

CARDINAL NEWMAN CATHOLIC SCHOOL: PERSONAL DEVELOPMENT CURRICULUM

'CNCS provides a rich and varied quality enrichment programme that provides students with opportunities to meet the school motto 'We are all made for greatness'. The school believes, it is the cultural capital experiences a student has that empowers them to be global citizens needed in adulthood in the 21st century.'

Our ASPIRE values:

We strive to develop our six ASPIRE values to prepare students for the wider world and world of work.

Value	Explanation
Achievement	Achieve through dynamic, creative, innovative teaching and learning
Service	Serve God, each other and our community
Peace	Peacemakers in our homes, school and community
Integrity	Integrity shines through all of our endeavours
Respect	Respect for ourselves, each other and our environment
Excellence	Excellence in our learning with positivity and perseverance

Personal, Social, Health and Economic Education (PSHE)

Students study a well thought out, age relevant curriculum following the three key themes:

- 1. Relationships and Sex Education
- 2. Health and Wellbeing
- 3. Living in the wider world

Character education

By the time students leave CNCS, we aim to prepare them for the world around them, through providing leadership opportunities, a chance to reflect on their own character, enrichment and extracurricular opportunities

Careers Education includes:

- ✓ Options & Transition
- ✓ Pathways, inc. apprenticeships
- ✓ Job sectors & LMI
- √ Types of employment
- ✓ World of Work inc. work experience
- ✓ Careers & Professions
- √ Volunteering
- ✓ Unifroq

British Values include:

- Democracy
- •Rule of Law
- Individual liberty
- Mutual Respect & Tolerance

SMSC includes:

Spiritual, Moral, Cultural, Social Education



- **Enterprise Day**
- Big Bang trip NEC
- PSHE Financial decision
- Unifrog using the subject
- Careers across the curriculum fortnight
- Living in the wider world:
- Safe financial choices
- Ethical and unethical financial practices
- Saving, spending and budgeting

Summer PSHE assessment

Character

- 1. Inter tutor competition: Spelling bee
- 2. Extra curricular activities
- 3. Student council meeting
- 4. Summer assessment review
- 5. Sports Day

SUMMER

3:2



Assembly themes – Summer term:

- The Month of Mary
- Mental Health Awareness week
- Child safety week
- **Environment and sustainability**

Careers

Relationships:

Types of families

PSHE

- Qualities and behaviours relating to different types of positive relationships
- Consent in relationships
- Unhealthy relationships

Health & wellbeing:

- Being active
- Healthy eating
- Healthy lifestyle choices, including sleep
- Physical and emotional changes through puberty

PSHE assessment

- 1. Inter tutor competition: Badminton (Spring 1) and Basketball (Spring 2)
- 2. Extra curricular activities
- 3. Student council meeting
- 4. Peter Pan goes wrong theatre
- 5. Spring assessment review

National Careers week

- National Apprenticeship week
- 3. Unifrog homework
- Careers drop in
- Careers across the curriculum fortnight

SPRING

Careers 2:2

SUMMER

3:1

PSHE

Character education

Assembly themes – Spring

- Children's Mental Health Week
- Apprenticeship week
- Cultural event

Living in the wider world:

- Understanding myself
- Careers related to interests
- Dream jobs
- Choices towards the end of KS3
- Challenging stereotypes

SPRING 2:1

Character

education

Relationships and sex education:

- 1. Uniqueness 2. Puberty
- Sexual intimacy and Fertility

Loudmouth drama session -'My mate fancies you PSHE review of learning

AUTUMN 1:2

1. Inter tutor competition: 5 a side football

- 2. Extra curricular activities
- 3. Poet with Punch
- 4. Catholic Schools Maths Challenge
- 5. Student council meeting
- 6. Remembrance Day
- 7. Autumn assessment review and target setting
- Year 7 disco

Careers

PSHE

AUTUMN 1:1

- Introduction to unifrog personality and interests quiz
- Lunchtime drop in careers sessions
- Careers across the curriculum fortnight

Health & Wellbeing:

- Identifying & managing emotions
- How to manage the challenges of a new school
- How to manage new friendships
- Personal strengths
- 5. Personal safety strategies

Assembly themes – Autumn term:

- Careers
- St John Henry Newman Feast
- **Black History Month**
- Anti bullying week
- Advent
- COP28 and the environment

1. ASPIRE values

- Bushcraft residential trip
- Student leadership elections
- 4. Transition programme
- 5. Passport to Greatness launch
- 6. Inter tutor competition: Speed chess
- 7. Extra curricular activities

YEAR 7 KEY THEME:

Transition to Secondary School

CARDINAL NEWMAN CATHOLIC SCHOOL

- Speed Networking Meet the employer event
- 2. PSHE Digital literacy
- Unifrog using the subject library
- Careers across the curriculum fortnight

