



# PERSONAL DEVELOPMENT

## Autumn Term 2025

### Year 7

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 7, Ms Goodwin**

Please contact: [lgoodwin@orchardparkhigh.net](mailto:lgoodwin@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 7 meet the tutors evening**

8th October 2025

**Assemblies for Year 7  
– every Monday**

**Autumn term**

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

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

**22nd September**

Year group: Character passports Excellence

**29th September**

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

**6th October**

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

**13th October**

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

**10th November**

Anti-bullying week: Integrity

**17th November**

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

**3rd November**

How can we be our best selves? Drive

**1st December**

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

**8th December**

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

**15th December**

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



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## Autumn Term 2025

### Year 7

#### Year 7 PSHE schedule for the autumn term

Big ideas	Topic	Atoms
<b>Autumn 1</b> <b>Health and wellbeing</b>	<b>Transition and safety</b> Transition to secondary school and personal safety in and outside school, including first aid. PoS refs: H1, H2, H30, H33, R13, L1, L2	1. Identifying, expressing and managing emotions in a constructive way 2. Managing the challenges of moving to a new school 3. Establishing and managing friendships 4. Improving study skills 5. Identifying personal strengths and areas for development 6. Personal safety strategies and travel safety, e.g. road, rail and water 7. How to respond in an emergency situation 8. Basic first aid
<b>Autumn 2</b> <b>Health and wellbeing</b>	<b>Health and puberty</b> Healthy routines, influences on health, puberty, unwanted contact, and FGM. PoS refs: H5, H13, H14, H15, H16, H17, H18, H20, H22, H34	1. Identifying, expressing and managing emotions in a constructive way 2. Managing the challenges of moving to a new school 3. Establishing and managing friendships 4. Improving study skills 5. Identifying personal strengths and areas for development 6. Personal safety strategies and travel safety, e.g. road, rail and water 7. How to respond in an emergency situation 8. Basic first aid

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 7, Ms Goodwin, at [Igoodwin@orchardparkhigh.net](mailto:Igoodwin@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 FK1  <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](#).