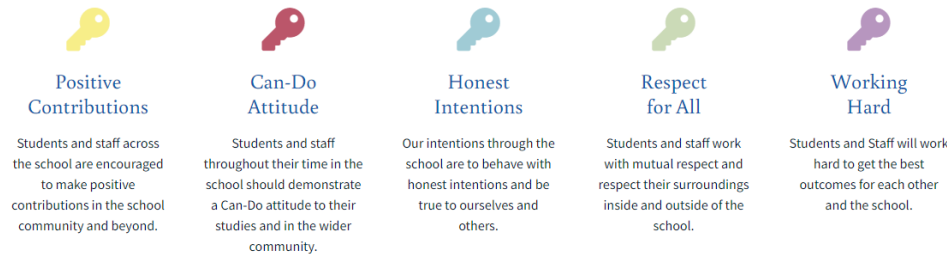




Seaford Head School Personal Development Curriculum 2023-2024

Our Personal Development curriculum includes assemblies, dedicated personal development time in tutor groups every morning and additional opportunities that are available to students within and beyond their lessons. The development scheme links into our PSHE curriculum careers programme and SMSC opportunities. Personal Development across the school is closely linked to our Keys to Success.



The overarching aim of the person development curriculum is to help students develop into positive members of society who are motivated, ambitious, respectful and knowledgeable about society and culture. We consider what has happened in the past and what is happening now; we learn about issues that affect people locally and around the world; we introduce inspiring people who have overcome challenges, advanced equality, or enhanced life for others.

Through the content, we provide a weekly opportunity to reflect on the qualities and experiences that make each of us unique and we promote diversity as essential to humanity. We seek to encourage students to reflect on their own ideas and beliefs, to understand and appreciate contributions from people who are different from them and to learn how to cooperate with others peacefully and effectively. The content provides opportunities to learn from inspiring people who have lived before us, to find out about career opportunities, to reflect on ways to keep ourselves healthy physically and mentally and to appreciate the freedoms and laws that we have.

Each week content around a relevant theme will be explored through; Assemblies, Votes for Schools, Literacy Activities, PSHE and Careers activities.

In Personal Development Time sessions throughout the week, students are expected to:

- discuss and ask questions about the theme of the week;
- participate in activities to deepen their knowledge and understanding of our key values by considering current affairs locally and globally;
- enhance their knowledge and understanding about careers and further education;
- extend their knowledge of mental and physical health and learn strategies to keep themselves healthy;
- enjoy reading literature as a shared experience within the tutor group;
- develop oracy skills through debate and literary exploration.
- develop an appreciation of art, dance, music and theatre.

The broad aims of our curriculum are indicated in the table below:

Spiritual Development	<ul style="list-style-type: none"> • encourage students to reflect on their own beliefs and perspective on life • develop students' respect for different people's faiths, feelings and values • stimulate a sense of enjoyment and fascination in learning about themselves, others and the world around us
Moral Development	<ul style="list-style-type: none"> • develop responsible, respectful, active citizens • help students to recognise right and wrong • teach students to recognise legal boundaries • encourage students to respect the civil and criminal law of England • help students understand links between behaviour and actions
Social Development	<ul style="list-style-type: none"> • explore ways of developing resilience by learning from others who have overcome adversity • help students learn how to develop confidence and independence • encourage students to understand and appreciate diversity • help students to work with others effectively by participating, volunteering, cooperating and resolving conflicts effectively
Cultural Development	<ul style="list-style-type: none"> • celebrate what we have in common and promote respect for the different protected characteristics as defined in law • explore the wide range of cultural influences that have shaped our heritage and that of others • encourage students to appreciate different cultures • value the things we share in common
Careers and Employability	<ul style="list-style-type: none"> • provide unbiased careers advice • excite students about the possibilities and opportunities open to them in the future • educate students about the range of options available to them and help them to understand the purpose of education • encourage students to be ambitious and seek opportunities
British Values	<ul style="list-style-type: none"> • teach students about democracy • ensure students understand what is meant by individual liberty • educate students about the rule of law • develop mutual respect and tolerance between people with different beliefs and ideas
Physical and Mental Health	<ul style="list-style-type: none"> • make students aware of online and offline risks to their well-being • ensure students know where to find help and support • explore health, wellbeing and resilience. • Educate students about personal safety.

