



PERSONAL DEVELOPMENT

Autumn Term 2025

Year 11

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 11, Ms J Walsh

Please contact: jwalsh@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



ATTENBOROUGH

MS KING



HAWKING

MS VEALL



PARKS

MS PAIN



RASHFORD

MR EVANS



YOUSAFZAI

MR VASEY

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

Key dates

Year 11 parents' evening 1

11th December 2025

**Assemblies for Year 11
– every Thursday**

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 11 PSHE schedule for the autumn term

Big ideas	Topic	Atoms
Autumn 1 Health and wellbeing	Building for the future and Independence Self-efficacy, stress management and future opportunities. Responsible health choices and safety in independent contexts PoS refs: H2, H3, H4, H8, H11, H12, H13, H14, H15, H16, H17, H18, H22, H23, H24, L22	<ol style="list-style-type: none"> 1. Managing the judgement of others and challenge stereotyping 2. Balancing ambition and unrealistic expectations 3. Developing self-efficacy, including motivation, perseverance and resilience 4. Maintaining a healthy self-concept 5. Stress and stress management strategies, including healthy sleep habits 6. Safe ways to create content online and how to balance online time 7. Assessing and managing risk and safety in new independent situations 8. Emergency first aid skills and assessing emergency situations 9. The links between lifestyle and some cancers, screening and self examination 10. Vaccinations and immunisations 11. Registering with and accessing doctors, sexual health clinics, opticians etc 12. Influences and risks relating to cosmetic and aesthetic body alterations 13. Blood, organ and stem cell donation
Autumn 2 Living in the wider world	Next steps Application processes and skills for further education, employment and career progression. PoS refs: L1, L2, L3, L4, L6, L7, L8, L11, L12, L21	<ol style="list-style-type: none"> 1. Planning for the future 2. Setting and achieving SMART targets 3. Effective revision techniques and strategies 4. Options post-16, career pathways and application processes 6. Maximising employability, including managing online presence 7. Rights, responsibilities and challenges when working part time whilst studying 8. Managing work/life balance

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 11, Ms Walsh, at jwalsh@orchardparkhigh.net

Character Clubs for the autumn term

YEAR 11	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime (12.45-1.15pm)	Working Lunch SSC	Working Lunch SSC	Working Lunch SSC Aiming for Grade 9 Maths 11 M2 ICL (invite only)	Working Lunch SSC	Working Lunch SSC GCSE Geog Revision 11 (Week A) L1 EFE
After school Available for Years 7-10 (3.00-4.00pm)	Champion's Hour SSC Biology Revision S3 VFR	Champion's Hour SSC	Champion's Hour SSC	Champion's Hour SSC GCSE Germany (Week A) H2 NMO	Champion's Hour SSC

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](#).