



# PERSONAL DEVELOPMENT

## Autumn Term 2025

### Year 10

Dear students and families,



At Orchard Park High School, in addition to a broad academic and character curriculum, every one of our students has the opportunity to experience a wealth of personal development activities. This newsletter contains useful information about the provision for your child this term. We will send this to all families at the beginning of each term.

**Head of Year 10, Mr M Oviri**

Please contact: [moviri@orchardparkhigh.net](mailto:moviri@orchardparkhigh.net)

## Working together to guarantee the best chance of success for every child

At Orchard Park High School we know that good attendance at school is crucial for our students, not only academically but also socially and emotionally.

We want all of our learners to be successful and we know that good habits at the start of the academic year can make a huge difference to our learners' motivation, success and enjoyment of school. Missing school can result in a child falling behind, making it harder to catch up on lessons and participate fully in school activities. We want our students to love school and we know the more they are here, the happier and more successful they will be.

As parents, your role in your child's success is critical and so we thank you in advance for your

support. We know that working in partnership gives us a better chance of guaranteeing every child at Orchard Park the best chance of success.

**Here's how you can help:**

1. Create a routine
2. Plan ahead
3. Communicate early
4. Stay informed

By working together, we can help all our students build habits that will lead to lifelong success. Thank you for your commitment to your child's education and well-being.

**Ms K Brown, Assistant Headteacher for Personal Development**

## Character passports

We have recently launched our Character Passports at Orchard Park, where students are given eight challenges per term to complete, all relating to our core values.

We want to ensure our students are achieving their best and ensuring they are prepared for

the world outside of school. House awards, as well as greater awards at the end of term and at the end of the academic year, will be given to students who can complete all the tasks.

Click [here](#) to see the autumn term challenges on our website.

## House information



Fun Friday takes place every Friday lunchtime. Join in and collect lots of House points.

## Key dates

**Year 10 parents' evening**  
14th May 2026

**Assemblies for Year 10**  
– every Thursday  
Autumn term

**Core messages:** bring your best self and reap the rewards

**Key characteristics:** ambitious, optimistic, respectful, perseverance, dedicated, self-disciplined, motivated, enthused, diligent.

**24th September**

Year group: Character passports  
Excellence

**1st October**

House assembly: Introduction to houses and aims for the year. Collaboration

**8th October**

Year group: Black History Month  
British values: mutual respect and tolerance of others. Integrity

**15th October**

Year group: Excellence – what have we achieved? Half term awards

**12th November**

Anti-bullying week: Integrity

**19th November**

House assembly: The importance of fundraising and chosen charity.  
Collaboration

**5th November**

How can we be our best selves? Drive

**3rd December**

Launch of Christmas donation competition – thinking of others in our community. Collaboration

**10th December**

Human Rights Day: "Nurturing a culture of social justice and human rights." Integrity

**17th December**

Year group: Excellence – what have we achieved? Half term awards



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### Year 10

#### Year 10 PSHE schedule for the autumn term

Big ideas	Topic	Atoms
<b>Autumn 1</b> <b>Health and wellbeing</b>	<b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change. PoS refs: H2, H5, H6, H7, H8, H9, H10	<ol style="list-style-type: none"> <li>1. Managing challenges during adolescence</li> <li>2. How to reframe negative thinking</li> <li>3. Strategies to promote mental health and emotional wellbeing</li> <li>4. The signs of emotional or mental ill-health</li> <li>5. How to access support and treatment</li> <li>6. The portrayal of mental health in the media</li> <li>7. Challenging stigma, stereotypes and misinformation</li> </ol>
<b>Autumn 2</b> <b>Living in the wider world</b>	<b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media. PoS refs: H19, H20, H21, R20, R35, R36, R37	<ol style="list-style-type: none"> <li>1. Positive and negative role models</li> <li>2. Evaluating the influence of role models and becoming a positive role model for peers</li> <li>3. The media's impact on perceptions of gang culture</li> <li>4. The impact of drugs and alcohol on individuals, personal safety, families and wider communities</li> <li>5. How drugs and alcohol affect decision making</li> <li>6. Keeping self and others safe in situations that involve substance use</li> <li>7. Managing peer influence in increasingly independent scenarios</li> <li>8. Exit strategies for pressurised or dangerous situations</li> <li>9. How to seek help for substance use and addiction</li> </ol>

If you would like to discuss the subject matter or wish to withdraw your child from any of the PSHE lessons listed above, please contact Head of Year 10, Mr Oviri, at [moviri@orchardparkhigh.net](mailto:moviri@orchardparkhigh.net)

#### Character Clubs for the autumn term

YEAR 7-10	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunchtime</b> (12.45-1.15pm)	<b>Debate Club (Wk A)</b> – Year 7/8/9 S9 KAF  <b>Concert practice</b> – Year 7/8/9 Music Room SST  <b>Library</b> – Year 7/8/9/10  <b>Poetry Club</b> – Year 7/8/9/10 E5 LVE	<b>Eco Club</b> – Year 7/8/9 L1 EFE  <b>Equality Club</b> – Year 7/8/9/10 H1 MEV  <b>Library</b> – Year 7/8/9/10  <b>Working Lunch</b> – Year 10 IT2 SAL	<b>Sparx Club</b> – Year 7/8/9/10 IT2  <b>Library</b> – Year 7/8/9/10  <b>Working Lunch</b> – Year 10 IT2 SAL  <b>Spanish Film (WkB)</b> – Year 7/8/9 L3 TGO	<b>STEM Club</b> – Year 7/8/9 S7 DEB & SAL  <b>Library</b> – Year 7/8/9/10	<b>Maths Club</b> – Year 7/8/9 M3 JBU/NDE  <b>Library</b> – Year 7/8/9/10  <b>Salsa Dancing (Wk B)</b> – Year 7/8/9 PAS HSM
<b>After school</b> Available for Years 7-10 (3.00-4.00pm)	<b>Football</b> – Year 7 PE Block SWE  <b>Netball</b> – Year 7/8/9/10 PE block LHA & KBR  <b>Art Club (Wk B)</b> – Year 7/8/9 AR2 APA  <b>Homework Club</b> – Year 7/8/9/10 Library	<b>Girls Football</b> – Year 7/8/9/10 PE Block LGO  <b>Coding Club (Wk A)</b> – Year 7/8/9 IT4 FKI  <b>Homework Club</b> – Year 7/8/9/10 Library	<b>Dance Company</b> – Year 7/8/9/10 (Invite only)  <b>Plant Club (WkB)</b> – Year 7/8/9 H2 NMO  <b>Duke of Edinburgh            Volunteering (Wk B)</b> – Year 9 only IT1 HBA  <b>Homework Club</b> – Year 7/8/9/10 Library	<b>Dodgeball</b> – Year 7/8/9 PE Block LHA  <b>Band practice</b> – Year 8/9/10/11 Music SST  <b>Boys Football</b> – Year 8/9 PE Block SWE  <b>Homework Club</b> – Year 7/8/9/10 Library	<b>Homework Club</b> – Year 7/8/9/10 Library

Our full list of Character clubs is also available on our website here: <https://www.orchardparkhigh.co.uk/extra-curricular-activities>

You can find out more about personal development at Orchard Park High School on our website [here](#). There is also a wealth of information about student support under [Information, Safeguarding](#).