

Personal Development @ Edgbarrow

Issue 4 Autumn Term, October 2022

Dear Parents and Carers,



Welcome to our Personal Development Newsletter. Our aim is to share with you and give you an insight into the Personal Development curriculum and opportunities we offer at Edgbarrow, including PSHE, Character education, citizenship and Social, Moral, Spiritual & Cultural (SMSC). We will publish a termly newsletter with information regarding these areas, including assembly themes and the PSHE curriculum. This will give you an insight into what your children are accessing, but also enables you to have important conversations with your child on pertinent and emerging topics, as they progress through the year. We hope you will find the following information useful and we would welcome any feedback or queries.

For feedback or queries please email: pshe@edgbarrowschool.co.uk

Louise Rea-Palmer, Assistant Headteacher & Designated Safeguarding Lead

Parent Feedback Survey

Please select our [survey link](#) or scan the QR code to provide us with feedback on the delivery of our Personal Development and PSHE curriculum. This will help us to further develop our provision of Personal Development and PSHE in school to best support our students.



Character Education



Character Education is a facet of Personal Development that Edgbarrow School provides as part of our students' education experience. At Edgbarrow we deliver a broad curriculum, including PSHE, and through this and the other experiences that we offer our students we are allowing them to learn about themselves and develop their characters. Character is a complex concept with a number of overlapping facets.

The DfE has identified four important aspects, which inform the way schools develop their character education provision:

- The ability to remain motivated by long-term goals, to see a link between effort in the present and pay-off in the longer-term, overcoming and persevering and learning from setbacks when encountered.
- The learning of positive moral attributes, including courage, honesty, generosity, integrity, humility and a sense of justice.
- Developing social confidence and the ability to make points or arguments clearly and constructively, listen attentively to the views of others, behave with courtesy and good manners and speak persuasively to an audience.
- Have an appreciation of the importance of long-term commitments which frame a successful and fulfilled life, helping individuals to put down deep roots and gain stability in their lives.

Character education is embedded at Edgbarrow School through assemblies, subject lessons, dedicated character education lessons during tutor time, sports, performance and arts clubs, outward bound activities, hobby clubs, subject learning club and co-curricular activities. These opportunities help young people to explore and express their character and build the skills they need for resilience, empathy and employability. Each half term, we will ask students to think about different ways in and outside school they can develop key values and evaluate their own personal targets. During the Autumn term, the focuses are courtesy, volunteering, teamwork and Leadership. There have already been so many ways to volunteer, whether as Form Rep, Peer Mentor or helping out at Open Evening. At the end of each half term, every tutor and Head of Year will name a half term character star.

Louise Rea-Palmer, Assistant Headteacher & Designated Safeguarding Lead

PSHE at Edgbarrow

Students are taught PSHE by their form tutor once a fortnight at Edgbarrow. Students will cover three units over each year, these are; Living in the Wider World, Health and Wellbeing, and Relationships. Throughout these core themes students are able to explore ideas and issues that they will experience in life, preparing and equipping them to make good decisions. To do this, students are exposed to scenarios, videos, debates and group work allowing them to share ideas and become informed and conscientious citizens. PSHE is supported by assemblies and tutor activities where understanding is developed and consolidated. PSHE is further supported by Bracknell Forest run workshops, with a focus on substance misuse and sexual health, AlterEgo Creative Solutions, performances that focus on sexual harassment and child sexual exploitation.

What PSHE resources do we use?

As a school we use a variety of resources to inform and support our planning and teaching of PSHE. Below are some examples of the resources and how we have used them in school.

[PSHE Association](#) - The PSHE association provides a wide range of resources and training that is key in supporting our planning and teaching of PSHE at Edgbarrow. The association provides high quality lesson resources, particularly on Mental Health and Drugs and Alcohol education, reflecting the new RSE (Relationships and Sex Education) framework. The association also gives us access to other PSHE association approved resources which we regularly use. An example of this is Med Way resources which provide lessons focused on RSE.

[Bank of England](#) - The Bank of England have produced great resources to help students better understand the economy. So far, we have used these resources with Year 8 and look forward to using more of these ideas with other year groups in the future.

[Child Line](#) - Child Line provide great factual information which is used to support our preparation for teaching PSHE.

PSHE this term

This term students in Years 7-10 are covering the theme 'Living in the Wider World', Year 11 start by considering post-16 options, then move onto 'Relationships and Health and Wellbeing'. Through these topics students will consider a series of age-appropriate topics preparing them for life in the world.

