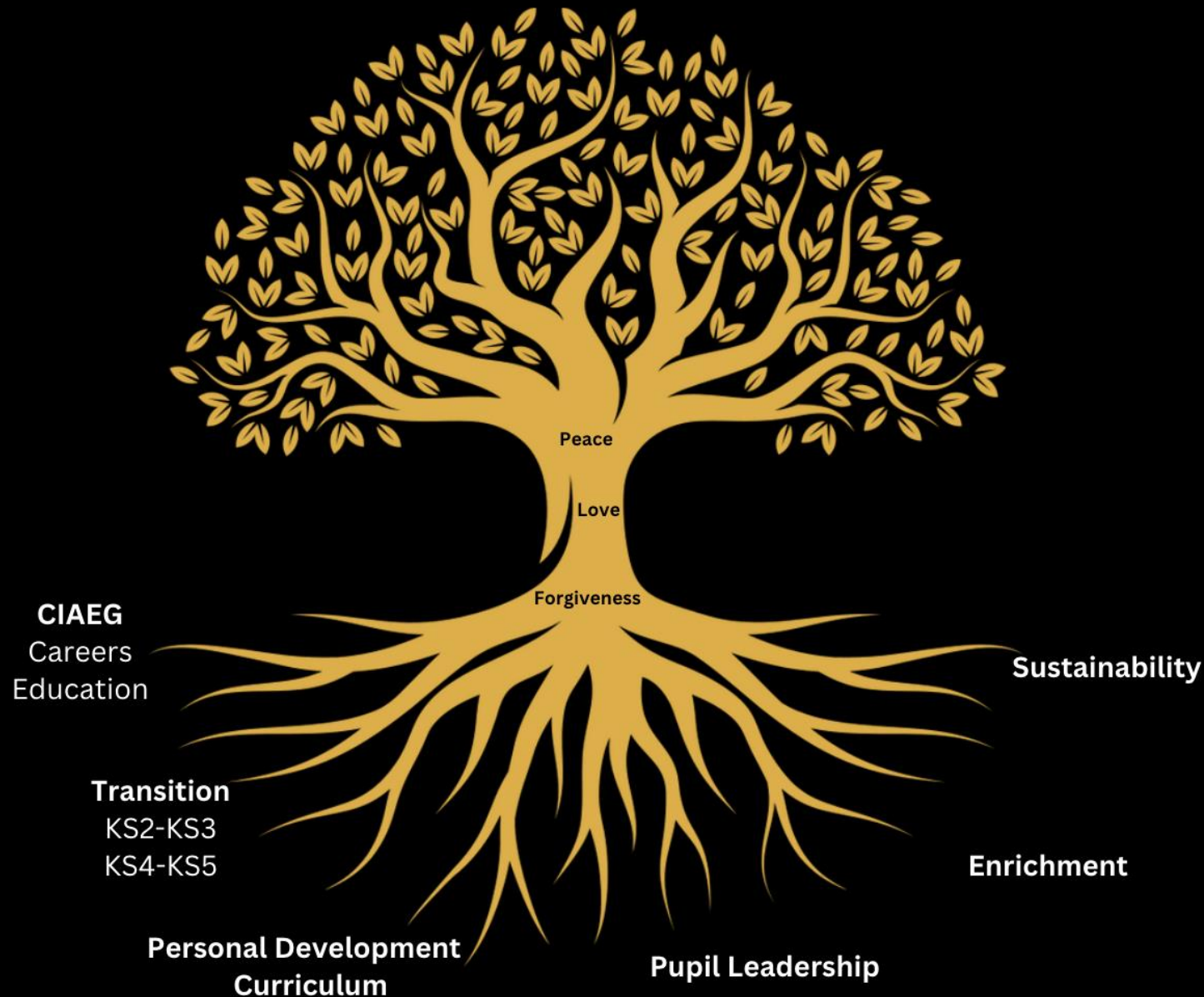


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What is Personal Development?

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 and achieve their full potential.

