

Personal Development 2023-24

Subject Curriculum

Thought for the Week Programme/School Chaplain

Freeze Timetable

Behaviour Curriculum

Form Time Personal Development Programme

Year group led theme(s)

Assemblies, Visiting Speakers

Key Stage 3

Who	When	What	How
Year 7		<ol style="list-style-type: none"> 1. Knife Crime, Gangs and Youth Violence. 2. Bullying/Peer on Peer Abuse 3. Drugs/Alcohol Abuse inc Smoking 4. Health – Mental 5. Knife Crime, Gangs and Youth Violence 6. Online Safety 7. Radicalisation and Extremism 8. Cyberbullying & internet Safety 9. Sexting 10. Healthy Diet 11. Homelessness 12. Health – Mental 13. County Lines, Criminal Exploitation 14. Child Sexual Exploitation 15. Hate Crime 16. Anti-Social Behaviour 17. My Mind Introduction 18. Healthy Body, Healthy Mind (2 parts) 19. Mindset Assessment Profiling 20. Mind Training Part 1 Growth & Fixed Mindset (2 parts) 21. Relationships 22. Basic First Aid 23. Water Safety (Winter/Summer) 24. Protecting the environment 25. Democratic processes 	<p>1 - Crime and punishment unit (RS) 1,3&5 – Conflict unit (Geography) 3 – effects on the foetus and sperm count (Science) 2-5 - Discussions as part of the online safety unit (ICT) 6-9 Explains the risks and how to avoid them as part of the online safety unit (ICT) 8 & 9 – Cumbria Police Assemblies 10 – Curriculum covers understanding what a healthy diet is and why it is good. (Food Tech) 11 - Linked to poverty when studying India and Uganda (Geography) 12 - Linked to study and experience of contemplation - How are we unique? What affects our sense of wellbeing?, How can we develop resilience?, How can we develop emotional literacy and understanding?, Why are mental health issues as important as physical health ones? and Handling disappointment (RS KS3 Carousel) 13-16 - Cumbria Police Assemblies 16. Mural work covers appropriate ways to use graffiti – ASB Vs SB and impacts to communities (Art) 17-20 – Freeze Timetable, Wellness Curriculum 21 - What are the indicators of positive relationships?, How might we celebrate diversity within relationships in regard to race, culture, age and sexuality?, What are the requirements of a healthy marriage?, How do portrayals of relationships in the media impact on expectations within a relationship?, What are the different forms of love and why are they built on trust?, Why might gender roles need to be negotiated within a romantic relationship?, Why might intimacy in a relationship be more important than sex? RS KS3 Carousel) 21. Faster Read unit covers exploration of range of relationships present in ‘Lark and the rat’ (English) 22 – How to treat burns, cuts and splinters. How to conduct an eye wash (DT), Basic first aid to be covered through questioning within warm-up (or other part of the lesson). Brief discussion of treatments (or some aspects of these methods). Sport links as follows; Rugby/Trampolining – Concussion, Swimming – CPR, Fitness – Dehydration, Netball/Football – Sprains/Strains, Hockey – Bruises/Cuts (P.E), How to use the eye wash, treating burns and cuts (Science), Treating cuts, burns, and bruising from slips (Art)</p> <p>23 – Cumbria Fire Service Assemblies 24 - Pollution unit (Geography) 25 - during elections – national and global awareness resources (Reg Programmes)</p>

