

Personal Development



Issue 7 Autumn Term, Oct 2023



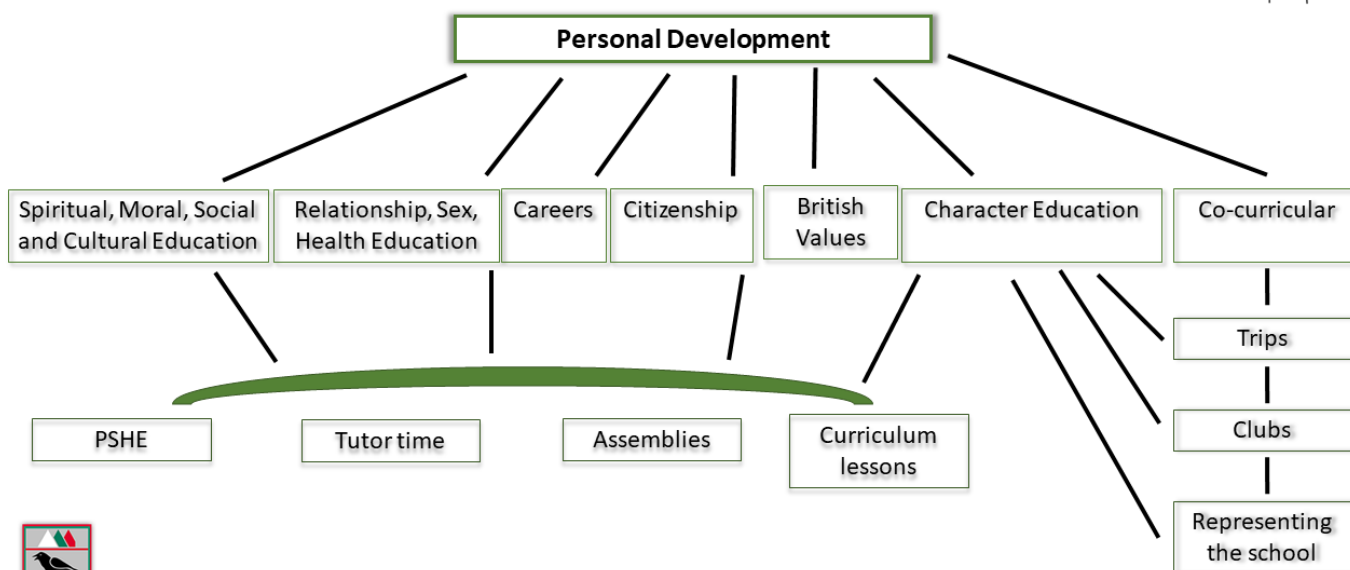
Dear Parents and Carers,

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 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.

Our Personal Development structure is taught through a range of curriculum areas, where we aim to fulfil our school vision; Enjoy-Grow-Achieve to ensure our students leave as fully-rounded individuals. Each term we ask students to set themselves a personal target to inspire them to grow.

How does my Personal Development curriculum get taught?



Please visit the [Personal Development area](#) on our website for further information.

We hope you will find this information useful. We welcome any feedback or queries, please email: louise.rea-palmer@edgbarrowschool.co.uk or emily.price@edgbarrowschool.co.uk.

Louise Rea-Palmer, Assistant Headteacher & Designated Safeguarding Lead

Co-Curricular Clubs

Please visit the [co-curricular page](#) on our website to view our sport and non-sport co-curricular clubs that are going on this term. All abilities are welcome and students can join in at any point in the term.



NON-SPORTING CO-CURRICULAR CLUBS Autumn Term 2023



DAY	TIME	CLUB	YEAR GROUP
MONDAY	1.45 - 2.10	Choir	All Years
	3.15 - 4.15	Biology Clinic	Y13
	3.15 - 4.15	Photography Focus	GCSE and A-Level
	3.15 - 4.15	Cam Tech IT Support	Y12-Y13
TUESDAY	1.35 - 2.15	Philosophy Club	All Years
	1.45 - 2.10	Faith Hub	All Years
	3.20 - 4.20	Progress Homework Club	Invitation only
	1.50-2.10	Touch Typing	Y7 - Y9

Autumn Co-Curricular Timetable

DAY	CLUB
Monday	Hockey £ Paid Basketball
Tuesday	Netball (all years)
Wednesday	Rugby (all years) Badminton (all years) £ Paid Trampoline club (all years)
Thursday	Social Sports (all years)
Friday	£ Paid Boxing (all years)

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.