Building the foundations to "Let Your Light Shine"

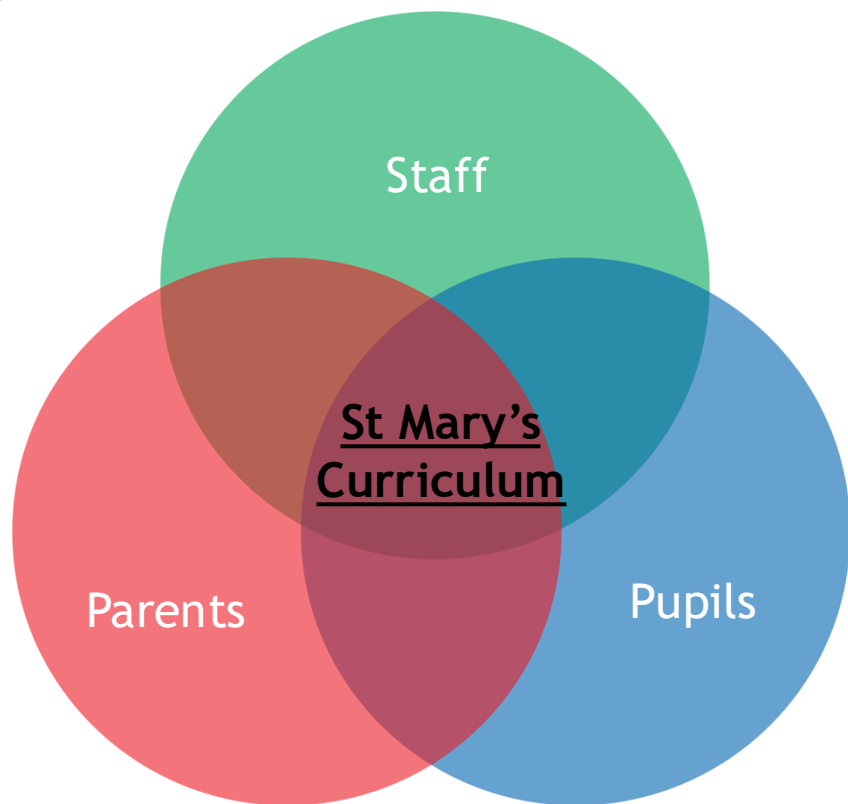


Personal Development Curriculum 2024/25

YEAR	WIDER WORLD (1)	WIDER WORLD (2)	RELATIONSHIPS Ten Ten (RSHE For Catholic Schools)	HEALTH & WELLBEING (1)	HEALTH & WELLBEING (2)	Additional Module	LETTING YOUR LIGHT SHINE (Bespoke Module)
7	<u>Careers Curriculum (Yr7)</u> An introduction to Careers, teamwork and enterprise skills, and raising aspirations (Morrisby Careers Platform)	<u>Financial decision making</u> Saving, borrowing, budgeting and making financial choices	<u>Life Live To The Full</u> 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.	<u>Religion and Belief: Christ at the Centre & First Aid</u> Engage with the Catholic ethos and values of St. Mary's	<u>St Mary's & Me (Key Values Of Being A St Mary's Pupil)</u> The role pupils play within school. Contribution towards school, our school history,	<u>Year 7 British Citizenship</u> Democracy, parliament, liberties and improving communities.	<u>Welcome to St Mary's</u> Expectations and standards at St Mary's.
8	<u>Careers Curriculum (Yr8)</u> Equality of opportunity in careers and life choices, and different types and patterns of work (Morrisby Careers Platform)	<u>Digital literacy</u> Online safety, digital literacy, media reliability, and gambling hooks	<u>Life Live To The Full</u> Created and chosen, appreciating differences, feelings, before I was born, tough relationships, think before you share and the wider world.	<u>Drugs and alcohol</u> Alcohol and drug misuse and pressures relating to drug use	<u>Emotional wellbeing</u> Mental health and emotional wellbeing, including body image and coping strategies	<u>Protected Characteristics & Extremism</u> Pupils discuss equality, discrimination and investigate key aspects of extremism.	<u>St Mary's & Me (Protecting Our School)</u> What can you do to support the greater community at St Mary's (Sustainability)
9	<u>Careers Curriculum (Yr9)</u> Learning strengths, career options and goal setting. (Morrisby Careers Platform)	<u>Employability skills</u> Employability and online presence	<u>Life Live To The Full</u> 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.	<u>Peer influence, substance use and gangs</u> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	<u>Healthy lifestyle</u> Diet, exercise, lifestyle balance and healthy choices, and first aid	<u>Functional IT Skills In Employment</u> Pupils developing key IT skills that are essential within employment... Word, Excel, Emails)	<u>Options (Preparing for KS4)</u> Discussion of options and pathways at KS4.