Please see the PSHE overview of the term below:

PSHE Curriculum intent: To educate, inform and equip pupils with the knowledge needed to become conscientious, independent and accountable young adults, who are able to make well informed decisions.

Year 7	Year 8	Year 9	Year 10	Year 11
Living in the Wider World	Living in the Wider World	Living in the Wider World	Living in the Wider World	Relationships (H&WB)
Target setting and reflection	Target setting and reflection	Target setting and reflection	Target setting and reflection	Target setting and reflection
Welcome to Edgbarrow	British Values and Edgbarrow	Our Social Media impression	Living in the real world	British Values
British Values	Social media awareness	Charity	Being British	Options research
Personal Identity	The Economy	Online Safety	Black History Month	Sexual health and contraception
Careers	Charity	Gambling	CV Preparation	Pregnancy and abortion
Social media and its risks	Growing up and puberty	Careers	Social media V. reality	Family

You will find the link to the full PSHE Scheme Of Work and the RSE policy on the [Personal Development page](#) on our website, which includes all the relationships, health and wellbeing topics that will be covered in school. We really value parental feedback so please do email pshe@edgbarrowschool.co.uk if you have any comments or questions.

Emma Noss, PSHE Lead

Assembly Rota

Our assemblies cover relevant topics to help prepare and develop our students into confident, informed and involved citizens. Our assemblies are used to support and consolidate our teaching of PSHE.

Date	Assembly Theme	National awareness days, religious festivals and events	Additional Assembly & Activities	Character Value
05/09/2022	Welcome Back Expectations Behaviour code No knives/drugs/alcohol Ready Respectful Safe Positive	International Literacy Day	Heads of Year Safeguarding and who to ask for help English Quiz - International Literacy Day 8/9	Courtesy & Volunteering
12/09/22	The development of the political system of democratic government in the UK, including the roles of citizens, Parliament and the monarch.	International Day of Democracy	The operation of Parliament, including voting and elections, and the role of political parties	Courtesy & Volunteering
19/09/22	PREVENT International Day of Peace	International Day of Peace	Rosh Hashanah Jewish New Year	Courtesy & Volunteering
26/09/2022	Sexual Harassment including - the law, upskirting and where to get help	European Day of Languages	European Day of Languages— Quiz 26/09	Courtesy & Volunteering
03/10/22	Black History Month Gandhi's Birthday	Black History Month Mahatma Gandhi's birthday	Mary Seacol	Courtesy & Volunteering
10/10/22	Mental Health Day	World Mental Health Day	Mental Health Week - tutor activities Chalkit Mindfulness subject starters	Courtesy & Volunteering
17/10/22	Child Sexual Exploitation Child Criminal Exploitation			Courtesy & Volunteering
HALF TERM				
31/10/22	County Lines	Diwali	Diwali - A Day in the Life	Leadership & Teamwork
7/11/22	Remembrance Day	Armistice/Remembrance Day	Voices of the Empire	Leadership & Teamwork
14/11/22	Anti-bullying Week	Antibullying Week	Anti-bullying Week	Leadership & Teamwork
21/11/22	Disability History Month International Day of People with disabilities	Disability History Month	International Men's Day/ Movember	Leadership & Teamwork
28/11/22	World AIDS Day	World AIDS Day		Leadership & Teamwork
5/12/22	Human Rights Day	Human Rights Day		Leadership & Teamwork
12/12/22	Christmas		Head of Year Celebration Assemblies	Leadership & Teamwork

School Council



School Council members from Years 8-11 met with James Sunderland MP as part of his visit to Edgbarrow during September. We discussed issues such as the environment, co-curricular activities, the cost-of-living crisis and how School Council operate within the school. This meeting helped us to identify a few items to discuss during our upcoming first full School Council meeting on 19th October. School Council members also created a display for the Year 6 Open Evening and were on hand to chat to visitors about School Council activities. We were also invited to attend a Governor's meeting to outline our involvement in school life. From the week commencing 31st October, School Council members will be in H7 each Friday from 3.20 - 3.35 if any student would like to collect some free sanitary products.

Our School Council team is growing and by half term we will have our elected School Council members in place from Year 7 through to Year 11. They will attend half termly meetings and will represent their respective year groups and the school at various events throughout the year. As always, students should feel free to approach any member of School Council with an issue they would like to raise. Alternatively, they can use the School Council email address to do so.

Alison Mullane, School Council Lead

Online Safety

You may be aware from the news of the recent findings in the Molly Russell case. Please find below more information.