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	Options Relationships and Health & Wellbeing
Welcome to Edgbarrow Target setting	Target setting and reflection British values	Target setting and reflection Social media impression	Target setting and reflection Living in the real world	Target setting and reflection British values
British values	Active citizenship	Online safety	Being British	Options research
Personal identity	Local democracy	Careers	CV preparation	Options research
Careers	The economy	Gambling	CV preparation	Sexual health and contraception
First Aid	Digital resilience	Mental health	Social Media v. reality	Pregnancy and abortion
The Economy	Images in the Media	Options	Sex and the Media	Substance use and seeking help

You will find the link to the full PSHE curriculum and the Relationships and Sex Education (RSE) policy [here](#), which includes all the relationships, health and wellbeing topics that will be covered in school. We really value parental feedback so please do email emily.price@edgbarrowschool.co.uk if you have any comments or questions.

Emily Price, PSHE Lead

Student Support

The Student Support department works alongside any student who may be experiencing social, emotional, behavioural or mental health difficulties. We work in partnership with parents/carers to provide support for students to overcome barriers to learning. Support is offered with parent/carer and Head of Year agreement. Targeted support is accessed through 1:1 mentoring, group work and behaviour improvement programmes. Referrals can also be made to external agencies for further support.

Alyson Martin, Student Support Manager

Abi Hughes, Student Support Assistant

Student quotes:

"I think Student Support will definitely improve your mind, your mood and your motivation."

"You'll never feel judged or criticised and you'll always feel safe and comfortable."

"Student Support has been helpful to me and I'm so much more confident in what I do, thank you."



PSHE at Edgbarrow

Students are taught PSHE by their form tutor once a fortnight. They 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 enhanced by Bracknell Forest-run workshops, with a focus on substance misuse and sexual health and, 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 we use and how we have used them in school.



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 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 (Relationships and Sex Education).

Bank of England

The Bank of England has 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.



ONLINE, ON THE PHONE, ANYTIME

ChildLine provides great factual information which is used to support our preparation for teaching PSHE.

Character Education

Character Education is a facet of Personal Development that Edgbarrow provides as part of our students' education. 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 aspects.

Each half term, we ask students to think about different ways in and outside school they can develop key values and evaluate their own personal targets. Autumn is Courtesy & Volunteering and Leadership & Team-work. Each tutor group and Head of Year will name a half-term character star. Please look out for your young person being rewarded on ClassCharts for demonstrating these character values. Please visit the [Personal Development area](#) of our website to find out more about Character Education.

A graphic for Autumn 1 character education. It features a light blue background with a white circle containing icons and text. The icons are a green leaf, a person with a heart, and a person with a hand. The text describes the values of Courtesy and Volunteering.

Autumn 1

Courtesy
"The showing of politeness in one's attitude and behaviour towards others."

Volunteering
"Freely offer to do something that helps another out and without expectation of a reward."

A graphic for Autumn 2 character education. It features a light blue background with a white circle containing icons and text. The icons are a green leaf, a group of people, and a group of people with a gear. The text describes the values of Leadership and Team-work.

Autumn 2

Leadership
"The action of leading a group of people or an organisation to ensure a positive outcome"

Team-work
"The combined action of a group, especially when effective and efficient working together."

Assembly Rota - Autumn Term

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.

Week Beginning	Assembly Theme	National awareness days, religious festivals and events	Additional Assemblies & Activities	Character Value
04/09	Welcome back expectations Behaviour code No knives/drugs/alcohol School values	International Literacy Day	Safeguarding and who to ask for help Language and speaking to others	Courtesy & Volunteering
11/09	How do we learn? Assessments and grading Sponsored Walk	International Day of Democracy	Character Values	Courtesy & Volunteering
18/09	PREVENT International Day of Peace	International Day of Peace	Character Values	Courtesy & Volunteering
25/09	Diversity British values	European Day of Languages	European Day of Languages Quiz	Courtesy & Volunteering
02/10	Black History Month British values	Black History Month	Assembly with Student Council Tutor activities/quiz	Courtesy & Volunteering
09/10	Mental Health Day	World Mental Health Day	Assembly with Student Council Mental Health Week Tutor activities/PSHE Quiz	Courtesy & Volunteering
16/10	Sexual harassment		Sexual harassment tutor activities	Courtesy & Volunteering
HALF TERM				
30/10	County lines Child criminal exploitation		Character Values	Leadership & Teamwork
06/11	Armistice Day British values	Armistice/Remembrance Day	Character Values	Leadership & Teamwork
13/11	Anti-Bullying Week British values	Anti-Bullying Week	Anti-Bullying Week Tutor activities Children in Need	Leadership & Teamwork
20/11	Careers & Work-Related Learning		International Men's Day Movember Quiz	Leadership & Teamwork
27/11	Disability Month Diversity	International Day of Persons with Disabilities		Leadership & Teamwork
04/12	Child sexual exploitation Safe relationships		Nudes Tutor activities	Leadership & Teamwork
11/12	Christmas		Celebration assemblies	Leadership & Teamwork

