



PERSONAL DEVELOPMENT

Spring Term 2026

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

Character Clubs promote personal growth, skill development and social interaction

At Orchard Park High School, we offer a wealth of Character Clubs. Ranging from equality club to scrabble club, netball club to poetry club, there is a club for every student.

On page 2 you can find a full list of all of our spring term Character Clubs. At Key Stage 3 it is compulsory for every student to attend at least one club, and it is also strongly encouraged at Key Stage 4. Extra-curricular clubs play a vital role in a student's development at secondary school. These clubs offer opportunities for personal growth, skill development, and social interaction.

One of the main benefits of extra-curricular activities is that they give students the chance to explore their interests. Clubs give students the opportunity to do things they're passionate about or to try something new. This helps them discover new talents and hobbies that they might not otherwise get the chance to explore.

Being part of a club also helps students develop important skills such as teamwork, leadership, and time management. For example, students who attend equality club have delivered multiple assemblies to the rest of the school.

Clubs are also a great way to meet new people and make friends. Students can connect with others who share similar interests or come from different year groups, creating a sense of belonging and friendship.

Offering additional opportunities

Each term, our students are given opportunities to develop their skills, and this term we are developing students' oracy. Students in KS3 will write their own speech, on this year's theme, *This is my place*, which is inspired by the quote: "I am exactly where I am meant to be."

Students will learn more about the power of positive talk, how to use oracy to convey and explain a point, and will have practice in public speaking. We encourage our students to think and engage fully with their Big Speech to develop and practise further life skills.

We are also holding House competitions and the winners will speak in front of the whole of Year 7 in a choir session. We continue to develop opportunities to ensure our students receive a well-rounded and full curriculum.

Ms K Brown, Assistant Headteacher

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 2

23rd April 2026

Assemblies for Year 11
– every Thursday

29th January

Year group

Holocaust Memorial Day: Integrity
British values: mutual respect, tolerance

5th February

Year group – online

Relationships: Integrity
British values: rule of law

12th February

Year group

Rewards – what have we achieved?
Excellence and Drive

26th February

Year group

Tolerance (Ramadan, Lent,
Chinese New Year): Integrity
British values: mutual respect

12th March

Year group

International Women's Day: Collaboration
British values: mutual respect, tolerance,
democracy, rule of law, individual liberty

19th March

House assembly

Charity/drive for house competitions
Collaboration

26th March

Year group – online

World Poetry Day: Excellence
British values: individual liberty



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Year 11 PSHE schedule for the spring term

Big ideas	Topic	Atoms
Spring 1 Relationships	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	<ol style="list-style-type: none"> 1. Core values and emotions 2. Gender identity, gender expression and sexual orientation 3. How to communicate assertively 4. How to communicate wants and needs 5. How to handle unwanted attention, including online 6. How to challenge harassment and stalking, including online 7. Various forms of relationship abuse 8. Unhealthy, exploitative and abusive relationships 9. How to access support in abusive relationships and how to overcome challenges in seeking support
Spring 2 Relationships	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage, and changing relationships	<ol style="list-style-type: none"> 1. Different types of families and changing family structures 2. How to evaluate readiness for parenthood and positive parenting qualities 3. Fertility, including how it varies and changes 4. Pregnancy, birth and miscarriage 5. Unplanned pregnancy options, including abortion 6. Adoption and fostering 7. How to manage change, loss, grief and bereavement 8. 'Honour-based' violence and forced marriage and how to safely access support

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 Ms Walsh, Head of Year 11, at jwalsh@orchardparkhigh.net

Character Clubs for the spring 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

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](#).