10	<u>Financial decision making</u> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	<u>Careers Curriculum (Yr10)</u> Preparing For Employment Personal Statement Writing (Morrisby Careers Platform)	<u>Life Live To The Full</u> Authentic freedom, self-image, beliefs, values & attitudes, parenthood, pregnancy & abortion, abuse and solidarity	<u>Mental health</u> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	<u>Exploring influence</u> The influence and impact of drugs, gangs, role models and the media	<u>Year 10 British Citizenship</u> The power of government, legislation, free press, human rights, international law,	<u>Work Experience</u> Preparing, completing and evaluating work experience placements.
11	<u>Moving Forward</u> Revision techniques/strategies and future opportunities	<u>Careers Curriculum (Yr 11)</u> Next Steps (Morrisby Careers Platform) CV Writing & Preparing for KS5	<u>Life Live To The Full</u> Self-worth, addiction, eating disorders, birth control, pornography, STIs and coercive control.	<u>Building for the future</u> Self-efficacy, stress management, and future opportunities	<u>Independence</u> Responsible health choices, and safety in independent contexts	<u>Budgeting For Later Life</u> Budgeting for a college/university pupil, what are taxes and how do mortgages work?	<u>Options (Preparing for Exams & KS5)</u> Pupil wellbeing, stress management and supporting applications at KS5.



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Staff Feedback:

<u>“You Said”</u>	<u>“We did” (2024/25)</u>
Personal Statements/CV’s in Year 10 & Year 11	Time has been allocated to Year 10 & Year 11 to write, update personal statements, create a CV and support when applying for college.
ICT In Employment	New module being introduced for 24-25 to support pupils in using word, excel - programs needed in employment & will support with <u>coursework based</u> subjects.
Living in Britain	New Citizenship modules in KS3 & KS4
Sustainability & Looking after our environment	Sustainability Project in KS3, increased awareness in assemblies & CAP project.
Careers Advice in Year 7	Careers advice now in EVERY year group.

Pupil Feedback:

<u>“You Said”</u>	<u>“We did” (2024/25)</u>
Catholic Understanding <u>Of</u> Key Issues	The use of the Ten <u>Ten</u> Resources.
Vaping/Drugs/Smoking	Lessons throughout KS3/KS4 & Bespoke assembly.
CV’s For Part Time Jobs	Part of the Shining Light Module combined with mock interviews.
Mental Health & Healthy Lifestyles	Introduced within the curriculum in all year groups.
Getting A Job	Careers advice now in EVERY year group.

Parent Feedback:

<u>“You Said”</u>	<u>“We did” (2024/25)</u>
Personal Finance	KS3 & KS4 - including a new module in Year 11 discussing budgeting at college/uni. Including Mortgages & tax brackets.
Catholic Values	Ten <u>Ten</u> RSHE Curriculum. Introduced October 2023.
Mental Health & Social Media Influence	Lessons have now been embedded into every year group. (Increase from last year)
Interview Techniques	Added within Year 10 curriculum to support within mock interviews and college application
Extremism	Within 22-23 but for 24-25 it now appears as a <u>stand alone</u> module.