<p>Year 8</p>		<ol style="list-style-type: none"> 1. Democratic Processes 2. Discrimination - The Importance of Identifying and Combatting 3. Health – Diet 4. Democratic Processes 5. Homelessness 6. Drugs/Alcohol Abuse inc Smoking 7. Protecting the environment 8. Bullying/Peer on Peer Abuse 9. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination 10. County Lines, Criminal Exploitation 11. Cyberbullying & Internet Safety 12. Child Sexual Exploitation 13. Hate Crime 14. Anti-Social Behaviour 15. Health – Mental 16. Relationships 17. Basic First Aid 18. Water Safety (Winter/Summer) 	<p>1 - During study of To Kill a Mockingbird, either in the autumn or the summer term. (English)</p> <p>1 – King Vs Parliament, the English Civil War, Execution of Charles I, the Glorious Revolution, the extension of the franchise (History)</p> <p>1 – during elections – national and global awareness resources (Reg Programmes)</p> <p>2 - This is a focus for Year 8 throughout the year and through a range of literature texts. Racial and gender discrimination are covered mostly. (English)</p> <p>2. – Explored and discussed as part of poems from other cultures unit (English)</p> <p>2- Discrimination against immigrants in twentieth century Britain (History)</p> <p>3 – Continuation of year 7 (Food Tech) & main components of a healthy diet. What makes for an unhealthy diet and its impact on health (Science).</p> <p>4 - Capitalism and communism in the China topic. (Geography)</p> <p>5 - Linked to poverty when studying India and Uganda (Geography)</p> <p>6 - Alcohol – risk factor for impaired liver and brain function. Effects of both on an unborn baby. Year 8: drugs – recreational and medicinal and their effects; alcohol – effect on health and behaviour; smoking – effect on health. (science)</p> <p>6. Jen Marris (SHADES) workshop programme</p> <p>7 - Students look at a range of artist’s including Banksy- where we discuss the illegal element of his work and hence how he is defacing our environment versus how he is making valid points about life, war, poverty, hope etc. Art)</p> <p>2&8 - Compose music for an anti-bullying advert and as part of this discuss the impact of bullying and the emotions that someone being bullied might feel, Homophobic bullying discussed also (Music)</p> <p>10-14 – Cumbria Police Assemblies</p> <p>16. Mural work covers appropriate ways to use graffiti – ASB Vs SB and impacts to communities (Art)</p> <p>16 - What are the indicators of positive relationships?, How might we celebrate diversity within relationships in regard to race, culture, age and sexuality?, What are the requirements of a healthy marriage?, How do portrayals of relationships in the media impact on expectations within a relationship?, What are the different forms of love and why are they built on trust?, Why might gender roles need to be negotiated within a romantic relationship?, Why might intimacy in a relationship be more important than sex? RS KS3 Carousel)</p> <p>16 - Knowing there are a range of different types of relationships, understanding what a healthy/unhealthy relationship looks like, knowing the difference between biological sex, gender identity and sexual orientation, understanding that sexual attraction and sexuality are diverse, knowing why marriage is an important relationship choice, understanding that marriage should be entered into freely, knowing the characteristics and legal status of other long term relationships, knowing that the media do not always portray ‘real’ relationships, understanding that portrayal of sexual relationships in the media (and social media) can affect people’s expectations, clarity and development of personal values in friendships, love and sexual relationships, knowing why trust is important in relationships and</p>
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			<p>evaluating expectations about gender roles and behaviour within romantic relationships- RS KS3</p> <p>Carousel) 00. RS Carousel Personal Development.pptx</p> <p>17 - How to treat burns, cuts and splinters. How to conduct an eye wash (DT), Basic first aid to be covered through questioning within warm-up (or other part of the lesson). Brief discussion of treatments (or some aspects of these methods). Sport links as follows; Rugby/Trampolining – Concussion, Swimming – CPR, Fitness – Dehydration, Netball/Football – Sprains/Strains, Hockey – Bruises/Cuts (P.E), How to use the eye wash, treating burns and cuts (Science), Treating cuts, burns, and bruising from slips (Art)</p> <p>18 - Cumbria Fire Service Assemblies</p>
<p>Year 9</p>		<ol style="list-style-type: none"> 1. Health – Diet 2. Drugs/Alcohol Abuse inc Smoking 3. Knife Crime, Gangs and Youth Violence 4. Radicalisation and Extremism 5. Democratic Processes 6. Discrimination - The Importance of Identifying and Combatting 7. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination 8. LGBT Relationships 9. Bullying/Peer on Peer Abuse 10. Cyberbullying & internet safety 11. Hate Crime 12. Poverty 13. Rule of Law 14. County Lines, Criminal Exploitation 15. Child Sexual Exploitation 16. Anti-Social Behaviour 17. Health – Mental 18. Relationships (inc Sexual) 19. Basic First Aid 20. Water Safety (Winter/Summer) 	<ol style="list-style-type: none"> 1 - Continuation of year 7&8 (Food Tech) 2 - Discussed when looking at male life expectancy in Russia (Geography). 3 - Conflict in London (Geography) 4 - Conflict topic studying 9/11 (Geography) 4- Ethics (Jihad) (RS) 4 – Topic on Terrorism – what it is, types of, how to combat and freedom fighters (History) 5 - Students study a unit on protest songs in which we discuss politics and the democratic process (Music) 5 – Civil Rights in the USA (History) 5 - during elections – national and global awareness resources (Reg Programmes) 6, 7 & 8 - Students study a unit on protest songs in which we discuss discrimination and a unit on ‘Music that changed the world’ where we discuss representation (Music) 8 – The Holocaust – included Nazi persecution of homosexual men (History) 8. – Russia topic (Geography) 10 & 11 - Cumbria Police Assemblies 11 - Linked to poverty when studying conflict Unit (Geography) 12 - Human Rights – Wealth and Poverty topic (RS) 13 - Human Rights – personal conviction units (RS) 14-16 - Cumbria Police Assemblies 16. Mural work covers appropriate ways to use graffiti – ASB Vs SB and impacts to communities (Art) 8 & 18 – Jen Marrs (SHADES) workshop - Sex, Sexuality and Social aspects of sexuality such as masculinity, LGBT themes, peer pressure, stereotyping of sexual behaviour, responsibility and consent 19 - How to treat burns, cuts and splinters. How to conduct an eye wash (DT), Basic first aid to be covered through questioning within warm-up (or other part of the lesson). Brief discussion of treatments (or some aspects of these methods). Sport links as follows; Rugby/Trampolining –