The specific themes explored are as follows:

Spiritual Development and Religious Education	<ul style="list-style-type: none"> • Celebrating and exploring religious events. • Remembrance Day • Respect for Other People’s Beliefs • World Environment Day
Moral Development	<ul style="list-style-type: none"> • International Day of Peace • Consent and Respect • Radicalisation and Extremism • Holocaust Memorial Day • World Refugee Day
Social Development	<ul style="list-style-type: none"> • Dyslexia Awareness Week • Black History Month • Anti-bullying Week • UK Disability History Month • International Women’s Day • Autism Acceptance • Allergy Awareness
Cultural Development	<ul style="list-style-type: none"> • World Book Day
Careers and Employability	<ul style="list-style-type: none"> • Women in STEM • Arts, Culture and Entertainment Careers • Government, Policy and Law Careers • National Careers Week • Health and Medicine Careers • National Numeracy Day
British Values	<ul style="list-style-type: none"> • International Day of Democracy • LGBTQ+ History Month • Individual Liberty with Democracy • International Day of Peace • PRIDE Month
Physical and Mental Health Education	<ul style="list-style-type: none"> • Staying Safe and Being Kind Online • Movember: Men’s Health • Supporting each other and looking after ourselves • World Mental Health Day • Safer Internet Use










































British Values

Democracy	<p>A culture built upon freedom and equality, where everyone is aware of their rights and responsibilities.</p> <ul style="list-style-type: none"> • Leadership and accountability • Joint decision making • Team meetings • The right to protest and petition
The rule of law	<p>Rule of Law The need for rules to make a happy, safe and secure environment to live and work.</p> <ul style="list-style-type: none"> • Legislation • Agreed ways of working, policies and procedures • How the law protects you and others
Individual liberty	<p>Protection of your rights and the right of others.</p> <ul style="list-style-type: none"> • Equality and Human Rights • Respect and Dignity • Rights, choice, consent and individuality • Values and principles
Mutual respect for and tolerance of those with different faiths and beliefs, and for those without faith	<p>Understanding that we all don't share the same beliefs and values. Respecting the values, ideas and beliefs of others whilst not imposing our own others.</p> <ul style="list-style-type: none"> • Embracing diversity • The importance of religion, traditions, cultural heritage and preferences • Tackling stereotyping, labelling, prejudice and discrimination









Protected Characteristics- The Equality Act 2010 makes it unlawful to discriminate against someone because of specific protected characteristics. Our Personal Development Curriculum educates students about the protected characteristics so that they can participate in society as informed, tolerant and respectful citizens.









Age	<ul style="list-style-type: none"> • Students are introduced to inspirational people representing a wide range of ages including people who have made a significant impact.
Disability	<ul style="list-style-type: none"> • UK Disability History Month • Dyslexia Awareness • Autism Awareness • Allergy Awareness (not currently always identified as a disability but similarly affects access and inclusion)
Gender, including gender reassignment	<ul style="list-style-type: none"> • PRIDE Month • LGBT+ History Month
Race	<ul style="list-style-type: none"> • Black History Month • World Refugee Day
Religion or belief	<ul style="list-style-type: none"> • Religious Celebrations • Respect for different people's faith and religion
Sex	<ul style="list-style-type: none"> • International Men's Day • International Women's Day
Sexual orientation	<ul style="list-style-type: none"> • LGBT+ History Month • PRIDE Month

Personal Development & Tutor Time Schedule

Year Group	Monday	Tuesday	Wednesday	Thursday	Friday
7	 	<p style="text-align: center;">Standards</p> 			 
8	 	 	<p style="text-align: center;">Standards</p> 		
9	 				 
10	 	 			
11	 				 
12	 				
13	 				



