Personal Development

Curriculum Intention: Personal Development

At St Augustine's, our Personal Development curriculum is designed to empower students to become confident, responsible, and well-rounded individuals who are prepared for the challenges of the wider world. We aim to nurture pupils' character, resilience, and wellbeing, ensuring they develop the knowledge, skills, and attributes they need to thrive personally and socially.

Through a carefully structured curriculum that includes PSHE, RSE, careers education, enrichment activities, and cross-curricular links, we ensure that personal development is a core part of the student experience at every stage of their journey with us.

Curriculum Leader Personal Development: Mrs S Lambert

If you have any questions or concerns regarding personal development, please feel free to contact our Personal Development Lead, Mrs S Lambert, via the school office 01254 823362 or by email at lamberts@sarchs.romerocat.com

Overview Autumn Term 1 – YEAR 7

To enable you to support and consolidate your child's learning and continue these vital conversations at home, please see the overview below.

Autumn Half Term 1: TRANSITION AND SAFETY	
Introduction to Personal Development	This introductory lesson focuses on understanding Personal Development and its importance. Within this introductory lesson the class with teacher support will establish the ground rules for Personal Development lessons considering that sensitive topics will be addressed. This lesson briefly introduces Catholic Social Teaching Values, British Values and Protected Characteristics. Safeguarding and Support at SARCHS are also covered within this lesson.
Transition and Building Connections	Pupils will explore the transition to secondary school, identifying some of the challenges and changes that can arise and where to get support if needed. Pupils will explore the meaning of loneliness and connection and learn actions they can take to build connections with themselves, with friends and family and with their wider community.
Internet Safety and Maintaining Privacy Online	This lesson covers key aspects of internet safety, including protecting personal information, recognising online threats, and practicing responsible behaviour. This lesson teaches students how to maintain privacy online, covering key practices like creating strong passwords, managing personal information, and recognising privacy settings to stay safe on the internet.
Pol Ed – How do vaccinations support our health?	In this Personal Development lesson, students will learn how vaccinations help protect individuals and communities from infectious diseases. They will explore how the immune system works, how vaccines reduce the spread of illness, and why vaccination is an important public health measure.

Overview Autumn Term 2 – YEAR 7

To enable you to support and consolidate your child's learning and continue these vital conversations at home, please see the overview below.

Autumn Half Term 2:	
Road Safety	In this introductory lesson on **road safety**, Year 7 students will explore the potential risks they may encounter on their journey to and from school. The lesson aims to build awareness, encourage responsibility, and promote safe decision-making as pedestrians, passengers, or cyclists. Students will reflect on their own travel habits, identify local hazards, and develop practical strategies to stay safe in different scenarios.
Anti Bullying – Power for Good	Every year, bullying impacts the lives of countless young people and silence helps it grow. That's why, this Anti-Bullying Week, we're empowering young people to use their Power for Good to safely speak up and raise awareness when they see bullying, face to face or online. Lasting change needs all of us. From playgrounds to parliament, our homes to our phones — we all have a part to play. Together, we can use our Power for Good to end bullying — for good.
Ten Ten – The Facts of Life	Facts of Life is a story about friendship, new beginnings, bullying, aspiration, and the impact of social media on relationships. It helps young people to see their true, innate value through the eyes of God.

Overview Spring Term 1 – YEAR 7

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Spring Half Term 1:	
Working Life	This Year 7 lesson introduces students to the idea that work is any purposeful activity that requires effort, including paid jobs, household tasks, volunteering, and schoolwork. Students explore the reasons people work, such as earning money, meeting needs, developing skills, feeling a sense of purpose, and contributing to society. They also learn about different types of work, including paid and unpaid roles, full-time and part-time jobs, and work across various sectors like farming, manufacturing, services, and technology.
My Interests	This Year 7 lesson helps students explore their personal interests and understand how these interests can influence their learning, hobbies, and future goals. Students reflect on what they enjoy doing both in and out of school—such as sports, creative activities, technology, problem-solving, or helping others—and consider why these activities appeal to them. They learn that everyone has unique strengths and preferences, and recognising these early can help them make positive choices about subjects, activities, and eventually careers.
Mental Health	This lesson, taught during Children's Mental Health Week, helps students understand the importance of checking in with themselves and others using the theme **"How Are You? – Mental Health Should Be in All Our Minds."** Using the online theatre production *How Are You?*, students explore common challenges young people may face, including changes in friendships, pressure from schoolwork and exams, family tensions, and feelings of anxiety.