Careers

- Living in the wider world:
- Online communication and how to use social media safely
- 2. Online grooming
- 3. Sharing content online safely

Summer PSHE assessment

Character

education

- 1. Inter tutor competition: Spelling bee
- 2. Extra curricular activities
- 3. Student council meeting
- 4. Summer assessment review
- 5. Sports Day

SUMMER

3:2

- 6. Spiritual Retreat to Alton Castle
- 7. Student runners



Assembly themes – Summer term:

- The Month of Mary
- Mental Health Awareness week
- Child safety week
- Environment and sustainability

Relationships:

1. The qualities of positive relationships

PSHE

- 2. Negative relationships and how to overcome barriers
- Discrimination and prejudice in relationships

SUMMER

3:1

Health & wellbeing:

- 1. Healthy routines
- Mental and emotional health strategies
- 3. Body image
- 4. Digital resilience

Spring PSHE assessment Loudmouth production – 'Talking Heads'

- Inter tutor competition: Badminton (Spring 1) and Basketball (Spring 2)
- 2. Extra curricular activities
- 3. Student council meeting
- 4. University trip
- 5. Spring assessment review
- 6. Student runners

STUDENT VOICE

. National Careers week

- National Apprenticeship
 week
- 3. Unifrog refresher sessions
- 4. Careers drop in
- Careers across the curriculum fortnight

SPRING

2:2

Careers

PSHE

Assembly themes – Spring term:

- Children's Mental Health Week
- Apprenticeship week
- Cultural event

- Living in the wider world:
 1. Careers
- Different types of employment
- 3. Patterns of work
- . Setting goals for the future
- Discrimination in the workplace

SPRING 2:1

Character

Relationships and sex education:

Character

education

- 1. Appreciating difference
- 2. Feelings hormones and emotions
- 3. Stages of pregnancy and views of when life begins

Autumn term review of learning

AUTUMN 1:2

1. Inter tutor competition: 5 a side football

- 2. Extra curricular activities
- 3. Student council meeting
- 4. Remembrance Day
- 5. Autumn assessment review and target setting
- 6. Student runner
- 7. Poet Laureate event

education

Careers

PSHE

AUTUMN 1:1

- Unifrog careers library
- Lunchtime drop in careers sessions
- 3. Careers across the curriculum fortnight
- 4. Introduction to labour market information
- 5. Apprenticeship talk

Assembly themes – Autumn term:

- Careers
- St John Henry Newman Feast Day
- Black History Month
- Anti bullying week
- Advent
- COP28 and the environment

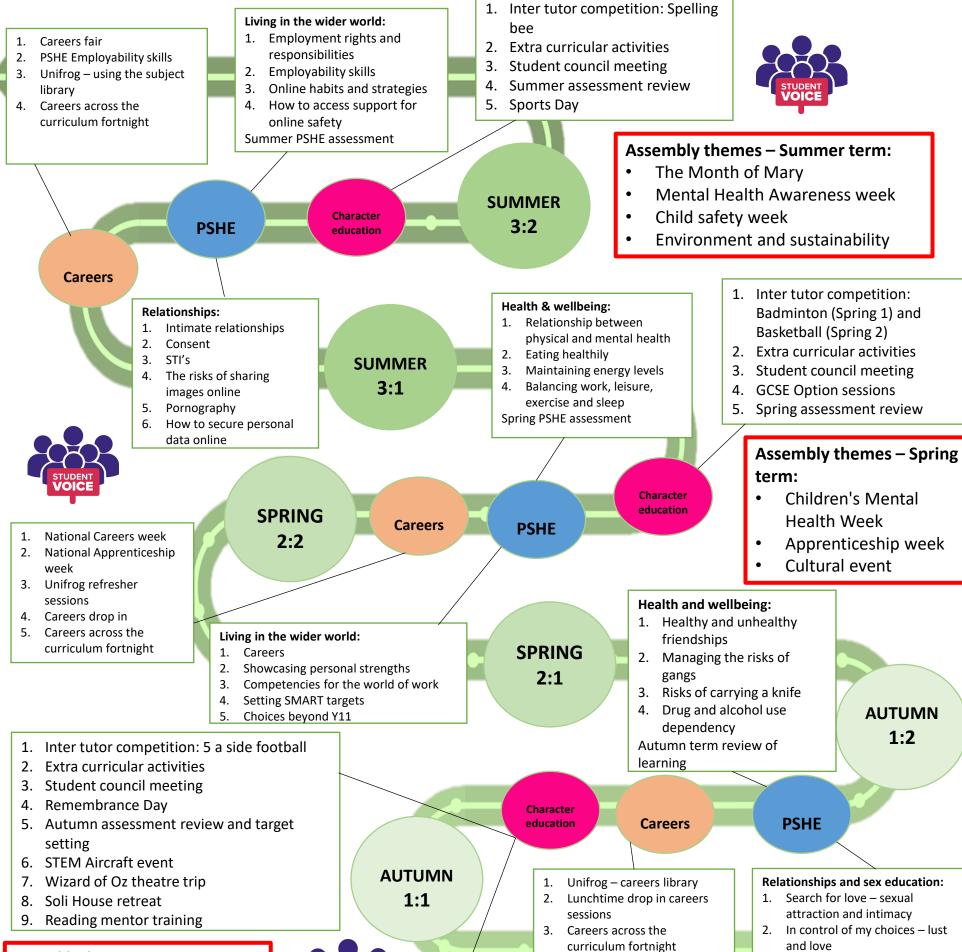
- ASPIRE values
 Student leadership elections
- 3. Passport to Greatness relaunch
- 4. Inter tutor competition: Speed chess
- 5. Extra curricular activities
- 6. Student runner