		Concussion, Swimming – CPR, Fitness – Dehydration, Netball/Football – Sprains/Strains, Hockey – Bruises/Cuts (P.E), How to use the eye wash, treating burns and cuts (Science), Treating cuts, burns, and bruising from slips (Art) 20 - Cumbria Fire Service Assemblies
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Key Stage 4

Who	When	What	How
Year 10		<ol style="list-style-type: none"> 1. Bullying/Peer on Peer Abuse 2. Cyberbullying & internet safety 3. Domestic Abuse 4. Drugs/Alcohol Abuse inc Smoking 5. Faith Abuse 6. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination 7. Forced Marriage 8. Gender Based Violence 9. Hate Crime 10. Health – Relationships inc Sexual 11. Health – Mental 12. Rule of Law 13. Health & Diet 14. Drugs/Alcohol Abuse inc Smoking 15. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination 16. Health – Fitness 17. Health – Relationships inc Sexual 18. Obesity 19. Bereavement 20. Child Sexual Exploitation 21. Democratic Processes 22. Discrimination - The Importance of Identifying and Combatting 23. Domestic Abuse 24. Forced Marriage 	<p>1 – Modern novel choices; DNA, Lord of the Flies, Blood Brothers contain this is a major theme as well. as Victorian novels (eg Great Expectations, Pride and Prejudice). Covered extensively (English). Also dealt with in lessons and in personal investigations (Art)</p> <p>2 - Through exam fiction and non-fiction material (English). Also dealt with in lessons and in personal investigations (Art). Also Cumbria Police Assemblies</p> <p>3 - Tackled in a range of poems studied at KS4 and novels - Great Expectation. (English)</p> <p>4-9 - Touched on through exam fiction and non-fiction material – class and teacher dependant (English)</p> <p>9 - Dealt with in lessons and in personal investigations (Art). Also Cumbria Police Assemblies</p> <p>10 - Conversations around this topic occur at when studying the ‘Love and Relationships’ poetry (English)</p> <p>11 - Managing exam/revision stress – leading on to a bigger picture of mental health (ICT)</p> <p>12 - Discussion and shared knowledge of subject-related legal issues as part of curriculum (ICT)</p> <p>13 - Curriculum covers understanding what a healthy diet is and why it is good. (Food Tech)</p> <p>14 – Taught that smoking increases the risk of disease – lung disease and lung cancer. (Science). Also dealt with in lessons and in personal investigations (Art)</p> <p>15 - Stem cell use - Evaluate the practical risks and benefits, as well as social and ethical issues, of the use of stem cells in medical research and treatments. (Science). Also dealt with in lessons and in personal investigations (Art)</p> <p>16 - Cardiovascular disease (Science)</p> <p>17 - HIV and gonorrhoea – biology of it, long and short term symptoms. How to avoid the spread of the disease. (Science)</p> <p>18 – Linked to the cardiovascular disease unit (Science)</p> <p>19 - 31 - Dealt with in lessons and in personal investigations (Art) Also covered through devised and scripted work, plus seeing relevant live theatre, students may have opportunities to research, explore, consider, present and reflect on this (Drama).</p>

