

Personal Development at OWS



Personal development includes:

- PSHE
- Inc RSHE
- Character Education
- Careers Education
- British values
- SMSC
- Student leadership

Personal development is delivered through:

- Assemblies
- Form times
- PSHE lessons once a fortnight
- Through subject curricula
- Enrichment: Trips and clubs

Assemblies

Themes this year:

Careers/Enterprise /Unifrog/Student leadership

Charity: Jeans 4 Genes

European Day of Languages

Mental Health

National Poetry Day

Black History Month

Divali

Remembrance

Anti-Bullying Week

National Recycling week

Diasability Awareness

New Year/Multi
faith(Chinese/Budhist etc)

STEM focus -Maths

Healthy Life styles

Holocaust Memorial Day

Democracy - Student
Leadership

Safer Internet Day

Ramadan/Lent

World Book Day

International Women's Day

World Water Day

National Careers Week

Mental Health 2

End of term -Easter & Multi faith

Earth Day

VE Day! 80th Anniversary

Wesak Day (Buddhism)

Mental Health Awareness Week

Volunteers week

Pilgrimage (Haj, Lourdes, Ioana,
Santiago de Compostela)

Inclusion/Pride Month

Great Britain - The Union - Kings

Birthday

Refugee Week

Water safety

PSHE

Year 7	Year 8	Year 9	Year 10	Year 11	Sixth form
Topic/Lesson plan/Resources	Topic/Lesson plan/Resources	Topic/Lesson plan/Resources	Topic/Lesson plan/Resources	Topic/Lesson plan/Resources	Topic/Lesson plan/Resources
What is diversity?	Challenging gender stereotypes	Recognising and preventing discrimination	Challenging prejudice and discrimination	Understanding pornography	Staying safe: recognising harassment and abuse
Growing up: physical and mental changes	Sexuality and gender identity: an introduction	Practising safe sex	Understanding pregnancy: your choices	Understanding consent and intimacy: offline and online	Understanding cultural identity and cultural competency
Understanding menstruation	Consent: what is it and why is it essential?	Sex relationships and the media	Sexual health: choosing and accessing contraception	Sexual health: preventing and treating STIs	Making choices about pregnancy and parenthood

October Half Term					
What is mental health?	Mental health: talking about our emotions	Mental health: developing coping strategies	Social influences: young people and gangs	An introduction to body image	Making choices about your sexual health
Social media and mental health	Self-esteem and confidence	Social influences: tackling peer pressure	Addictive substances: legal and illegal drugs	Recognising strengths in ourselves and others	Body enhancement
What makes a healthy relationship?	Understanding marriage	Family life: parenthood and caring	Healthy lifestyles: health services, self examination and vaccination	Navigating social influence and pressure	Acknowledging skills and assets
Coping with change: bereavement, divorce and separation	Spotting unhealthy and abusive relationships	Financial choices: budgeting, saving, debt	The impact of relationships	The impact of relationships	Respectful relationships: trust and intimacy

Christmas Holidays					
Recognising and preventing bullying	Overcoming conflict and finding forgiveness	Social influences: young people and gangs	Managing risk: unsafe and emergency situations	Financial choices: managing finances in the world of work	Financial choices: working and earning
Smoking and vaping: risks and consequences (This has replaced 'Addictive substances: tobacco')	Managing risk: looking after your personal safety	Addictive substances: legal and illegal drugs	Planning and organising: revising effectively	Illegal drugs: risks, consequences, and support	Staying safe: exiting aggressive social situations
Healthy lifestyles: maintaining a balanced diet	Gambling: the facts	Healthy lifestyles: health services, self examination and vaccination	What is a healthy lifestyle?	Managing our health: services and support	Staying safe: alcohol and binge-drinking
-	-	-	-	Substance addiction: how to seek help	-

February Half Term					
Female genital mutilation (FGM): facts and risks	Addictive substances: alcohol	Healthy lifestyles: achieving balance	Health-related choices: blood, organ and stem cell donation	Staying safe online: misinformation and extremism	Addictive substances: alcohol
			Health-related choices: aesthetic procedures	Health-related choices: aesthetic procedures	
Media literacy: staying safe online	Healthy lifestyles: exercising for physical and mental wellbeing	Sex and consent online	Alcohol: risks, consequences, and safety	What are my employability skills?	Healthy lifestyles: exercising for physical and mental wellbeing

Easter Holidays					
Who am I?	What are my interests?	What are my skills?	Staying safe online: protecting your personal data	Staying safe online: misinformation and extremism	Female genital mutilation (FGM): facts and risks
Exploring possibilities: dream jobs	Job applications: superhero CVs	What comes after school: the main learning pathways	Reflecting on my career journey: past, present and future	Health-related choices: aesthetic procedures	Staying safe: recreational drugs
-	-	-	-	Post 16 – Choices, Choices	Leaving home: building a healthy lifestyle
				What type of career is best for me?	Understanding online misinformation