Health & Wellbeing:

- Medicinal and recreational drugs
- 2. Habit and dependence on drugs
- Over consumption of energy drinks
- Using prescription medication safely
- Risks of alcohol, tobacco and vapes
- 6. Substance use

YEAR 8 KEY THEME: Learning about yourself





Assembly themes – Autumn term:

- Careers
- St John Henry Newman Feast Day
- Black History Month
- Anti bullying week
- Advent
- COP28 and the environment
- ASPIRE values
- 2. Student leadership elections
- 3. Passport to Greatness relaunch
- 4. Inter tutor competition: Speed chess
- 5. Extra curricular activities

YEAR 9 KEY THEME: Transition to KS4

out'

Introduction to labour

market information Apprenticeship talk 3. Fertility and contraception

Loudmouth Production – 'Calling it

- Careers fair
- 1-1 careers consultations
- 3. PSHE Readiness for work
- Unifrog sourcing work experience and Post 16 options
- Careers across the curriculum fortnight

Careers

- Work experience
- Mock interviews

- Living in the wider world:
- Evaluating personal strengths and weaknesses
- Opportunities in the workplace
- Overcoming adversity and discrimination in the workplace
- Responsibilities in the workplace
- Health and safety in the workplace
- Summer PSHE assessment

- 1. Inter tutor competition: Spelling bee
- 2. Extra curricular activities
- Student council meeting
- Summer assessment review
- 5. Sports Day
- Duke of Edinburgh expedition 6.
- Doly-moch



Assembly themes – Summer term:

- The Month of Mary
- Mental Health Awareness week
- Child safety week
- **Environment and sustainability**

SUMMER Character **PSHE** education

Relationships:

- **Equality Act and managing** discrimination
- Impact of social media on distorting views
- Extremism and radicalisation
- Managing conflicting views Loudmouth Production - Working for Marcus

Health & wellbeing:

3:2

- Attitudes and behaviours regarding dug use
- Differences between medicinal and recreational drugs
- Risks of vaping
- Influences of substances use Spring PSHE assessment
- 1. Inter tutor competition: Badminton (Spring 1) and Basketball (Spring 2)
- 2. Extra curricular activities
- 3. Student council meeting
- 4. Spiritual Retreat to Soli House
- 5. Spring assessment review



- National Careers week
- National Apprenticeship week
- Unifrog refresher sessions
- Careers drop in
- Careers across the curriculum fortnight

SPRING

2:2

Careers

SUMMER

3:1

PSHE

Assembly themes – Spring

- Children's Mental Health Week
- Apprenticeship week
- Cultural event

Living in the wider world:

- Teamwork
- Impulses and influences in gambling
- Skills and attributes for careers and enterprise
- Budgeting, savings and debt

SPRING

2:1

Relationships and Sex Education:

- 1. Authentic freedom and peer pressure in sexual relationships
- 2. Parenthood

Character

education

3. Pregnancy and abortion Autumn term review of learning

AUTUMN 1:2

1. Inter tutor competition: 5 a side football

- Extra curricular activities
- Student council meeting
- 4. Duke of Edinburgh launch
- 5. Remembrance Day
- Autumn assessment review and target setting

Character education

Careers

- Unifrog careers library
- Lunchtime drop in careers sessions
- Careers across the curriculum fortnight
- Labour market information
- Apprenticeship talk with local providers

PSHE

Health and wellbeing:

- Managing challenges during adolescence
 - Reframing negative thinking
 - Strategies to promote mental health and wellbeing
- Mental health and the media
- Signs of poor mental health and strategies to cope

Assembly themes – Autumn term:

- Careers
- St John Henry Newman Feast
- **Black History Month**
- Anti bullying week
- Advent
- COP28 and the environment

1. ASPIRE values

- Student leadership elections
- Inter tutor competition: Speed chess

AUTUMN

1:1

- 4. Extra curricular activities
- 5. Anti bullying training
- 6. Feast Day at Coventry Cathedral

YEAR 10 KEY THEME: Settling in to GCSE courses