Molly Russell was a London teenager, "full of love, and hope, and happiness". She died in 2017. The harrowing conclusion of the coroner at the inquest into her death was that "She died from an act of self-harm whilst suffering from depression and the negative effects of online content." The fact that the inquest found "unsafe online content contributed in a more than minimal way" to her death is significant for online safety.

The NSPCC has lots of advice around online safety, including what to do if children come across inappropriate content online and how to talk to your child about online safety. Talking regularly with children allows them to discuss anything they find online that makes them feel uncomfortable. Discussing issues early and often is a key part of online safety, before problems are magnified. For children growing up with technology, the online world is part of their daily lives; we should ask children about their online experiences the same way we ask about the rest of their day at school.

To keep our children safe online the NSPCC recommends these steps when setting up social media accounts:

- Follow age-appropriate accounts. Spend time looking at appropriate content together, as this will help shape what your child sees in the future.
- Together, explore the settings and filters in your child's favourite apps.
- Consider settings on shared devices, as accounts and devices can show content related to other material viewed on the same device.

Talk to your child about what they might see online and how to report anything inappropriate. For specific information and advice, including resources for children, select the useful links below from the NSPCC:

[Keeping Children Safe Online](#)

[Online Safety Resources](#)

[Molly Russell Inquest Findings](#)

NSPCC

Phil Marshall, Data & IT

Safeguarding

Opposite you will see an image that our students will be very familiar with. This is a snapshot of our safeguarding team and illustrates where students can go if they need someone to talk to. As part of ensuring our students are kept safe, this term we are having safeguarding assemblies that cover a range of topics to support students' understanding of how to keep themselves safe such as sexual harassment, PREVENT and Children's Criminal Exploitation. We want students to feel confident in recognising risk situations and be able to report this to the appropriate body/person.

Please look out for our IMABI app and encourage students to download it. The app aims to support students with their well-being and signpost them to any support they may need, along with offering a function where students can report concerns direct to the school's safeguarding team should they wish.

Search 'imabi Inspire' on App Stores. Students should sign in with their school username and password.

Louise Rea-Palmer, Assistant Headteacher & Designated Safeguarding Lead



imabi

DOWNLOAD The imabi App

For Edgbarrow students

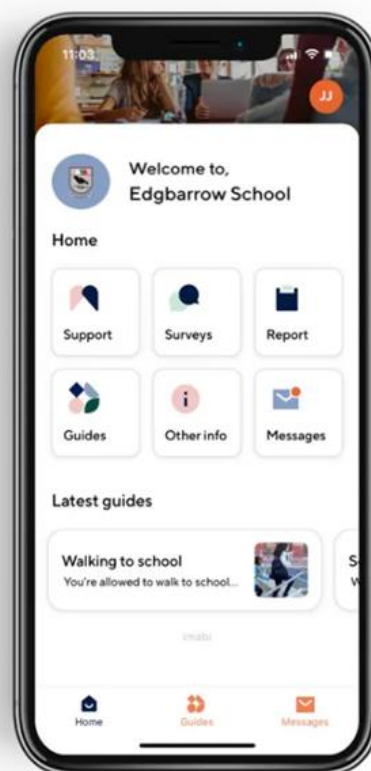
FEATURES

- Report a concern to school
- Support for mental health
- Trusted information guides

AVAILABLE ON



Search imabi Inspire
in App stores



Student Survey Feedback

Student reflections on school – Throughout last year, students took part in a survey reflecting on different areas of the school. This was to help inform us on how we can continue to support our students. Below are some statistics which reflect their responses.

- **Pride in school** - 98% know and believe in the school values; Ready Respectful Safe and Positive. 92% believe our school celebrates diversity and inclusion.
- **Understanding how I learn** - 93% believe they try their best even if they find work hard, showing resilience.
- **Quality of education** - 90% say their lessons are enjoyable.
- **Behaviour and Bullying** - 94% believe they are taught to be kind to people at this school.
- **Inclusion and equal opportunities** - 92% said the school teaches what diversity means and 92% understood this key concept.
- **Personal Development** - 96.4% believe there is an excellent range of co-curricular activities.
- **Safeguarding and keeping healthy** - 100% of students said they feel safe in school and 93% said they are taught about sexual harassment.
- **Environment** - 88% believe our actions in the local community impact the reputation of the school. 84% believe more needs to be done for us to be considered an environmentally friendly school