“Last year I mentioned 'coercive control' so I'm really pleased to see it feature.”
(Parent Voice May 2024)



Year 7 Personal Development Curriculum

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YEAR	<u>WIDER WORLD (1)</u>	<u>WIDER WORLD (2)</u>	<u>RELATIONS HIPS Ten Ten (RSHE For Catholic Schools)</u>	<u>HEALTH & WELLBEING (1)</u>	<u>HEALTH & WELLBEING (2)</u>	<u>Additional Module</u>	<u>LETTING YOUR LIGHT SHINE (Bespoke Module)</u>
7	<u>Careers Curriculum (Yr7)</u> An introduction to Careers, teamwork and enterprise skills, and raising aspirations (<u>Morrisby Careers Platform</u>)	<u>Financial decision</u> making Saving, borrowing, budgeting and making financial choices	<u>Life Live To The Full</u> 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.	<u>Religion and Belief: Christ at the Centre & First Aid</u> Engage with the Catholic ethos and values of St. Mary's	<u>St Mary's & Me (Key Values Of Being A St Mary's Pupil)</u> The role pupils play within school. Contribution towards school, our school history,	<u>Year 7 British Citizenship</u> Democracy, parliament, liberties and improving communities.	<u>Welcome to St Mary's</u> Expectations and standards at St Mary's.

Letting Your Light Shine Module

- What is Personal Development?
- What is a Lockdown?
- Anxiety in Year 7 (Compass Bloom)
- Morrisby Careers Registration
- What is Pupil Leadership?
- Streetwise Road Safety Presentation
- Lancashire Constabulary
- *Careers Treasure Hunt*

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Year 8 Personal Development Curriculum

Let Your Light Shine

YEAR	<u>WIDER WORLD (1)</u>	<u>WIDER WORLD (2)</u>	<u>RELATIONS HIPS Ten Ten (RSHE For Catholic Schools)</u>	<u>HEALTH & WELLBEING (1)</u>	<u>HEALTH & WELLBEING (2)</u>	<u>Additional Module</u>	<u>LETTING YOUR LIGHT SHINE (Bespoke Module)</u>
8	<u>Careers Curriculum (Yr8)</u> Equality of opportunity in careers and life choices, and different types and patterns of work (<u>Morrisby Careers Platform</u>)	<u>Digital literacy</u> Online safety, digital literacy, media reliability, and gambling hooks	<u>Life Live To The Full</u> Created and chosen, appreciating differences, feelings, before I was born, tough relationships, think before you share and the wider world.	<u>Drugs and alcohol</u> Alcohol and drug misuse and pressures relating to drug use	<u>Emotional wellbeing</u> Mental health and emotional wellbeing, including body image and coping strategies	<u>Protected Characteristics & Extremism</u> Pupils discuss equality, discrimination and investigate key aspects of extremism.	<u>St Mary's & Me (Protecting Our School)</u> What can you do to support the greater community at St Mary's (Sustainability)

Letting Your Light Shine Module

- Lancashire Constabulary
- Developing Pupil Leadership
- Sustainability At St Mary's
- *Parliament Week*

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Year 9 Personal Development Curriculum

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YEAR	<u>WIDER WORLD (1)</u>	<u>WIDER WORLD (2)</u>	<u>RELATIONS HIPS Ten Ten (RSHE For Catholic Schools)</u>	<u>HEALTH & WELLBEING (1)</u>	<u>HEALTH & WELLBEING (2)</u>	<u>Additional Module</u>	<u>LETTING YOUR LIGHT SHINE (Bespoke Module)</u>
9	<u>Careers Curriculum (Yr9)</u> Learning strengths, career options and goal setting. (<u>Morrisby Careers Platform</u>)	<u>Employability skills</u> Employability and online presence	<u>Life Live To The Full</u> 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.	<u>Peer influence, substance use and gangs</u> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	<u>Healthy lifestyle</u> Diet, exercise, lifestyle balance and healthy choices, and first aid	<u>Functional IT Skills In Employment</u> Pupils developing key IT skills that are essential within employment... Word, Excel, Emails)	<u>Options (Preparing for KS4)</u> Discussion of options and pathways at KS4.