Overview Spring Term 2 – YEAR 7

To enable you to support and consolidate your child's learning and continue these vital conversations at home, please see the overview below.

Spring Half Term 2:	
Dental Health	In this lesson, Year 7 students learned about the importance of good dental health and how it supports overall wellbeing. The session focused on helping students understand how everyday choices affect their teeth and gums, both now and in the future. The lesson also encouraged students to take responsibility for their own oral hygiene as they become more independent. Practical advice was shared on maintaining healthy habits at home and making informed food and drink choices.
Healthy Sleep	In this lesson, Year 7 students learned about the importance of healthy sleep habits and how sleep supports their physical health, emotional wellbeing, and ability to learn. The lesson encouraged students to reflect on their own sleep habits and consider small, realistic changes they could make to improve their rest. Emphasis was placed on developing independence and responsibility for personal wellbeing.
Physical and Mental Changes	In this lesson, Year 7 students learned about the physical and emotional changes that occur during puberty. The session aimed to help students understand that these changes are a normal part of growing up and can happen at different times for different people. • The physical changes experienced during puberty in all genders • Emotional and mental changes, including mood changes and developing identity • Why people develop at different rates and the importance of respecting individual differences • Basic strategies for managing emotions and maintaining personal wellbeing during this time

Overview Summer 1 – YEAR 7

To enable you to support and consolidate your child's learning and continue these vital conversations at home, please see the overview below.

Summer Half Term 1:	
Self Esteem and Confidence	This lesson introduces students to the concepts of self-esteem and confidence, helping them understand how these influence their thoughts, feelings, and behaviour. Students will explore what makes them unique, identify their personal strengths, and reflect on positive qualities they may not always recognise in themselves.
Peer Pressure	This lesson introduces students to the concept of peer pressure and how it can influence their choices, behaviour, and wellbeing. Students will explore the difference between positive and negative peer pressure, recognising that influence from others is not always harmful and can sometimes encourage good decisions. Through discussion and scenario-based activities, students will identify situations where peer pressure may occur, such as in friendships, social settings, and online environments. They will consider how it can feel to be pressured and the potential consequences of going along with others.
Social Media and Mental Health	This lesson explores the relationship between social media use and mental health, helping students understand both the positive and negative impacts it can have on their wellbeing. Students will consider how social media can support connection, creativity, and self-expression, while also recognising potential risks such as comparison, cyberbullying, and excessive screen time. Through discussion and real-life scenarios, students will reflect on how social media can influence thoughts, feelings, and self-esteem. They will explore how online content is often filtered or edited, and how this can create unrealistic expectations.

Overview Summer 2 – YEAR 7

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Summer Half Term 2:	
Water Safety and CPR	In this lesson, students will learn important life-saving skills linked to water safety and emergency response. They will explore common dangers around water, including rivers, lakes, canals, swimming pools, and the seaside, and learn how to stay safe in different situations. Students will also be introduced to basic CPR (cardiopulmonary resuscitation) and how to respond in an emergency.
First Aid - Bleeding	In this lesson, students will learn basic first aid skills with a focus on how to respond safely to bleeding injuries and emergencies. They will explore the importance of staying calm, assessing a situation safely, and knowing when to seek adult or emergency help. Students will learn how to recognise different types of bleeding and basic first aid steps for minor and serious bleeding.
Physical Health	In this lesson, students will explore the importance of healthy daily habits and how they support physical and mental wellbeing. The lesson will focus on personal hygiene, sun safety, and healthy sleep routines, helping students understand how lifestyle choices can affect their overall health. The lesson aims to encourage students to take responsibility for their wellbeing and develop habits that support a healthy lifestyle now and in the future.