



PERSONAL DEVELOPMENT CURRICULUM ST EDMUND ARROWSMITH CATHOLIC HIGH SCHOOL

AUTUMN TERM 2025



The Personal Development Curriculum aims to reinforce and develop positive attitudes and values in students and thereby enhance their Spiritual, Moral, Social and Cultural development.

Highlights from the Summer Term



Year 10 students visited the University of Leeds for an inspiring and eye-opening experience that offered them a real taste of university life, from exploring the campus and facilities to speaking with current students. The trip boosted their confidence and aspirations, helping many envision higher education as a real possibility for their future.



Year 10 pupils recently enjoyed a taster day at St John Rigby College, where they explored a wide range of subjects, engaged with specialist staff, and experienced the college's dynamic learning environment. The visit helped them gain valuable insight into post-16 education, easing anxieties and supporting future decision-making.



Year 9 students developed essential money management and financial capability skills during a week of dedicated maths lessons focused on real-life budgeting, saving, and spending. The week concluded with an engaging money quiz, allowing pupils to consolidate their learning in a fun and interactive way.



Year 8 students participated in presentations from professionals in sectors such as government and politics, architecture, cyber security, and medicine. These sessions provided valuable insight into a range of career pathways and helped students understand the skills and routes needed to enter different professions.

"I never really thought university was for me, but now I can actually imagine myself going."

A Year 10 Student commenting about their day at Leeds University

Key Dates – PDC Events

September

Y10 Careers Progress Questionnaire
Y7-9 Citizenship in RE
(Community/Vocation/Messiah)
Y10, 11 & SEND Careers Fair
School Council Assemblies & Elections
Y11 RSE (in Core PE)
Y11 Choosing Options Post 16
(Pathways)

Year & Whole School Council Elections
Y11 Completion of CVs & Personal Statements

Y7 Future Skills Questionnaire

October

Extended Pastoral Curriculum 1
Year & Whole School Council Meetings

Y11 Guidance Evenings (Post 16 Providers attending)

Y11 Interview Preparation

Y10 Workplace Experience Launch

Y8 Fire Safety

Y7 & 8 Citizenship in History (How is Britain Governed/How to become an MP)

Y7 Citizenship in Geography
(Designing a sustainable settlement)

November

Y11 Mock Interview Day

Y7 Anti-bullying, performance of HOPE

Extended Pastoral Curriculum 2

December

Y7-9 Citizenship in Geography

Y9 Options – Introduction to Future Pathways

Extended Pastoral Curriculum 3

Y9 Citizenship in History (What kinds of governments exist in the world?)

Y7 Citizenship in Geography (Global Citizenship Development)

Y11 Future Skills Questionnaire

Pastoral and Extended Pastoral Curriculum Schedule

Pastoral Curriculum	Focus:	Sessions will cover:
Year 7 Tuesdays	Relationships	Making friends Teamwork Respect Targets Friends & School Relationships
	Study Skills	Getting ready How do I learn?
Year 8 Wednesdays	Relationships	What are values? Different types of relationships Key to a good relationship Dealing with tricky relationships How do we feel about ourselves? Qualities admired in a person
	Physical Health	What is self-worth? What am I worth to society? The sleep factor Tobacco and Nicotine What is the difference between tobacco and nicotine? Spotting influences
Year 9 Mondays	Relationships	Identifying unhealthy relationships Managing unwanted attention Reducing inappropriate behaviours
	Physical Health	Risks and consequences of alcohol Short and long term risks Influences of alcohol
Year 10 Fridays	Relationships	What is bullying? Banter or Bullying? Social bullying Cyber bullying
	Study Skills	Getting ready How do I learn? How to recognise exam stress Dealing with exam stress
Year 11 Thursdays	Study Skills	Different ways to study Exploring revision techniques
	Personal Safety	What is exploitation? What is sexual grooming? County Lines
	Careers	Future Skills Questionnaire

Extended Pastoral Curriculum	Year 7	Year 8	Year 9	Year 10	Year 11
Tues 7 th Oct (Wk B) P1 – 8:55am	Preparation for Assessments	Preparation for Assessments	Preparation for Assessments	Preparation for Assessments	Preparation for Assessments
Wed 26 th Nov (Wk A) P1 – 8:55am	Attitudes to Mental Wellbeing	Promoting Mental Wellbeing	Healthy & Unhealthy Coping Strategies	New challenges and reframing negative thinking	Promoting mental wellbeing
Mon 8 th Dec (Wk B) P1 – 8:55am	Review Data for Assessments	Review Data for Assessments	Review Data for Assessments	Anti-social behaviour	Exploring Substance Misuse