Letting Your Light Shine Module

- Lancashire Constabulary
- Option Presentation (Vocational V GCSE)
- Option Meetings
- British Values
- Developing Pupil Leadership
- *Diversity Week*

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Year 10 Personal Development Curriculum

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YEAR	<u>WIDER WORLD (1)</u>	<u>WIDER WORLD (2)</u>	<u>RELATIONS HIPS Ten Ten (RSHE For Catholic Schools)</u>	<u>HEALTH & WELLBEING (1)</u>	<u>HEALTH & WELLBEING (2)</u>	<u>Additional Module</u>	<u>LETTING YOUR LIGHT SHINE (Bespoke Module)</u>
10	<u>Financial decision making</u> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	<u>Careers Curriculum (Yr10)</u> Preparing For Employment Personal Statement Writing (Morrisby Careers Platform)	<u>Life Live To The Full</u> Authentic freedom, self- image, beliefs, values & attitudes, parenthood, pregnancy & abortion, abuse and solidarity	<u>Mental health</u> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	<u>Exploring influence</u> The influence and impact of drugs, gangs, role models and the media	<u>Year 10 British Citizenship</u> The power of government, legislation, free press, human rights, international law,	<u>Work Experience</u> Preparing, completing and evaluating work experience placements.

Letting Your Light Shine Module

- Lancashire Constabulary
- Personal Statement Writing
- Anxiety in KS4
- Work Experience Launch
- Work Experience
- Preparing For Year 11
- Evaluating Mock Interviews

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Year 11 Personal Development Curriculum

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YEAR	<u>WIDER WORLD (1)</u>	<u>WIDER WORLD (2)</u>	<u>RELATIONS HIPS Ten Ten (RSHE For Catholic Schools)</u>	<u>HEALTH & WELLBEING (1)</u>	<u>HEALTH & WELLBEING (2)</u>	<u>Additional Module</u>	<u>LETTING YOUR LIGHT SHINE (Bespoke Module)</u>
11	<u>Moving Forward</u> Revision techniques/strategies and future opportunities	<u>Careers Curriculum (Yr 11)</u> Next Steps (Morrisby Careers Platform) CV Writing & Preparing for KS5	<u>Life Live To The Full</u> Self-worth, addiction, eating disorders, birth control, pornography, STIs and coercive control.	<u>Building for the future</u> Self-efficacy, stress management, and future opportunities	<u>Independence</u> Responsible health choices, and safety in independent contexts	<u>Budgeting For Later Life</u> Budgeting for a college/university pupil, what are taxes and how do mortgages work?	<u>Options (Preparing for Exams & KS5)</u> Pupil wellbeing, stress management and supporting applications at KS5.

Letting Your Light Shine Module

- Guest Speaker
- Knife Crime Lesson
- Personal Statements
- College Applications
- Revision

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High Quality Subject Knowledge



Ten Ten's programme, **Life to the Full**, teaches Relationship, Sex and Health Education (RSHE) within the context of a Christian understanding of human sexuality rooted in the wisdom and teaching of the Catholic Church.