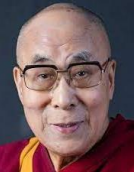
Term 1 2023-2024- Staying safe & Well



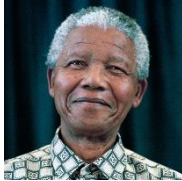

	Week	Weekly SMSC Focus & Key Dates	Assembly Theme	PSHE/ Careers	SMSC Themed Literature Text	Quotation for the week	Relevant website/ Resource links
1	04.09.23	<p>Welcome Back</p> <p>Making your Mark in the Seaford community & contributing to the environment</p> <p>International Day of Charity (5/9)</p> <p>Zero Waste Week</p> <p>World First Aid Day (9/9)</p> <p>VfS- Environment & Culture</p>	<p>Lead by HOY</p> <p>Welcome Back Aspirations</p> <p>How will you make your mark this year?</p> <p> </p> <p>Positive Contributions Can-Do Attitude</p>	<p>All Year Groups</p> <p>Personal Wellbeing</p>	<p>Marcus Rashford's Open Letter to MPs on Food Poverty</p>	<p>"You have the ability to shine and make a mark insome field. Your job is to find your niche, excel andbuild a lasting legacy." Dr. Roopleen</p> <p></p>	<p>https://www.un.org/en/observances/charity-day</p>
2	11.09.23	<p>Rosh Hashanah (15/9-17/9)</p> <p>Great British Beach Clean (15/9-24/9)</p> <p>Roald Dahl Story Day 13/9</p> <p>International Day of Democracy (15/09)</p>	<p>Lead by SLT</p> <p>KS3- JPS</p> <p>KS4 - SAB</p> <p>Staying Safe and Being Kind</p> <p></p> <p>Respect for All</p>	<p>All Year Groups</p> <p>Staying Safe & Being Kind</p>	<p>Give by Simon Armitage</p>	<p>"I think probably kindness is my number one attribute in a human being. I'll put it before any of the things like courage or bravery or generosity or anything else... Kindness - that simple word. To be kind - it covers everything, to my mind. If you're kind that's it".</p> <p>Roald Dahl</p> <p></p>	<p>https://www.mcsuk.org/what-you-can-do/join-a-beach-clean/great-british-beach-clean/</p> <p>https://www.twinkl.co.uk/event/roald-dahl-story-day-2023</p>
1	18.09.23	<p>International Day of Peace (21/09)</p> <p>Bi Visibility Day (23/09)</p> <p>Recycle Week</p>	<p>Lead by HOY</p> <p>International Day of Peace</p> <p> </p> <p>Honest Intentions Respect for All</p>	<p>All Year Groups</p> <p>Peace</p>	<p>Terror Kid, by Benjamin Zephaniah</p>	<p>"Establishing lasting peace isthe work of education; all politics can do is keep us outof war." Maria Montessori</p> <p></p>	<p>International Dayof Peace</p> <p>https://www.twinkl.co.uk/event/international-day-of-democracy-2023</p> <p>https://bivisibilityday.com/</p>