		<p>25. Gender Based Violence 26. Inappropriate Sexualised Behaviour 27. LGBT Relationships 28. Sexting 29. Sexual Violence and Harassment 30. Teenage Relationship Abuse 31. Trafficking 32. County Lines, Criminal Exploitation 33. Anti-Social Behaviour 34. Personal safety on nights out 35. Basic First Aid 36. Water Safety (Winter/Summer)</p>	<p>7, 10, 17, 23, 27 – Issues of relationships topic (marriage, divorce, sex, contraception, attitudes to same sex relationships. (RS) 20 – Cumbria Police Assemblies 21 – Emancipation of the slaves 13th-15th amendments USA (History) 21. – India Unit (Geography) 21 – during elections – national and global awareness resources (Reg Programmes) 26 & 29 – Jen Marrs (SHADES) workshops - Sex, Sexuality - Characteristics of healthy (intimate) relationships including topics such as sexual harassment and violence and strategies to identify and manage sexual pressure – resisting and not pressurising others 32-34 - Cumbria Police Assemblies 35 - How to treat burns, cuts and splinters. How to conduct an eye wash (DT), Basic first aid to be covered through questioning within warm-up (or other part of the lesson). Brief discussion of treatments (or some aspects of these methods). Sport links as follows; Rugby/Trampolining – Concussion, Swimming – CPR, Fitness – Dehydration, Netball/Football – Sprains/Strains, Hockey – Bruises/Cuts (P.E), How to use the eye wash, treating burns and cuts (Science), Treating cuts, burns, and bruising from slips (Art) 36 - Fieldwork – river safety (Geography) 36 – Cumbria Fire Service</p>
<p>Year 11</p>		<p>1. Bullying/Peer on Peer Abuse 2. Cyberbullying & internet Safety 3. Domestic Abuse 4. 5. Faith Abuse 6. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination 7. Forced Marriage 8. Gender Based Violence 9. Hate Crime 10. Health – Relationships inc Sexual 11. Health – Mental 12. Rule of Law 13. Health & Diet 14. Drugs/Alcohol Abuse inc Smoking 15. Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination 16. Health – Fitness 17. Health – Relationships inc Sexual</p>	<p>1 – Modern novel choices; DNA, Lord of the Flies, Blood Brothers contain this is a major theme as well. as Victorian novels (eg Great Expectations, Pride and Prejudice). Covered extensively (English). Also dealt with in lessons and in personal investigations (Art) 2 - Through exam fiction and non-fiction material (English). Also dealt with in lessons and in personal investigations (Art). Also Cumbria Police Assemblies 3 - Tackled in a range of poems studied at KS4 and novels - Great Expectation. (English) 9 & 14- Touched on through exam fiction and non-fiction material – class and teacher dependant (English) 14 – smoking and alcohol are risk factors for non-communicable disease - unit covers effects on various organs and their function (Science) 6 – Religion in 21st century Britian, - census trends and reasons for changes in religious affiliation (RS) 9 - Dealt with in lessons and in personal investigations (Art). Also Cumbria Police Assemblies 10 - Conversations around this topic occur at when studying the ‘Love and Relationships’ poetry (English) 11 - Managing exam/revision stress – leading on to a bigger picture of mental health (ICT) 12 - Discussion and shared knowledge of subject-related legal issues as part of curriculum (ICT) 13 - Curriculum covers understanding what a healthy diet is and why it is good. (Food Tech) 13 – Health through time (History)</p>

