



# PERSONAL DEVELOPMENT CURRICULUM

## ST EDMUND ARROWSMITH CATHOLIC HIGH SCHOOL



### SPRING TERM 2025

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.

#### Highlights from the Autumn Term



##### Year 10 & 11 Careers Fair

There were approximately 30 stands consisting of colleges, training and apprenticeship providers, and employers. Parent/Carers of all Year 11 pupils were invited to attend after school.



##### Year 11 Mock Interview Day

Forty volunteer interviewers from all sectors of our local business community and all Year 11 pupils were given the opportunity to undertake a 30-minute practice interview. Pupils received feedback about their mock interview.



##### Year 7 HOPE – Antbullying

Pupils considered the issue of bullying and the effect this has on the lives of young people. Hope is a theatre production that tells the story of three young people whose lives are affected by bullying.



##### Year 9 Mock COP29 Climate Change Conference

Liverpool World Centre facilitated a mock UN style Climate Conference to coincide with COP 29. Working together with West Lancashire County Council, Young people from 7 Catholic secondary school and St John Rigby college took part in a challenging debate inside the council chamber.

*“I would like to record my observation that the young people are a credit to the school community. I was fortunate enough to meet a mixture of students with various aspirations, interests and challenges, but it was obvious to me how well supported they had been during this process, and how much thought goes into preparing them for life beyond the school gates.”*

- Year 11 Mock Interview volunteer

#### Key Dates - PDC Events

##### January

Y9 Options Market Place and STEM/Careers Networking  
Y9 Making Choices (Careers) Workshops

Y7 Urban Camouflage (Road Safety)  
Extended Pastoral Curriculum (4)

##### February

Year Council & Whole School Council Meetings

Extended Pastoral Curriculum (5)  
Y9 RSE Lesson 1 (in RE lessons)  
Y7 Citizenship in English (Charity Speeches)

Y7-9 First Aid (in PE lessons)

##### March

Y9 RSE Lesson 2 (in RE lessons)  
Y10 Introduction to Pathways Post 16 (Careers)

Y10 RSE Lesson 1 & 2 (in PE lessons)  
Y9 RSE Lesson 3 (in RE lessons)  
Year Council & Whole School Council Meetings

##### April

Y7-11 Safe4Summer (Water Safety)  
Extended Pastoral Curriculum (6)  
Y7 Cultural Diversity (Empathy & Migration) workshop  
Y7 Meet the Professional (Careers)  
Y10 Wigan & Leigh College Sampling Day Assembly

# Pastoral and Extended Pastoral Curriculum Schedule

Pastoral Curriculum	Focus:	Sessions will cover:
<b>YEAR 7</b> Tuesdays	Careers	Identifying Skills and Qualities What are effective participants? Creative thinker Team worker Personal organisation
	Personal Safety	What is exploitation? Identifying exploitation Exploitation in friendship Peer Pressure
<b>YEAR 8</b> Wednesdays	Growing and changing	Unhelpful thoughts Identifying unhelpful thoughts Reframing unhelpful thoughts
	Careers	Roles Models and Characteristics Mapping my Future Volunteering and Extra-Curricular Defining Entrepreneurship Being Enterprising
	Personal Safety	What is exploitation? Child Criminal Exploitation
<b>YEAR 9</b> Mondays	Careers	Introduction to Careers Taking the first steps Putting yourself first Helpful ways of making decisions Choosing a Careers Dealing with change Dealing with stress when change happens
	Personal Safety	What is exploitation? Identifying exploitation Defining exploitation Peer Pressure
<b>YEAR 10</b> Fridays	Personal Safety	What is exploitation? Grooming Child Sexual Exploitation
	Physical Health	What is body dysmorphia? Body Image and Eating Body Image and Eating – Getting Help
<b>YEAR 11</b> Thursdays	Growing and changing	Thriving in Post 16 Education/Training Potential Pitfalls Identifying Strategies Techniques to overcome stress Planning
	Study Skills	Study Skills. Why study? Revisions Timetable Study Techniques

Extended Pastoral Curriculum	Year 7	Year 8	Year 9	Year 10	Year 11
Wed 15 <sup>th</sup> Jan (Wk. A) P.1 – 8.55am	Review Data for Assessments	Influences of social media on our Physical Well Being	Equality and Diversity	Review Data for Assessments	Trial Exams
Wed 12 <sup>th</sup> Feb (Wk. A) P.5 – 2.05am	Influences of social media	Review Data for Assessments	Maintaining a healthy relationship with social media	Thinking critically about what we see online	Trial Results issued
Thurs 3 <sup>rd</sup> April (Wk. A) P.1 – 8.55am	Preparation for Assessments	Preparation for Assessments	Preparation for Assessments	Preparation for Assessments	Exploring Identity Online