Lancashire Fire
and Rescue Service

PSHE
Association



HM Revenue
& Customs



The
National
College®

**St Mary's Catholic
High School have
started wilding their
grounds with Green
Schools Revolution!**



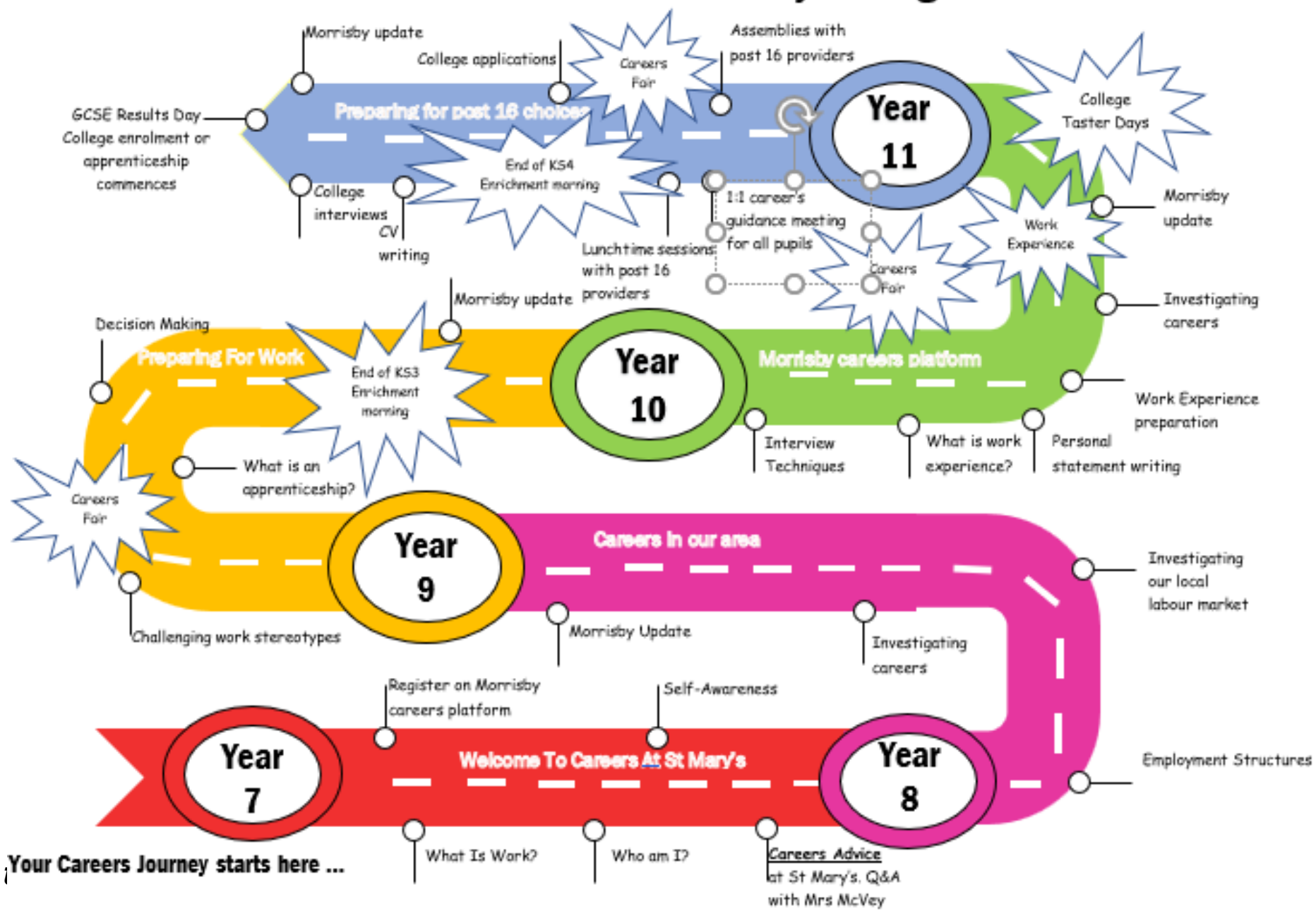
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St Mary's Catholic High School, Leyland

A Careers Journey Through School



Building the foundations Your Careers Journey starts here ...