		<p>18. Obesity</p> <p>19. Bereavement</p> <p>20. Child Sexual Exploitation</p> <p>21. Democratic Processes</p> <p>22. Discrimination - The Importance of Identifying and Combatting</p> <p>23. Domestic Abuse</p> <p>24. Forced Marriage</p> <p>25. Gender Based Violence</p> <p>26. Inappropriate Sexualised Behaviour</p> <p>27. LGBT Relationships</p> <p>28. Sexting</p> <p>29. Sexual Violence and Harassment</p> <p>30. Teenage Relationship Abuse</p> <p>31. Trafficking</p> <p>32. County Lines, Criminal Exploitation</p> <p>33. Anti-Social Behaviour</p> <p>34. Basic First Aid</p> <p>35. Water Safety (Winter/Summer)</p>	<p>14 – Taught that smoking increases the risk of disease – lung disease and lung cancer. (Science). Also dealt with in lessons and in personal investigations (Art)</p> <p>13&14 – Non communicable disease unit (Science)</p> <p>15 - Stem cell use - Evaluate the practical risks and benefits, as well as social and ethical issues, of the use of stem cells in medical research and treatments. (Science). Also dealt with in lessons and in personal investigations (Art)</p> <p>16 - Cardiovascular disease (Science)</p> <p>17 - HIV and gonorrhoea – biology of it, long and short term symptoms. How to avoid the spread of the disease. (Science)</p> <p>18 – Linked to the cardiovascular disease unit (Science)</p> <p>19 - 31 - Dealt with in lessons and in personal investigations (Art) Also covered through devised and scripted work, plus seeing relevant live theatre, students may have opportunities to research, explore, consider, present and reflect on this (Drama).</p> <p>21 – Cumbria Police Assemblies</p> <p>21 – India Unit (Geography)</p> <p>21 - during elections – national and global awareness resources (Reg Programmes)</p> <p>29, 30 – Jen Marrs (SHADES) workshop - Sex, Sexuality and personal safety – context of festival safety and wider age related, social settings</p> <p>32-33 - Cumbria Police Assemblies</p> <p>34- How to treat burns, cuts and splinters. How to conduct an eye wash (DT), How to use the eye wash, treating burns and cuts (Science), Treating cuts, burns, and bruising from slips (Art)</p> <p>35 – Fieldwork – river unit (Geography)</p> <p>35 – Cumbria Fire Service</p>
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KS5

- PDV delivery through form time by form tutors
- Assemblies, Visiting Speakers
- Thought for the Week Programme/School Chaplain
- Freeze Days

Year 12 & 13	When	What	How
		<ul style="list-style-type: none"> • Bullying/Peer on Peer Abuse • Cyberbullying & internet Safety 	Road Awareness Training - Cumbria Fire and Rescue

	<ul style="list-style-type: none"> • Domestic Abuse • Drugs/Alcohol Abuse inc Smoking • Faith Abuse • Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination • Forced Marriage • Gender Based Violence • Hate Crime • Health – Relationships inc Sexual • Health – Mental • Rule of Law • Health & Diet • Drugs/Alcohol Abuse inc Smoking • Faiths & Beliefs - Freedom to Choose Without Risk of Discrimination • Health – Fitness • Health – Relationships inc Sexual • Obesity • Bereavement • Child Sexual Exploitation • Democratic Processes • Discrimination - <i>The Importance of Identifying and Combatting Domestic Abuse</i> • Forced Marriage • Gender Based Violence • Inappropriate Sexualised Behaviour • LGBT Relationships • Sexting • Sexual Violence and Harassment • Teenage Relationship Abuse • Trafficking • County Lines, Criminal Exploitation • Anti-Social Behaviour • Road Awareness Training • Literacy • Memory 	<p>Cumbria Police – Dave Mattinson – Internet Safety, hate crime, drugs, rule of law, bullying etc</p> <p>Northumbria University – Revision & study Skills</p> <p>CCOP – Growth Mindset Workshop</p> <p>CCOP - Resilience</p> <p>First Aid Training</p> <p>CADAS Jen Marris – Wellbeing, Drug and Alcohol Awareness</p> <p>Library Induction & Reading Challenge</p> <p>Memory Recall – Trinity Staff</p> <p>Sex, drugs and alcohol – follow up by 6th form pastoral team</p> <p>Homeless Prevention – Cumbria County Council</p> <p>School Chaplain</p> <p>Thought for the Week</p> <p>Pixl6 Resources – Form Tutors</p> <p>Lifestyle Impact – CCOP</p> <p>Lessons from Auschwitz</p> <p>Visiting guest speakers – e.g Arek Hersh, hate crimes, discrimination etc</p> <p>Mental Health – Kooth</p> <p>Aspirations, reach for the skies, making the most of your time, thinking positively – ex-students</p> <p>Employment Rights – UOC</p> <p>Organ Donation – John Leveson</p> <p>Mind Con Conference</p> <p>Topics addressed across the A-level English Literature through case study of a range of texts e.g. <i>I am Charlotte</i>, <i>Oranges are not the only fruit</i>, poetry anthology and <i>Street car named desire</i>.</p>
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Thought for the Week Programme.

