



## PERSONAL DEVELOPMENT NEWS

Nothing but the best

6th July 23

**Welcome** to the this week's edition which focusses on our very successful PSHCE drop down day this week. The theme this week has also been "Identifying Risks" and we will build upon this again next week with the theme of "Summer Safety".

### THIS WEEK'S BIG EVENT: PERSONAL, SOCIAL, HEALTH AND CITIZENSHIP EDUCATION PSHCE DAY 4TH JULY



The PSHCE curriculum requires students to cover learning outcomes under 3 strands: Health and Wellbeing, Relationships and Living in the Wider World. This week we had a our final drop down day of the year, looking at these areas.

#### Year 7



- Effects on health and wellbeing by Compass Bloom
  - Building a team environment
  - Finance and Debt
  - Families and the concept of marriage
  - Summer Safety by the Fire Service
- There were a variety of topics covered throughout the day, with input from outside speakers.

#### Year 8



- Personal strengths and building self-confidence and self-esteem
  - Building a team environment
  - Mental health - managing emotions
  - Media and viewpoints
  - Forms of contraception
  - Influences relating to gambling
- The topics about mental health, self confidence and self esteem are so important, please do continue these conversations at home.

#### Year 9



- Employment Rights
  - Intimacy and how we manage it
  - Unhealthy Coping Strategies
  - STIs by the NHS
  - Financial Exploitation by the Police
- This year group enjoyed all sessions and really enjoyed the input from the outside speakers, giving them a different insight to these important topics.

#### Year 10

Year 10 had another great sampling day, this time at Preston College. This gave them another further education encounter and provided them with further insight into the options available to them to raise **aspirations**.

**PRESTON COLLEGE**

#### Year 6

We welcomed year 6 back for their second transition day and they impressed us once again. They are already showing us they hold our core values of being **aspirational, inclusive** and **community centred**.

#### SUNFLOWER WATCH



The tutor sunflowers are now reaching some impressive heights and will be planted in the school garden next week. We will include a picture next week!



#### Important upcoming events

Theme w/c 10th July- "Summer Safety"