

# Personal Development Newsletter

## What is Personal Development (PD)?

At LAB, our PD curriculum comprises:

- PSHE (Personal, Social, Health & Economic)
- Sex & Relationships Education (SRE)
- Careers education

This content is primarily delivered through assemblies, by tutors during pastoral time, and during LAB Learner lessons for KS3.

## Looking back on Module 1

This module we have celebrated Black History Month as our main celebration event. We dedicated three assemblies to BHM's theme this year 'Standing Firm in Power & Pride' and each week we had a different focus: Black artists, musicians and authors. There were competitions running including a poetry competition where we had a winner from each College.



Here is one of the winning poems:

*Standing Firm in Power and Pride* by **Evelyn Higdon, 7F**

'I have a dream' said Dr. King  
In 1963  
A world in which we will live  
In equality.

*The march for jobs and freedom  
The fight for civil rights  
The cause for social justice  
We all may see the light.*

*No more segregation  
White and black the same  
No more separation  
Of this we are ashamed!*

*He made a massive impact  
With purpose, power and pride  
Race discrimination  
Makes me mad inside.*

*Happy birthday, Dr. King  
Says Stevie Wonder's song  
In my mind and in our world  
Your legacy is strong.*

We also celebrated World Mental Health Day. We supported the charity Young Minds with their "Hello Yellow" campaign by wearing a yellow accessory and donating £1 on ParentPay. The LAB16 Wellbeing Ambassadors hosted a "LAB16 cake and chat".



Finally we started the Student Government process for this academic year and appointed a representative from each tutor group. Students prepared a speech explaining why they were passionate about current events, why they felt they would be up to the task of representing the views of their constituents (their tutor group) and what experience they have that would make them a strong candidate. The aim of Student Government is for it to become a means by which all students across the school can engage critically with current events, through research, discussions and respectful debates. Student Government will meet weekly to learn and engage in current events and then bring the conversation to their tutor group to debate.

Module 1 Personal Development topics covered	Module 1 Assemblies
<b>Year 7 - PD:</b> Transition and safety - Transition to secondary school and personal safety in and outside school	Welcome back to LAB
<b>Year 8 - PD:</b> Drugs and alcohol - Alcohol and drug misuse and pressures relating to drug use	College assembly
<b>Year 9 - PD:</b> Peer influence - Healthy and unhealthy friendships, assertiveness, substance misuse & gang exploitation	Student Government and rights and responsibilities
<b>Year 10 - PD:</b> Know Yourself, Grow Yourself (Self-awareness, setting goals, being adaptable and health related choices)	Year group assembly
<b>Year 11 - PD:</b> Motivation and Mental Health	Black History Month
	Black History Month
	Black History Month

## Looking ahead to Module 2

Topics covered in the PD programme over the next term are outlined below. This programme is designed to provide students with the tools and knowledge to navigate important aspects of their personal growth, health, relationships, and future careers in a supportive and engaging way.

Since we are conscious that some PD topics can be sensitive, below we have provided useful links and parental tools that complement our PD programme. We hope these resources will prove informative for parents and carers and can support conversations at home. We have also included some advice

	Module 2 Relationships	Useful links for parents & carers related to the Module 2 PD & Careers programme
Year 7	<p><b>PD:</b> Relationships - Self-worth, romance and friendships (including online) and relationship boundaries</p> <p><b>Careers:</b> Exploring possibilities : Dream Jobs</p>	<ul style="list-style-type: none"> <li>• <a href="#">Online Safety Toolkit</a></li> <li>• UK Safer Internet Centre - <a href="#">Advice about online bullying</a></li> </ul>
Year 8	<p><b>PD:</b> Equality of opportunity in careers and life choices, and different types and patterns of work</p> <p><b>Careers:</b> Job applications: Superhero CVs</p>	<ul style="list-style-type: none"> <li>• What are <a href="#">vocational pathways</a>?</li> <li>• <a href="#">Parents advice and resources</a> for helping your child with their career decisions</li> </ul>
Year 9	<p><b>PD:</b> Respectful relationships - Families and parenting, healthy relationships, conflict resolution, and relationship changes</p> <p><b>Careers:</b> What comes after school: the main learning pathways</p>	<ul style="list-style-type: none"> <li>• <a href="#">Anna Freud - Conflicts at home</a></li> <li>• <a href="#">Young Greenwich - Support Services</a></li> <li>• <a href="#">Greenwich Safeguarding Children Partnership</a></li> </ul>
Year 10	<p><b>PD:</b> Safe Intimate Relationships</p> <p><b>Careers:</b> Exploring employer profiles</p>	<ul style="list-style-type: none"> <li>• <a href="#">10 strategies</a> to talk with teens about sex</li> <li>• CDC <a href="#">hub of information</a> for parents about sex education</li> </ul>
Year 11	<p><b>PD:</b> RSE &amp; Health</p> <p><b>Careers:</b> Post-16 Choices</p>	<ul style="list-style-type: none"> <li>• Talking to your child about online sexual harassment - <a href="#">Children's Commissioner Guidance</a></li> <li>• <a href="#">Empowering teenage assertiveness</a> - a guide for parents and teens</li> <li>• Screening and smear tests - <a href="#">Oak National learning resources</a></li> <li>• <a href="#">10 strategies</a> to talk with teens about sex</li> <li>• CDC <a href="#">hub of information</a> for parents about sex education</li> </ul>

As well as our comprehensive Personal Development programme, we have a number of events that will take place in this module, concluding with our annual **Christmas Jumper Day and Christmas lunch**.

Individuals & Societies will be leading on a number of events including a **Remembrance Day Service** and **World Philosophy Day**. Our Remembrance Day Week will include a Poppy collection, a Service and some creative events to honour armed forces members who have died in the line of duty.

This year the theme for **Anti-Bullying Week** is Power for Good. We will launch a system for Year 10 and Year 11 students to become **Community ambassadors** for the younger years. If selected, students will be expected to

spend one of their break times each week on our dedicated 'Buddy Bench', be visible and approachable at break time and be a role model to younger students. We will also offer Anti-Bullying workshops for Y7-9 students with an external provider that we have used each year and has been very effective. They provide interactive workshops to empower pupils with practical strategies for recognising and responding to bullying.

Finally, as part of our **Service in Action**, Airy College will lead our charity events by supporting local food banks. Further information will be shared on how to get involved with this.

## Assembly themes for Module 2

Week Beginning	Module 3 Assembly Rota
3/11	<b>LAB Values</b> <i>British values link:</i> Respect, rule of law
10/11	<b>Remembrance Day</b> <i>British values link:</i> Individual liberty, Respect.
17/11	<b>Anti-bullying week</b> <i>British values link:</i> Mutual Respect and Tolerance
24/11	<b>Child in Need Day</b> <i>British values link:</i> Respect
1/12	<b>Service in Action</b> <i>British values link:</i> Respect
8/12	<b>Human Rights Day</b> <i>British values link:</i> Tolerance & equality
15/12	<b>College Celebration Assemblies</b> <i>British values link:</i> Respect