Student Council

In our most recent School Council meeting we have been very busy discussing our focuses for this year. Our first port of call was organising our stand for the Open Evening. We had some fantastic helpers who represented the School Council brilliantly and we had so many beautiful and informative posters made especially for the event that made our stand look outstanding. We had a colouring station that linked nicely with our tutor activity for World Mental Health Day and a display all about what we did last year. During our first School Council meeting of the year, we also had a visit from Miss Mullane who discussed with us our opinions of ClassCharts and what they are planning on doing in the future with the app. We also looked into what we want to do as a School Council for this year. We wanted to focus initially on the mental wellbeing of students.



Jemima Kennedy, School Council Lead, Year 11

To help raise awareness of World Mental Health Day on Tuesday 10th October, the School Council planned activities for students to take part in during tutor time. This included some mindfulness colouring of either positive mental wellbeing quotes or bookmarks to keep for our reading books where we could write our own mental health quotes. All whilst listening to some relaxing music. We put together a PowerPoint with instructions to ensure all students had fun and relaxed!

Aleesha Mishir, School Council Lead, Year 11

Prefects



Congratulations to all students who successfully applied to be a Prefect in Years 9, 10 and 11. Being a Prefect is a fantastic opportunity to be a role model and ambassador for the school. Prefects were awarded with their Bronze, Silver or Gold Prefect badge by their Heads of Year to wear with pride and to help other members of the school identify who they are. Prefects and the Student Ambassadors in Year 12 have commenced their roles and responsibilities. I look forward to working with School Council members and Prefects who are a group of fantastic representatives of the school.

Holly Hustler - Student Leadership Roles Co-Ordinator

Safeguarding

As part of ensuring our students are kept safe, we continue our safeguarding curriculum through PSHE lessons and assemblies. It is important that our students feel confident in recognising risks and empowered to seek support when needed.

Students should now be very familiar with our safeguarding team poster, which is displayed across the school. Students are reminded that they can seek support from their Tutor, Head of Year, Student Support, the safeguarding team, or any member of staff they feel comfortable talking to.

Please visit the [Safeguarding section](#) of our website for further information.



Please talk to your child about the imabi app and encourage them to download it. Students can use the online reporting function within the app if they want to disclose incidents or information to the pastoral team. This is particularly helpful if they feel unable to speak to someone. The app also features informative guides on a range of topics such as mental health, healthy relationships and social media. **Search imabi Inspire in app stores.**

