

Why is Personal Development Important?

In Personal Development students are taught the knowledge, skills and attitudes needed to make healthy choices in their lives today and in the future. This is a vital ability for them to have if they are to enjoy success at school, and to make the most of opportunities in the world beyond William Howard School.

Personal Development allows students space to explore what it means to be 'healthy' in the broadest meaning of the word. We examine what it takes to develop good physical and mental health, as well as how to build healthy relationships with those around them.



The curriculum also covers what it means to have a healthy attitude to money, and how to play an active part in a diverse society.

The Department

The Curriculum Leader for Personal Development is Mr Connolly.

Key Stage 3

At Key Stage 3 students are taught a range of units in which cover careers; citizenship; relationships and sex education; Physical and Mental health; and personal finance and enterprise skills at an age appropriate level.

In Year 7 students begin with a unit which explores the importance of respect in relationships. As well as being one of the core school values, this unit allows us to examine with students what we need from others, and what they need from us, to succeed in life. The second unit which runs up until Christmas is based around Citizenship. This covers issues relating to Human Rights and Civil Society on a local, national and global scale. The third unit of the year explores physical and mental health during puberty, and the final unit introduces students to the study of personal finance skills and enterprise. This is planned to coincide with 'My Money Week' and the annual Cumbria Education Trust competition that has seen us in the past partner up with outside organisations to design Cumbrian Pound Notes and Cumberland Building Society account logos.

In Year 8 the year begins with a unit exploring the importance of managing change in relationships in a healthy way both within school and beyond. Following this we explore the UK legal system. We study how laws are made, the theories which underpin different forms of punishment and the operation of the Youth Justice System. The third unit has been developed in partnership with the Alcohol Education Trust and explores the reasons why most young people choose not to drink alcohol. The fourth unit challenges students to take a critical look at their social media use. We study the positive and negative effects that the rise of social media has had on individuals and communities and students plan how they can play an active role in maximising the benefit to us all of these fast developing sites. The final unit of the year begins students' careers education. Working along with the Careers events that run in every year, students begin to identify what they consider important in a career and have a chance to use the Kudos programme to investigate the world of work.

Year 9 starts with a personal health unit that covers a range of topics including managing stress and maintaining good mental health, the challenges of puberty, the importance of diet, sleep and exercise, and revisits the relationship education from Year 8 including for the first time, sexual relationships. This unit also covers education about the use, misuse and abuse of drugs. The second unit covers personal safety and includes session on First Aid training and safety online. Following this, students explore Careers education and learn how to look for jobs, write CVs, prepare for interviews and engage with enterprise challenges. Finally, they complete a Citizenship unit based on the Equalities Act and British Values. They look at how local organisations work to combat hate crime and how the changing nature of UK society has led to the values we share today.

Key Stage 4

This is a modular course consisting of Health Education, Careers and Economic Well-Being Education and Citizenship:

Health Education

In Years 10 and 11, the Health Education course concentrates on personal safety and relationships and sex education (RSE). Legal and moral aspects, particularly in relation to consent, are considered and the implications of sexual behaviour are explored. Contraception, reproduction, infections and self-checks for cancers are covered in lessons, as is an update on drugs education. Sexuality and stereotypes are also discussed.

Students learn through a mixture of styles of working – worksheet, discussion, videos etc. and there is a large focus on topical information and what is in the news.

Students are always welcome to request information from their teacher or advice on any health education topic from the school nurse who runs drop-in sessions.

Careers and Economic Well-Being Education

In Years 10 and 11, the Careers Education course concentrates on skills development and preparation for the world of work. Topics include: writing a Curriculum Vitae; filling in application forms; successful interview techniques; and money management.

During Key Stage 4 students have an opportunity to attend a work experience placement for a one-week period. This is a valuable opportunity to develop key skills for future success. The Work Experience Programme is co-ordinated by Mrs Hill.

In addition, there will be experiences during Years 10 and 11 during which students will have a chance to experience ‘mock interviews’ with members of the local business community and to explore the world of work, education and training through encounters with employers and further and higher education providers.

All students will continue to use the resource Kudos Inspire which will give students easy access to information about a wide range of careers. The computer resources can be accessed from anywhere in the school and at home via our website: <http://www.williamhoward.cumbria.sch.uk/careersinformation>.

Citizenship

The aim of the course is to give students the knowledge, skills and understanding to play an effective role in society at local, national and international levels. It promotes their spiritual, moral, social and cultural development.

Students are encouraged to play a helpful part in the life of the school and their community. It also teaches about our economy and democratic institutions.

Topics taught within the modular programme will include study on the importance of British Values, how to balance competing human rights, the criminal and civil justice system, and UK national politics. To encourage participation in active Citizenship there will be the opportunity to participate in the school's Race for Life event to raise funds for Cancer Research UK in Year 11.

Religious Education

As part of their core curriculum all students will study a unit on RE during their PD time. They will be considering a range of moral and philosophical questions, and reflecting on how these impact on their lives and the lives of others. In Year 10 the focus is on forgiveness, and in Year 11 on what it means to live a 'good' life.

Key Stage 5

All students study a core curriculum which includes Personal Development and Sport or other enrichment activity. The aim of these are to support a healthy lifestyle through the challenges of growing up and taking on more personal responsibility. The curriculum includes partnership with a wide range of external organisations and agencies ranging from the Police to the Cumberland Building Society. We have also brought in speakers who work in the charity sector and from a range of work settings.

Students are prepared for life beyond William Howard through units focussing on the rights and responsibilities of UK Citizens, personal finance, politics, and of course input from Universities, Colleges and training providers.