2	25.09.23	Confucius Day (28/9) European Day of Languages (26/9)	Lead by SLT KS3- BE KS4- IWG European Day of Languages	All Year Groups Black History Month	My Polish Teacher's Tie by Helen Dunmore	"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language, that goes to his heart." Nelson Mandela 	https://edl.ecml.at/
1	02.10.23	Dyslexia Awareness Week(3-9 Oct) Black History Month (October) VfS- Black History Month World Animal Day (4/10) National Poetry Day (6/10)	Lead by HOY Black History Month  Respect for All	All Year Groups Black History Month	The Hate U Give by Angie Thomas	"If you've never been racially abused, you can't understand what it's like...you feel helpless." Ian Wright 	British Dyslexia Association Black HistoryMonth UK
2	09.10.23	World Mental Health Day (10/10)	Lead by SLT KS3- SWI KS4- BE World Mental Health Day  Respect for All	All Year Groups World Mental Health Day Year 7- Sussex Safer Roads Partnership Performance 9/10	The Sleeping Teenage Brain by Nicola Morgan	" one thing I learnt is that so many things are more universal than we think: we all want to be happy, we all have our battles with mental health issues, whatever they may be." Henry Zeris 	https://www.twinkl.co.uk/event/world-mental-health-day-usa-2023
1	16.10.23	How have positively contributed this term? World Food Day (18/10) Wear it pink (21/10) World Menopause Day (18/10) VfS- Crime, justice and extremism	Lead by HOY Celebration of community achievements and school contributions  Positive Contributions  Can-Do Attitude	All Year Groups Black History Month	Stephen Hawking's Final Words	"Life's most persistent and urgent question is, 'What are you doing for others?'" Dr. Martin Luther King, Jr 	https://www.wearitpink.org/about https://www.imsociety.org/education/world-menopause-day/

October Half Term Break

Term 2 2023-2024- Promoting Kindness & Respect

	Week	Weekly SMSC Focus & Key Dates	Assembly Theme	PSHE/ Careers	SMSC Themed Literature Text	Quotation for the week	Relevant website/ Resource links
2	30.10.23	Mens Mental health Awareness Month Movember: Supporting Men's Health Halloween	Lead by SLT Mental health Awareness	All Year Groups Anti-bullying	Mens Mental health video/podcast?	Since that day [I opened up about my emotions], its just been so much easier to live, and so much easier to enjoy my life" Michael Phelps 	https://uk.movember.com/mens-health/mental-health
1	06.11.23	Remembrance Day (11/11) Diwali (12/11)	Lead by HOY Remembrance British Values	All Year Groups Remembrance	In Flanders Fields Poem	"I dream of giving birth to a child who will ask, 'Mother, what was war?'" Eve Merriam 	British Legion
2	13.11.23	Anti Bullying Week (Monday 13th to Friday 17th November) Odd Socks Day (13/11) World Kindness Day (13 Nov) World Diabetes Day Interfaith Week	Lead by SLT Anti Bullying Week	All Year Groups Anti-bullying Week	Anti-bullying themed	"The development of a kind heart, or feeling of closeness for all human beings, does not involve any of the kind of religiosity we normally associate with it...It is for everyone, irrespective of race, religion or any political affiliation." Dalai Lama 	https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-noise-about-bullying Anti-bullying Alliance Kindness UK https://www.interfaithweek.org/

1	20.11.23	UK Disability History Month(18/11-18/12) Fibonacci Day World Hello Day	Lead by HOY Anti-bullying- Disability Focus	All Year Groups Anti-bullying- Disability Focus	Disability themed	“Equality is the public recognition, effectively expressed in institutions and manners, of the principle that an equal degree of attention is due to the needs of all human beings.” Simone Weil 	UKDHM
2	27.11.23	World Aids Day Advent Sunday (3/12)	Lead by SLT World Aids Day	All Year Groups World Aids Day	Aids poem	“Education, awareness and prevention are key, but stigmatisation and exclusion from family is what makes people suffer the most” Ralph Fiennes 	https://www.worldaidsday.org/
1	4.12.23	Human Rights Day Nobel Peace Prize International Animal Rights Day Bodhi Day (8/12)	Lead by HOY Human Rights	All Year Groups Anti-Bullying- Human Rights	Human Rights article	“To deny people their human rights is to challenge their very humanity” Nelson Mandela 	https://www.un.org/en/observances/human-rights-day/resources
2	11.12.23	Christmas International Human Solidarity Day	Lead by SLT Spirit of Christmas	All Year Groups Christmas Quiz	A Christmas Carol	“I will honour Christmas in my heart, and try to keep it all the year. I will live in the Past, the Present, and the Future. The Spirits of all Three shall strive within me.” Charles Dickens 	

Christmas Break