May Half Term					
What is a career?	Challenges and rewards of work	Decision making: choosing what to study at KS4	Exploring employer profiles	-	-
What is an entrepreneur?	Creating the life you want: making a vision board	Taking control of your career journey	What type of career is best for me?		
What is a work-life balance?	What does success mean to me?	Working and earning: managing your money	Preparing to go on work experience		
Careers and the future	Careers and the climate	What is the labour market and why is it important?	Wellbeing in the workplace		

RSHE

Year 7

- What is diversity?
- Growing up: physical and mental changes
- Understanding menstruation
- What makes a healthy relationship?
- Female genital mutilation (FGM): Facts and risks

Year 8

- Challenging gender stereotypes
- Sexuality and gender identity
- Consent: What it is and why it is essential
- Understanding marriage
- Spotting unhealthy and abusive relationships
- Overcoming conflict and finding forgiveness

Year 9

- Practising safe sex
- Sex, relationships and the Media
- Social influences: tackling peer pressure
- Family life, parenthood and caring

RHSE

Year 10

- Understanding pregnancy your choices
- Sexual health: choosing and accessing contraception
- Navigating social influence and pressure
- The impact of relationships

Year 11

- Understanding consent and intimacy: off-line and on-line
- Sexual Health: preventing and treating STIs
- Navigating conflict in relationships
- Rights and responsibilities: marriage and civil partnerships

PSHE resources

How much responsibility do you take for your health?

Count how many statements are true for you, then give yourself a score out of 8.



Sleep

Lack of sleep affects your weight, mood, and ability to learn.

✓ I sleep for around 8 hours per night	✓ I don't eat big meals late at night
✓ I go to bed and wake up at set times	✓ I don't eat or do homework in bed
✓ I put down my phone 30 mins before bed	✓ I wind down before bed, e.g. by reading
✓ I avoid caffeine in the afternoons	✓ I get plenty of exercise and sunlight



This how Sophia categorised her spending

Things I need	Things I want	Savings / debt repayments
<ul style="list-style-type: none"> Rent for 2 bed house Gas/electricity Food shopping Phone contract Broadband Netflix / Disney+ 	<ul style="list-style-type: none"> Coffee shop (can't live without) Beauty treatments Going to restaurants/bars to see friends (on credit card) New clothes (on credit card) 	<ul style="list-style-type: none"> Credit card repayments Car loan repayments NOTHING LEFT FOR SAVING!!!!

Can you see any way Sophia might change her spending habits?

Do you need any more information to help you give Sophia better advice?

PSHE Enrichment

- West Mercia Police – Work shops and drop in
- The Unspoken Truth work shops
- School nurse appointments
- Social prescribing team
- Mental Health support

Form time

All year groups

- Assembly
- Reading
- OWS WAY ASPIRE (careers/character - intellectual virtues)
- OWS WAY ACHIEVE (study skills, character - performance virtues, resilience)
- OWS WAY ENJOY (Form tutor - moral/civic virtues OWS passport)

Student Leadership

School Council

- Form reps
 - Year Group reps
 - Head Prefects (Y11)
-
- Help at school events
 - Organise charity events
 - Provide valuable pupil voice