Louise Rea-Palmer, Assistant Headteacher & Designated Safeguarding Lead



Careers



We would like to remind all parent/carers and students that we buy-in independent impartial careers guidance from Adviza. As part of this package, you have access to Adviza's online careers' portal. There you will find a wealth of information to help support students at transition times, access to a webchat facility, links to register for upcoming employer events, eCLIPS and much more. Use the

following link to access the portal: www.adviza.org.uk/careers-guidance-for-you

We have a range of careers events planned for this term including a Year 13 Speed Careers Event; a Year 9 Careers Day and careers themed assemblies. Year 10s will have received information about their week's work experience scheduled for July 2023 and further information and all the documentation can be found on the [school website](#). Year 11s are currently looking at their options for post-16 in PSHE and will be invited to attend a group careers session with Adviza. There will also be a few Adviza appointments available at the upcoming Year 11 Parents Evening. Detailed information on what to do now, how Adviza can help and open day events for local colleges and sixth forms is available on the [school website](#) and on careers noticeboards in school. We would like to reiterate that students should explore their options fully including visiting other educational establishments to ensure that they are making the correct choice and should aim to have a first and back-up choice.



Karen Robinson, Careers Manager

First Aid



It's been wonderful to welcome back students this term and see plenty of new faces. At this time of year common colds run wild! It would be worth remembering that everybody will catch around two colds a year. A cold is an infection in the upper respiratory tract and symptoms will include runny or blocked nose, sore throat, mild headache, loss of appetite and muscle aches. It is best to rest when you can and remember to keep warm, drink plenty and eat as normal.

There are some really great resources out there for first aid and we encourage both children and parents to learn some skills that could potentially be lifesaving. Select this [link to view the British Heart Foundation video on CPR](#)

The video mentions CPR and that sometimes defibrillators are also required. Edgbarrow School is lucky enough to have a defibrillator on site. When the school is open, we are able to access this. If required out of hours, the ambulance service will provide the code over the phone for use. The link above also shows a video about defibrillator use.

If you have any medical queries relating to your child, please feel free to contact me keely.benn@edgbarrowschool.co.uk

Keely Benn, Lead First Aider



The Student Support Department

The Student Support Department works alongside any student that may be experiencing a social, emotional or behavioural difficulty. We provide high quality contact between the school and the home, working in partnership with parents/carers to support students in overcoming their barriers to learning.

Support is offered with Heads of Year in agreement. Targeted support is accessed through 1:1 mentoring, group work and behaviour improvement programs. Referrals to outside agencies are supported through us; ensuring students access the correct support for their needs.

Transition from primary school is aided and early intervention from Student Support through the peer mentor program enables Year 7 students to settle quickly and achieve their full potential. The range of issues we address are wide and varied.

They include bereavement, stress, school refusal, substance misuse, conflict resolution, mental health issues, anger management, family breakdown and self esteem.

The Student Support Department provides a safe space for all vulnerable students whilst remaining focused on a speedy reintegration to school life. Child protection and safeguarding are integrated within our department.



Alyson Martin, Student Support Manager

Sport Co-Curricular Clubs Autumn Term 2022

At Edgbarrow we promote a fully inclusive sport co-curricular programme and this also applies to fixtures, competitions and tournaments. We do not have an elitist approach. We recognise hard work and attendance to clubs and this is what we look for when selecting our teams. We do not hold trials for teams, we just have regular training sessions during our co-curricular hours. For home matches we try to include as many students as possible, for away fixtures we are limited to the capacity of the mini-bus.

Autumn Co-Curricular Timetable



DAY	CLUB
Monday	Social Sports (invite only)
Tuesday	Rugby all years Girls Basketball Girls Football Multi sports (invite only)
Wednesday	Netball all years 6 th form Rugby & Football Social sports (Badminton, Tennis, TT etc.) Year 10/11 Fitness suite - YA's <i>£ Paid Tennis</i> <i>£ Paid Trampolining club</i>
Thursday	Boys Basketball Fitness suite y10/ 11 – YA's
Friday	<i>£ Paid Boxing</i>

