Personal Development programme

Autumn Term		
	Year 10	Year 11
MAS Student Autumn 1	Resilient	
Assemblies Autumn 1	Wk 1 - MAS Student and Goal Setting, Wk 2 – House Student leadership launch, Wk 3 – Anti-bulling - Creating a Culture of Respect, Wk 4 - Black History, Wk5 - Black History, Wk 6 – Well-being and Mental Health, Wk 7 Citizenship	
House Time PSHE/RSE/Cit Autumn 1	**Health and Well being:** – Respect Starts with Me: Understanding mental and emotional health, building self-awareness, and supporting each other through life's challenges. "Leading with Purpose" – Student Leadership: Empowering students to take initiative, lead by example, and represent their Houses with pride. Black History Month – "Pride: Roots and Heritage 2025": Celebrating the stories, achievements, and cultural contributions of Black communities past and present.	
Drop Day 1 Autumn 1	**Health and Wellbeing** Goal Setting & Staying Safe During Change Focusing on personal goals and safeguarding health during times of transition or change. S.A.M.E – Smart and Safe Travel. **CEIAG** Reflecting on my Career	**Health and Wellbeing:** Revision methods, Maths and English preparation for mocks, Employability skills **CEIAG** Ready for the next step (1)
Tutor time PSHE / RSE / Citizenship Autumn 1	**Relationships:** Personal Safety & Online Awareness: Understanding how information is shared online and reducing risks in everyday situations.	**Relationships:** Personal Values & Staying Safe: Assertive communication, handling relationship challenges, and protecting personal and financial wellbeing.
	Year 10	Year 11
MAS Student Autumn 2	Curious	
Assemblies Autumn 2	Wk 1 - Remembrance, Wk 2 - Anti Bullying, Wk - 3 Democracy: Young Mayor Elections -, Week 4 – MAS Winter Charity Drive, Week 5 – Celebrations Around the World: Embracing Global Traditions, Week 6 – End of Term Recognition & Rewards	
House Time PSHE/RSE/Cit Autumn 2	**Health and Wellbeing: Respecting Myself and Others:** Healthy Relationships, Anti-Bullying, and the Impact on Mental & Emotional Wellbeing	
Drop Morning 1 Autumn 1	**Relationships:** Equality and Diversity **CEIAG** Well-being in the workplace	**Relationships, Health and Wellbeing:** Pregnancy, health screening, pornography/harmful online content and the law **CEIAG** Maximising success workshop
Tutor time PSHE / RSE / Citizenship Autumn 2	**Relationships:** Healthy Relationships & Consent: Exploring expectations, the value of stable relationships, and navigating change with respect and understanding.	**Living in the wider world:** Next Steps & Future Planning: Applications, skills for education and careers, and confident financial decision-making.
CEIAG	CEIAG opportunities take place both as part of the PD programme and independently (see careers map)	

Science / PE / IT / Food (Autumn Term)	Science – Smoking, Alcohol, Diet and Exercise	
RE (Autumn Term)	Exploring beliefs and teachings (Islam and Christianity)	Relationships and Family Religion, peace and conflict