Enrichment: Trips

Rock UK 2025

Year 10 West Midlands Safari Park Reward Trip Year

9 Drayton Manor

Year 8 GoApe

TSA rounders leaders

France and Belgium 2025

Shrewsbury Fieldwork Geog

Cricket sports leadership

'Harry Potter' June Trip

D of E Bronze Assessed expedition 2025

Rounders County Games Finals

Primary School Sports Days

Y7 Sports Leadership 20th May

KS2 leadership orienteering

D of E Bronze Training Day 2025

Warwick Castle

D of E Bronze Navigation Assessment

Institut Francais London

Y10 Chester University

Bridgnorth Tag Rugby Leadership

RAF Cosford - Year 8 - Feb 2025

Year 10 Christmas Bowling Trip

Year 9 Cinema Trip

Year 8 Cinema Trip

Y7 Cinema Trip

Harry Potter Trip - December

Creative Arts London Trip

Carding Mill Valley visit 7th Nov 2024 10F1

Carding Mill Valley visit 5th Nov 2024 10H1

Student parliament day

AICO Business trip Y10G 18th Oct

Y11 sports leadership

Black Country Living Museum 2

Black Country Living Museum 1

AICO Business trip Y10F 4/10/24

Y9 Sports Leadership - BRFC

Bridgnorth Aluminium

Year 11 Tapas tasting experience

Arena Theatre Y11 GCSE Drama Trip

'An Inspector Calls', Theatre Severn Trip

Enrichment Clubs

	Monday			Tuesday			Wednesday			Thursday			Friday		
	Activity	Staff	Room	Activity	Staff	Room	Activity	Staff	Room	Activity	Staff	Room	Activity	Staff	Room
Lunch Time 13:30 – 14:10	Chess Club	Mr Williams	W67	Basketball (all years)	Mr Cowburn	Sports Hall	Volleyball (all years)	Miss Joiner	Sports Hall	Badminton (all years)	Mr Watkins	Sports Hall	Dodgeball	Sports Leaders	West Gym
	Lego club	John Prockter	W24	Homework Club	Mr Hicklin	W52	Homework Club	Mr Hicklin	W52	Homework Club	Mr Hicklin	W52			
	Girls Football	Sports Leaders	West Gym	Spanish Revision Year 11	Mrs Harvey / Miss Dijoux	W32 / 34	O.W.L.S Creative writing and poetry	Miss Roberts	E9	LGBTQ+	Miss Silverstone	E10	Geography Revision	Mx Farrington	W37
	Uno Cub (Years 7-9)	Miss Brindley	W38	History Catch up Year 10/11	Mr Grainger	E61				Eco Club	Miss Brindley	W38			
After School 3.20 – 4.20pm				Y8/9 Boys Football	Mr Smith	East Field	Y7 Boys Football	Mr Smith	East Field	Girls Netball (all years)	Miss Joiner	Sports Hall	Geography Revision	Mx Farrington	W37
				Y11 OCR Revision	Miss Joiner		Girls Rugby (all years)	Mr Watkins	East Field	Boys Rugby (all years)	Mr Cowburn	East Field			
							English Lit & Lang Year 11	Miss Roberts	E9	Maths Revision Grade 4/5	Mr Walker	W64			
										Maths Revision Higher Paper	Mr Parmar	W66			
										Maths Revision Grade 4/5	Mr Williams	W67			
										Maths Revision	Dr Kiapene	W65			

Careers

Careers Advice

- Oldbury Wells School has its own dedicated Careers Adviser, Melanie Lawrence (Post grad dip QCG). Melanie is in school one day per week, usually Wednesdays. Appointments are available during lesson time and are allocated by our pastoral staff. All appointments take place in a dedicated meeting room next to the Sixth Form study centre.

Unifrog

- Oldbury Wells School provides careers education and opportunities for all students. As a school we have invested in and use Unifrog (<http://www.unifrog.org>) which is an online careers platform that brings all the available information young people in academic years 7-13 might need to make informed choices about their future. Unifrog also supports young people in submitting the strongest possible applications be that to UCAS, Colleges or Apprenticeships. Careers Education is an integral part of Personal, Social and Health Education and tutor time. Form tutors use Unifrog and LMI from the Marches Career Hub to support students with their exploration of future opportunities and careers.

Weekly Careers Talks

- From September 2024 we continue to hold weekly careers talks. These will be from a range of organisations providing recorded and live virtual talks. Students in years 7-13 have the opportunity to attend talks which match their interests and evaluate the talks during tutor time.

Careers and Post 16 Fair

- Open to all pupils
- A range of employers, higher education institutions and apprenticeship providers

Career Talks and In School Events

- A programme of speakers from a range of organisations
- Every year features OWS alumni for Apprenticeship week
- Wrexham University speaker- years 7-9
- Incomms Stem workshops for Years 9 &10

Character: The Oldbury Wells Way



Charity and Community

Volunteering opportunities in school

- Paired reading
- Peer mentoring

Volunteering opportunities outside school

- Through Bronze and Silver DofE programme

Charity days

- Jeans for Genes
- Children in Need
- Odd Socks Day
- Harry Jonhson Trust
- Mind
- Beat
- MND

The Oldbury Wells Passport

What have I done to
demonstrate the
Oldbury Wells Way?

	Achieved?	FT Initials
ASPIRE		
<i>Intellectual</i>		
Complete a careers quiz on Unifrog		
Achieve a praise text from a teacher		
ENJOY		
<i>Civic</i>		
Help your form tutor with a form activity or enter a house competition		
<i>Moral</i>		
Work towards an extended project		
Attend an extra-curricular club		
ACHIEVE		
<i>Performance</i>		
Attend parents' evening		
Achieve an ATL grade of 2 or below		
Personal		
My Own Target:		
Passport achieved? Comments:		
Signed Pupil: _____ Signed Tutor: _____		