Occasionally, linked to key events/emerging issues, weekly themes may be subject to change.

w/c	Theme	Linked value	PM Assembly	Notes
				Term starts Weds 6th September
11/09/2023	New beginnings	All	HOYs	
18/09/2023	Our values: What makes us who we are?	All	AHP	
25/09/2023	Courageous Advocacy: Your voice matters	Community	SMA	
02/10/2023	Spirituality	Trust	DSA	
09/10/2023	Our values: Community	Community	PCH	
16/10/2023	Black History Month	Community	GBR	Black History Month throughout October
23/10/2023				Half term
30/10/2023	Uniquely you	Community	HOYs	All Saints Day 1st Nov
06/11/2023	Remembrance	Endurance	LWD	Remembrance-day Saturday 11th Nov
13/11/2023	Make a noise about bullying (Anti-bullying week theme)	Compassion	PCH	Anti-bullying Week 13th-17th Nov https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-noise-about-bullying
20/11/2023	Our values: Trust	Trust	MGR	
27/11/2023	Our values: Hope	Hope	AHP	
04/12/2023	Advent	Hope	DSA	Advent Sunday: 3rd Dec
11/12/2023	Christmas	Hope	HOYs	
18/12/2023				Term ends Tuesday 19th December
25/12/2023				
01/01/2024				Term starts Weds 3rd January
08/01/2024	A marathon, not a sprint	Endurance	HOYs	
15/01/2024	Courageous Advocacy: Think Global, Act Local	Community	CCT	
22/01/2024	Fragility of Freedom (Holocaust Memorial Day theme)	Compassion	GBR	Holocaust Memorial Day 27th Jan: https://www.hmd.org.uk/what-is-holocaust-memorial-day/this-years-theme/
29/01/2024	Patience	Endurance	DSH	Candlemas 2nd Feb
05/02/2024	Safer internet day	Trust	PCH	Safer internet day 6th Feb https://saferinternet.org.uk/
12/02/2024				

19/02/2024	Our values: Endurance	Endurance	DSA	
26/02/2024	Our values: Compassion	Compassion	AHP	
04/03/2024	Women and the Word	Hope	GBA/KTH	International Women's Day 8th March, World Book Day 7th March
11/03/2024	Lent	Endurance	TBC - cathedral?	Lent 2023: 14th Feb-28th March
18/03/2024	Who do you think you are?	Community	SMA	St Cuthbert's Day 20th March
25/03/2024	Easter	Hope	HOYs	Good Friday 29 March, Easter Day 31 March
01/04/2024				
08/04/2024				
15/04/2024				
22/04/2024				St George's Day April 23rd
29/04/2024				
06/05/2024				
13/05/2024	Mental Health Awareness Week	Compassion		Mental health awareness week 15-21 May https://mentalhealth-uk.org/
20/05/2024				Pentecost 19th May
27/05/2024				
03/06/2024	Pride	Community		Pride events throughout June
10/06/2024	Courageous Advocacy	Hope		
17/06/2024	Refugee Week	Compassion		Refugee Week 16-22 June https://refugeeweek.org.uk/
24/06/2024				
01/07/2024				
08/07/2024				Term ends Fri 19th July

'My Mind' - Timetable Freeze Programme 2023-24

Year 7		
1	Mon 16th Oct (P4)	My Mind Introduction
2	Tuesday 12th Dec (P4)	Healthy Body, Healthy Mind Part 1
3	Wednesday 7th Feb (P2)	Healthy Body, Healthy Mind Part 2
4	Thursday 25th Apr (P1)	Mindset Assessment Profiling

5	Monday 20th May (P5)	Mental Toughness Part 1
6	Tuesday 2nd July (P1)	Mind Challenge
Year 8		
1	Mon 16th Oct (P4)	Mental Toughness Part 2 Case studies
2	Tuesday 12th Dec (P4)	Mental Toughness Part 3
3	Wednesday 7th Feb (P2)	Feelings Introduction
4	Thursday 25th Apr (P1)	Emotions Part 1
5	Monday 20th May (P5)	Emotions Part 2
Year 9		
1	Mon 16th Oct (P4)	Mental Health Part 1
2	Tuesday 12th Dec (P4)	Mental Health Part 1
3	Wednesday 7th Feb (P2)	Mental Health Part 2
4	Thursday 25th Apr (P1)	Mental Health Part 3
5	Monday 20th May (P5)	Stigma Personal Attitudes
Year 10		
1	Mon 16th Oct (P4)	Positivity
2	Tuesday 12th Dec (P4)	Self- Awareness
3	Wednesday 7th Feb (P2)	Mental Health Part 1
4	Thursday 25th Apr (P1)	Mental Health Part 2
5	Monday 20th May (P5)	Mental Health Part 3

Behaviour Curriculum

Our behaviour curriculum is designed to define what expected behaviour looks like in our school. Time is allocated to weekly, year team specific assemblies, in order that we can teach students 'how we do things around at Trinity School'.