Non-Sport Co-Curricular Clubs Autumn Term 2022

DAY	TIME	CLUB	YEAR	LOCATION	TEACHER IN CHARGE
MONDAY	1.45 – 2.10	Choir	All Years	MU1	Mrs Cruickshank/Miss Yatirawana
	1.45 – 2.15	German Club	All Years	L2	Miss Hancox
October start	1.45 – 2.10	Composition Club	All Years	MU2	Mrs Cruickshank
	1.35 – 2.15	Debating Club	Y11 – Y13	BC1	Mr Birch
	3.20 – 4.20	Chess Club	M5	All Years	Mr Myer
	3.15 – 4.15	Biology Clinic	Y13	S2	Biology Team
Week A	3.20 – 4.20	Creative Writing	ED	Y7 – Y9	Miss Jones/Mrs Huxtable
	3.20 – 4.20	Board Games and D&D	All Years	H13	Mr Birch/Mrs Meyer
TUESDAY	1.45 – 2.10	Faith Hub	All Years	Learning Room	Mrs Wilmot
Week A	1.35 – 2.15	Philosophy Club	KS3	H10	Mr Hinz
	3.20 – 4.20	Progress Homework Club	Invite only	HB5	Mrs Bowker
	1.50-2.10	Touch Typing	Y7 – Y9	H9	Mrs Puddy
	3.20 – 5.00	Maths Fun Bus	Y12 / Y13	M1/M2	Maths Teaching Staff
	3.30 – 4.30	Geography Society	Y 7 - Y9	H2	Mr MacFarlane
	3.20 – 4.20	Science Xtra (by invite only)	Yr11	S9	Dr Bingham
	3.20 – 4.20	Computer Science Club	Y7 – Y9	H6	Mrs Hartley
	3.15 – 4.15	Art Focus	GCSE/A-Level	A3	Miss Owens/Mrs Roylance
	3.15 – 4.15	Photography Focus	GCSE/A-Level	ICT1	Mr Fayars
	3.15 – 4.20	Creative iMedia (IT) Support	Y10 – Y11	H8	Miss Pilgrim
	3.20 – 4.20	Cookery Club	Y7 & Y8	T8/9	Mrs Crowe/Ms Catanach
WEDNESDAY	1.35 - 2.20	Umbrella Club	All Years	Learning Room	Miss Thompson/Miss Baxter
	3.15 – 4.10	Vocational Work Shop	Invite Only	KS4/KS5	Mrs Shepherd
	3.20 – 4.20	Swing Band	MU1	All Years	Mr Meyer
	3.20 – 4.20	GCSE Computer Science Support (Programming & Theory)	Y10 – Y11	H6	Mrs Hartley
	3.20 – 4.20	Psychology Support Session	Y12 – Y13	SF2	Mr Croxon
	3.20 – 4.20	A Level Computer Science Projects	Y13	H8	Mr Marshall
	3.20 – 4.20	Cambridge iMedia/CTEC	Y10 – Y11	H6	Mrs Puddy
	3.20 – 4.20	Progress Homework Club	Invite only	HB5	Mr Thorman
	3.20 – 4.20	Game Creation Software Club	All	H7	Miss Pilgrim - Contact before attending
THURSDAY	1.45 – 2.15	Technical Theatre Club	All Years	Studio	Mr Portnow
	3.20 – 4.20	Chemistry Clinic	Y13	S5	Dr Bingham
	3.15 – 4.15	Art & Photography Focus	GCSE/A-Level	A3 & ICT1	Miss Owens
	3.20 – 4.20	Physics Xpress	Y13	S10	Physics Team
	3.20 – 4.20	GCSE Comp Science Support (Programming & Theory)	Y10 – Y11	H8	Miss Mullane
	3:20 – 4:20	Social Sciences Support	Y12/Y13	SF3	Mrs Hume
	3.20 – 4.15	Art Club	Y7 – Y9	A1	Mrs Giles
	3.20 – 4.00	Problem Solving Club	Y7-Y8	M5	Mr Rayner
	3.20 – 4.20	Science Club	Y7-8	S3	Mr Shingadia
	3.10 – 4.10	Biology Revision Clinic	Y13	S2	Mr Woolman
Week B	3.15 – 4.15	Creative Writing Workshop	Y10-Y13	E5	Miss Jones/Mrs Huxtable
	3.20 – 4.20	BTEC Catch Up	Y10 Y12	SF10	Ms King
Week B	3.15 – 4.15	Cam Tech IT Support	Y12-Y13	H6	Mrs Harley
FRIDAY	1.45 – 2.20	Book Club	Y7 – Y8	Library	Mrs Buckerfield/Mrs Mansfield
Week B	3.15 – 4.15	Cam Tech IT Support	Y12 – Y13	H6	Mrs Hartley
Mid October	3.15 – 4.15	Esports Club	All Years	H8	Miss Mullane

Please check with Teacher in Charge of Club for start date