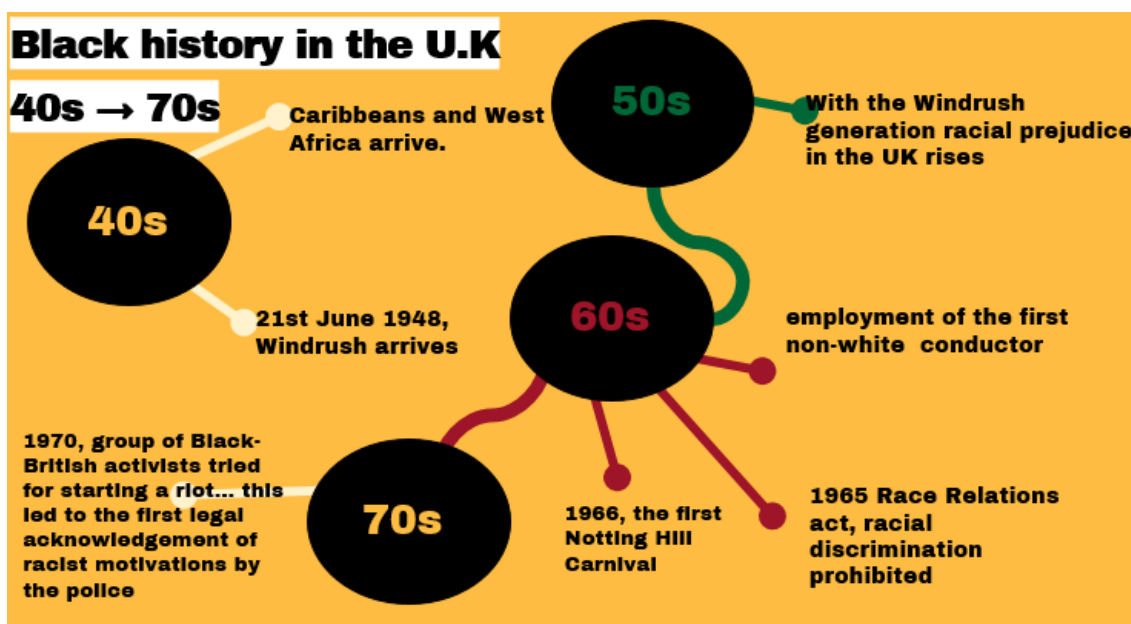
Louise Rea-Palmer, Assistant Headteacher & Designated Safeguarding Lead

Black History Month

This term has seen an array of activities to mark and celebrate diversity and culture, beginning with European Day of Languages, where staff displayed their linguistic talents in assemblies and lessons, from Welsh, to Cantonese, Urdu, to Polish and many more.



This October, we celebrated Black History Month with our students. Our Student Leaders in the Sixth Form, Steven Owino, Zoey Arinze and Flavia Obeng-Munoz have led a thought-provoking and powerful assembly to the whole school. In this assembly they took the opportunity to celebrate culture, figures of the past and present, as well as share their own personal stories. As Steven says, "I think Black History Month is important as it gives us time to celebrate the influence black people have had on British culture." In our lessons, we are celebrating figures in history, scientists, men and women of the world of music, sport and food. We have enjoyed shining a light on moments in time and those who have been key influences in our society. Our aim has been one of acknowledgement and celebration, as well as enjoying staff and student heritage and diversity. As one student told us, it is our history and, in celebrating Black History Month, we also encourage all students to be proud of who they are and to celebrate their heritage.



Diversity and Heritage Event



Following the success of our Diversity and Heritage event in June 2023 we are planning an even bigger and better event for next summer! We will be celebrating the varied cultures and heritages of our Edgbarrow families through food, music and dance and we want you to be involved! If you would like to join us to share your heritage with the wider Edgbarrow family please contact us at:

heritageday@edgbarrowschool.co.uk

Katie Bransfield, Head of Modern Foreign Languages

Online Safety

You may be aware that the online safety bill has recently been passed and this will mean increased safety measures are put in place to protect young people online. The number of apps, websites, risks and information available can feel overwhelming. Please take a look at our [Online Safety page](#) on the website, which signposts support and advice available.

Snapchat



What is snapchat?

Snapchat is an app used for messaging, using filters to capture images, share real-time images and videos. **You must be 13+ to sign up.** Users can upload snaps to stories that disappear after 24 hours or send messages that can only be seen for a set period of time.

What are the risks?

- Viewing inappropriate or harmful content
- Location sharing
- Unwanted contact
- Pressure to share or chat

How to report

- Press and hold the screen as the snap is showing
- Press the flag in the bottom left-hand corner
- Click on the option that best describes the content you're trying to report

Tips

- Talk to your child about how they intend to use Snapchat
- Agree on ground rules
- Talk about what is OK and not OK to share
- Know how to use apps and tools to keep your child safe
- Adjust privacy settings
- Enable ghost mode
- Ensure your child knows how to block and report users
- Limit adult users
- Familiarise yourself with Snapchat's Family Centre Tool. You can see who your child is friends with and communicating with, but not their conversations or images shared. You can also report accounts confidentially.

Want more advice? Select logos below for website links.



If you need to report exploitation or online criminal activity, please contact CEOP.

If you have any queries or feedback on any areas of our Personal Development curriculum

please email pshe@edgbarrowschool.co.uk or visit our website at www.edgbarrowschool.co.uk