



PERSONAL DEVELOPMENT

Spring Term 2026

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

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



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

Key dates

Year 10 parents' evening

15th January 2026:

Assemblies for Year 10 – every Friday

23rd January

House assembly – online
Big Speech Launch: Collaboration

30th January

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

6th February

Year group – online
Relationships: Integrity
British values: rule of law

13th February

Year group
Rewards – what have we achieved?
Excellence and Drive

27th February

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

6th March

Year group
TfL – travel safety: Drive, Integrity

13th March

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

20th March

House assembly
Charity/drive for house competitions
Collaboration

27th March

Year group – online
World Poetry Day: Excellence
British values: individual liberty



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Year 10 PSHE schedule for the spring term

Big ideas	Topic	Atoms
Spring 1 Relationships	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	<ol style="list-style-type: none"> 1. Relationship values and the role of pleasure in relationships 2. Myths, assumptions, misconceptions and social norms about sex, gender and relationships 3. Opportunities and risks of forming and conducting relationships online 4. How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours 5. The ethical and legal implications re: consent 6. How to recognise and respond to pressure, coercion and exploitation 7. How to recognise and challenge victim blaming 8. Asexuality, abstinence and celibacy
Spring 2 Relationships	Addressing extremism and radicalisation Community cohesion and challenging extremism	<ol style="list-style-type: none"> 1. Communities, inclusion, respect and belonging 2. The Equality Act, diversity and values 3. How social media may distort, mis-represent or target information in order to influence beliefs and opinions 4. How to manage conflicting views and misleading information 5. How to safely challenge discrimination, including online 6. How to recognise and respond to extremism and radicalisation

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 Mr M Oviri, Head of Year 10, at moviri@orchardparkhigh.net

Character Clubs for the spring term

YEAR 7-10	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime (12.45-1.15pm)	Debate Club (Wk A) – Year 7/8/9 S9 KAF Concert practice – Year 7/8/9 Music Room SST Library – Year 7/8/9/10 Poetry Club – Year 7/8/9/10 E5 LVE Working Lunch – Year 10 IT2 SAL	Eco Club (Wk A) – Year 7/8/9 L1 EFE Equality Club – Year 7/8/9/10 H1 MEV Library – Year 7/8/9/10 Working Lunch – Year 10 IT2 SAL Drama Club (Wk A) – Year 7/8/9/10 PAS SPA Scrabble Club – Year 7/8/9/10 S5 OFA	Sparx Club – Year 7/8/9/10 IT2 Library – Year 7/8/9/10 Working Lunch – Year 10 IT2 SAL Chess Club – Year 7/8/9/10 H1 WVA Spanish Film (WkB) – Year 7/8/9 L3 TGO	STEM Club – Year 7/8/9 S7 DEB & SAL Library – Year 7/8/9/10	Maths Club – Year 7/8/9 M3 JBU/NDE Library – Year 7/8/9/10 Salsa Dancing (Wk B) – Year 7/8/9 PAS HSM
After school Available for Years 7-10 (3.00-4.00pm)	Football – Year 7 PE Block SWE Netball – Year 7/8/9/10 PE block LHA & KBR Art Club (Wk B) – Year 7/8/9 AR2 APA Homework Club – Year 7/8/9/10 Library Homework Club compulsory – Year 7 IT2	Girls Football – Year 7/8/9/10 PE Block LGO Coding Club (Wk A) – Year 7/8/9 IT4 FKI Homework Club – Year 7/8/9/10 Library Rugby – Year 7/8/9/10 (Invite only)	Dance Company – Year 7/8/9/10 (Invite only) Cheerleading – Year 7/8/9/10 (Invite only) Duke of Edinburgh Volunteering (Wk B) – Year 9 only IT1 HBA Homework Club – Year 7/8/9/10 Library	Dodgeball – Year 7/8/9 PE Block LHA Band practice – Year 8/9/10/11 Music SST Boys Football – Year 8/9 PE Block SWE Homework Club – Year 7/8/9/10 Library	Homework Club – Year 7/8/9/10 Library

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](#).