



# PERSONAL DEVELOPMENT

## Autumn Term 2025

### Year 9

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 9, Ms C Ruby**

Please contact: [cruby@orchardparkhigh.net](mailto:cruby@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 9 parents' evening**

15th January 2026

**Assemblies for Year 9 – every Wednesday**

**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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## Autumn Term 2025

### Year 9

#### Year 9 PSHE schedule for the autumn term

Big ideas	Topic	Atoms
<b>Autumn 1</b> <b>Health and wellbeing</b>	<b>Peer influence, substance use and gangs</b> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation. PoS refs: H24, H25, H27, H28, H29, R1, R20, R37, R42, R44, R45, R46, R47	<ol style="list-style-type: none"> <li>1. Distinguishing between healthy and unhealthy friendships</li> <li>2. Assessing risk and manage influences, including online</li> <li>3. 'Group think' and how it affects behaviour</li> <li>4. Recognising passive, aggressive and assertive behaviour, and how to communicate assertively</li> <li>5. Managing risk in relation to gangs</li> <li>6. The legal and physical risks of carrying a knife</li> <li>7. Positive social norms in relation to drug and alcohol use</li> <li>8. Legal and health risks in relation to drug and alcohol use, including addiction and dependence</li> </ol>
<b>Autumn 2</b> <b>Living in the wider world</b>	<b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid. PoS refs: H3, H14, H15, H16, H17, H18, H19, H21	<ol style="list-style-type: none"> <li>1. The relationship between physical and mental health</li> <li>2. Balancing work, leisure, exercise and sleep</li> <li>3. How to make informed healthy eating choices</li> <li>4. Managing influences on body image</li> <li>5. How to make independent health choices</li> <li>6. Taking increased responsibility for physical health, including testicular self-examination</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 9, Ms Ruby, at [cruby@orchardparkhigh.net](mailto:cruby@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](#).