Enrichment Schedule September - October 2024

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Day	Before School	Break Time	Lunch	After School
Mon			Keyboard Club – All Years – 23M Music Technology -Years 9, 10 & 11 – 23M KS4 Drama 24M Spiritual Mindfulness All Years - Chapel Monday Multi Sports Club – PE – Sports Hall Art Club Yr 7/8/9 - 117	Homework club - 3-4pm 108i KS4 Band Night – 23M KS3 Drama Club – Drama Theatre KS4 Art Club - 118 KS3 Creative Club (D&T focus working on 'The Friends of Astley Park' project) - 22T Dementia Cafe – Year 7 Forms – As advertised. Gardening Club – All year groups – As advertised Year 9 Football Training (TMC) – 3G Year 10 Football Training (DBO) - 3G Year 9, 10 and 11 Netball (DAK) - Courts – 3-4pm Year 11 Sports Studies Catch up – (MWA/JAJ) 108i/107i - 3-4pm KS4 iMedia Drop In (AMD) - 7i
Tues		Faith in Action Meeting Y7 + Y8 - Chapel	RS colour and chat Yr 7 and 8 NEL(Week A room 3) LCO Week B (room 6) Ukulele Club – All Years – 24M KS4 Composition/Theory Club - 23M Tuesday Multi Sports Club – PE – Sports Hall	Homework club - 3-4pm 108i Guitar Club – 24M Care home visits – Year 8 form groups – As advertised Foodbank visit – Year 9 form groups – As advertised Cleaning of the cemetery – All year groups - As Advertised GCSE Drama – 24M KS4 Art Club – 117 Year 7 football training (PRI) - 3G KS4 Mixed Badminton - (DBO/MWA) -Sports Hall – 3-4pm Year 7 and 8 Netball (DAK) - Courts – 3-4pm Year 9 Cardio Attack (JLO) - Dance Studio – 3-4pm
Wed		Faith in Action Meeting Y9 and KS4 - Chapel	Vocal Harmony – 23M African Drumming – All Years – 24M Rosary Club with Sign Language – All Years – Chapel Signing Choir – All Years - 13S Wednesday Multi Sports Club – PE – Sports Hall	Homework club - 3-4pm 108i
Thu		Chaplaincy and Charity Ambassador meeting - Chapel	Music Technology/Theory Club – All Years – 23M Brass Group – All Years – 24M Art Club Yr 10/11- 117 Thursday Multi Sports Club – PE – Sports Hall	Homework club - 3-4pm 108i Feeding of the homeless – Commencing in October Woodwind Group – 24M Band Night – 23M Debate Club – 102 (Week B) All years Girls Football (JAJ) - 3G/Field - 3-4pm All Year Mixed Dance (KWA) - Dance Studio – 3-4pm
Fri			Choir - All Years – 23M Prayer Games – All Years – Chapel Friday Multi Sports Club – PE – Sports Hall KS3 British Sign Language (STA) 121	Y7 Netball JGI – Courts – 3-4pm Year 8 Football Training (SGI) - 3G



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Key Dates

Date	Careers Event	Yr 9	Yr 10	Yr 11
16/10/24	College – lunchtime drop in sessions	Y	Y	Y
20/11/24	Careers Fair	Y	Y	Y
4/12/24	College – lunchtime drop in sessions	Y	Y	Y
Dec 2024	College application deadline			Y
9/12/24	College Speed Meet			Y
11/2/25	Year 10 Mock Interviews		Y	
4/3/25	Year 11 Runshaw/Preston Interviews			Y
17/3/25	5 Days – Year 10 Work Experience		Y	
24/6/25	Runshaw/Preston Taster Day		Y	
1/7/25	Newman College Taster Day		Y	

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Parental Focus Group

We strongly believe at St Mary's that parent voice is crucial in enhancing the school and as such we would like to invite a selection of parents across all year groups to join our St Mary's focus group to provide feedback on a number of aspects within our school community. If you are interested, please could we ask parents to register an interest via the following email address:

pd@ismchs.com



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NEW FOR 2025!!!!

St Mary's Revamped House System

- Updated house badges.
- Awards/prizes.
- Regular competitions.
- Pupil leadership roles.



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Future Events:

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Title	Date
Careers (KS3 & KS4)	5pm Wednesday 18 th September
Personal Development Curriculum	5pm Thursday 3 rd October
Anti Bullying (Anti Bullying Week)	5pm Thursday 14 th November
SEND Support Evening (KS3)	5pm Thursday 12 th December
Vaping (Smokefree Lancashire)	January - TBC
Internet Safety (Internet Safety Week)	Thursday 13 th February
SEND Support Evening (KS4)	Thursday 24 th April
Family Support	June/July (TBC)
Sustainability (Environmental Awareness Week)	Thursday 5 th June

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Q & A with Mr Weaver & Dr Tyrer

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