The behaviour curriculum is centred around the **teaching** of routines and habits and is used to reinforce the behaviours expected of all students. It complements a wide variety of contributions to the teaching of behaviour, such as induction and transition sessions, practicing of key routines, student and staff bulletins and of course targeted provision for more vulnerable learners.

Our behaviour curriculum:

- Reflects our school's values:
- Sets out the standards of behaviour we expect students to meet:
- Explicitly teaches our expectations and routines:
- Teaches Students to understand the necessary adjustments to routines for those with additional needs:

Material can be found via this link [Behaviour Curriculum Assemblies](#)

Form Time - Personal Development Programme

The weekly pm Form Tutor session is about Personal Development. Sessions are designed to give students a better **global and national awareness, develop their own skills and to be the best version of themselves**. It will tie in with the other areas of the curriculum such as freeze sessions, careers and themed tutor time. Schedules and material can be found via this link. [Personal Development Overview](#)

Year group themes

Year group specific themes (according to known or emerging needs) covered during special registration sessions, additional assemblies/workshops or organised visiting speakers - linked to KCSIE – S, SH & V and equality themes.

Key Dates - Visitors:

22nd September 2023_– Alter Ego - **Raising awareness around Sexism & Sexist Behaviours**

<http://www.alteregocreativesolutions.co.uk/unacceptable/>

This project uses simple story-telling and Narrative Theory techniques to cover:

- What is Sexual Harassment?

- What is Sexist Language?
- What are Sexist Stereotypes, Attitudes and Behaviours?
- Where do these Stereotypes, Attitudes and Behaviours come from, where can they lead and what are their effects?
- What is Consent?
- How can you respond to and/or report these behaviours?
- How do we create lasting change?

Cumbria Police Assemblies (Provisional dates – subject to change)

W/C 16th Oct – Knife Crime

W/C 4th December – County Lines

W/C 22rd Jan – CSE/Online safety

W/C 11th March – Anti-Social Behaviour

W/C 22nd April – Hate Crime

Cumbria Child Centred Policing Team carousel – one day event – x2 days for full year 7 coverage (Date TBC)

One session per topic – led by a multi-agency team:

1. ASB
2. Criminal Exploitation & County Lines
3. Violence and the law
4. Online Safety
5. Youth Justice Input (this is delivered by a youth justice worker)

Cumbria Fire Service – Water-Safety Assemblies (Provisional dates – subject to change)

WC 29th April – Summer Water Safety

Presentations complemented by the use of the linked resources, delivered by Form Tutors:

<https://www.rlss.org.uk/pages/category/water-safety-information>

<https://www.gov.uk/government/news/stay-safe-around-rivers>

<https://www.rospa.com/leisure-water-safety/water/advice/water-safety-code>

Jen Marris (SHADES) Workshops – (approx. x90 students at a time)

Year 8

Alcohol and Drugs Awareness

Tuesday 10 October	Year 8 Drugs & Alcohol
Wednesday 11 October	Spare Date reserved for follow up activity

Year 9

Sex, Sexuality and Social aspects of sexuality such as masculinity, LGBT themes, peer pressure, stereotyping of sexual behaviour, responsibility and consent.

Tuesday 19 September	Year 9 Sexual Health
Wednesday 20 September	Year 9 Sexual Health
Tuesday 26 September	Year 9 Sexual Health
Wednesday 27 September	Year 9 Sexual Health
Tuesday 3 October	Year 9 Sexual Health

Year 10

Workshop 1 - Drugs and Alcohol

Workshop/Presentation 2 - Sex, Sexuality - Characteristics of healthy (intimate) relationships including topics such as sexual harassment and violence and strategies to identify and manage sexual pressure – resisting and not pressurising others.

Tuesday 19 September	Year 10 Drugs & Alcohol
Wednesday 20 September	Year 10 Drugs & Alcohol
Tuesday 26 September	Year 10 Drugs & Alcohol
Wednesday 27 September	Year 10 Drugs & Alcohol
Tuesday 3 October	Year 10 Drugs & Alcohol
Wednesday 4 October	Year 10 Advanced Sexual Health

