



PERSONAL DEVELOPMENT CURRICULUM

ST EDMUND ARROWSMITH CATHOLIC HIGH SCHOOL



AUTUMN TERM 2024

At St Edmund Arrowsmith CATHOLIC High School, in addition to a broad academic curriculum, every one of our students can experience a wealth of personal development activities. This bulletin contains useful information about the Personal Development provision for our pupils this term.

The Personal Development Curriculum aims to develop positive attitudes and values in students by enhancing their spiritual, moral, social and cultural development through Health Education, Relationships and Sex Education, Citizenship and Careers Education Guidance.

Within the Personal Development Curriculum and the wider school community there is a shared responsibility and coordinated approach to successfully deliver the students' entitlement of the four strands (Health Education, Relationships and Sex Education, Citizenship and Careers Education Guidance) which creates enjoyment, and an opportunity for students to challenge their thinking and views.

The Personal Development Curriculum encourages all our students to become:

- Successful learners who enjoy learning, make progress through achieving, and make positive informed choices as they make their way through life.
- Confident individuals who can live a safe, healthy and fulfilling life.
- Active and responsible citizens who make a positive contribution to the well-being of present and future generations

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

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
Y7 & Y10 Wellbeing Survey in Computing/Form
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)

“Pupils spoke highly of the personal development and careers education that they receive. They said these help them make important choices about their futures.”

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

Extended Pastoral Curriculum	Year 7	Year 8	Year 9	Year 10	Year 11
Tues 1 st Oct (Wk. A) P.1 – 8.55am	Attitudes to Mental Wellbeing	Promoting Mental Wellbeing	Healthy & Unhealthy Coping Strategies	New challenges and reframing negative thinking	Promoting mental wellbeing
Mon 18 th Nov (Wk. B) P.1 – 8.55am	Me and My Body	Healthy eating	Substance misuse	Anti-social behaviour	Exploring the Risks & Consequences of Substance Misuse
Fri 13 th Dec (Wk. B) P.1 – 8.55am	British Values	Tolerance and Respect	Review Data for Assessments	Extremism and Intolerance	Valuing Diversity