



# PERSONAL DEVELOPMENT

## Spring Term 2026

### 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)

## 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 7 parents' evening**  
12th February 2026

**Assemblies for Year 7**  
– every Monday

**12th January**

Year group

Rewards – looking forward: Excellence

**19th January**

House assembly – online

Big Speech launch: Collaboration

**26th January**

Year group

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

**2nd February**

Year group – online

Relationships: Integrity

British values: rule of law

**9th February**

Year group

Rewards – what have we achieved?  
Excellence and Drive

**23rd February**

Year group

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

**2nd March**

Year group

TfL – travel safety: Drive, Integrity

**9th March**

Year group

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

**16th March**

House assembly

Charity/drive for house competitions  
Collaboration

**23rd March**

Year group – online

World Poetry Day: Excellence  
British values: individual liberty



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## Spring Term 2026

### Year 7

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

Big ideas	Topic	Atoms
Spring 1 Relationships	<b>Diversity</b> Diversity, prejudice and bullying	<ol style="list-style-type: none"> <li>1. How to identify, express and manage emotions in a constructive way</li> <li>2. How to manage the challenges of moving to a new school</li> <li>3. How to establish and manage friendships</li> <li>4. How to improve study skills</li> <li>5. How to identify personal strengths and areas for development</li> <li>6. Personal safety strategies and travel safety, e.g. road, rail and water</li> <li>7. How to respond in an emergency situation</li> <li>8. Basic first aid</li> </ol>
Spring 2 Relationships	<b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries	<ol style="list-style-type: none"> <li>1. How to develop self-worth and self-efficacy</li> <li>2. Qualities and behaviours relating to different types of positive relationships</li> <li>3. How to recognise unhealthy relationships</li> <li>4. How to recognise and challenge media stereotypes</li> <li>5. How to evaluate expectations for romantic relationships</li> <li>6. Consent, and how to seek and assertively communicate consent</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 Ms Goodwin, Head of Year 7 – [Igoodwin@orchardparkhigh.net](mailto:Igoodwin@orchardparkhigh.net)

#### Character Clubs for the spring term

YEAR 7-10	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime (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>Working Lunch</b> – Year 10 IT2 SAL	<b>Eco Club (Wk A)</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>Drama Club (Wk A)</b> – Year 7/8/9/10 PAS SPA  <b>Scrabble Club</b> – Year 7/8/9/10 S5 OFA	<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>Chess Club</b> – Year 7/8/9/10 H1 WVA  <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
After school 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>Homework Club compulsory</b> – Year 7 IT2	<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>Rugby</b> – Year 7/8/9/10 (Invite only)	<b>Dance Company</b> – Year 7/8/9/10 (Invite only)  <b>Cheerleading</b> – Year 7/8/9/10 (Invite only)  <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

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](#).