



PERSONAL DEVELOPMENT

Summer Term 2026

Year 8

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 8, Ms C Ruby

Please contact: cruby@orchardparkhigh.net

The importance of PSHE in our students' personal development

At Orchard Park, PSHE (Personal, Social, Health, and Economic education) remains a vital cornerstone of our students' developmental journey. It is far more than just a brief supplement to the academic timetable; rather, it serves as the essential framework through which we empower our students to become well-rounded, empathetic, and forward-thinking individuals.

By equipping them with a toolkit of essential life skills, we ensure they are thoroughly prepared to navigate the complexities and nuances of modern life with both confidence and steadfast integrity.

PSHE provides the necessary tools for students to manage their personal wellbeing and make informed, ethical decisions.

Embedded throughout our broader curriculum, PSHE aligns with our core values of drive, collaboration, excellence, and integrity. This term, our PSHE curriculum focuses specifically on 'Living in the Wider World'. In these sessions, students will explore

their place within an interconnected global community, learning about the weight of social responsibility and the rich diversity of the world around them. We encourage them to think critically about their rights and responsibilities, helping them to grow into active, positive contributors to society who understand the value of democratic participation and the rule of law.

This specific focus helps students understand the tangible impact of their actions on others and the environment. By exploring themes of community, careers, and global citizenship, we challenge them to lead with empathy and mutual respect.

At Orchard Park, PSHE is not merely about passing exams. It is about preparing students for a future where they can excel with accountability and a strong, personal sense of purpose. We remain dedicated to empowering our young people to live by our shared values and to contribute meaningfully to the world they are set to inherit.

Mr D March, Assistant Headteacher

Key dates

**Assemblies for Year 8
- every Tuesday**

21st April

Year group assembly – Goal setting
Integrity

29th April

Year group assembly – Earth Day

5th May

House assembly –
Charity and House events
Collaboration

12th May

Year group assembly
Mental Health Awareness Week
British values: Mutual respect, Tolerance

19th May

Year group assembly – Awards
Excellence

2nd June

Year group assembly – Collaboration

9th June

Year group assembly – Value of friendship
Collaboration

16th June

House assembly
Charity and House events
Collaboration

23rd June

Year group assembly – Culture Week
Collaboration

30th June

Year group assembly
Collaboration

7th July

Democracy
British values: Democracy, Rule of Law
Collaboration

14th July

Year group assembly – Awards
Drive - what we have achieved this term
Excellence

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.



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Year 8 PSHE schedule for the summer term

Big ideas	Topic	Atoms
Summer 1 Living in the wider world	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work.	<ol style="list-style-type: none"> Equality of opportunity in life and work. How to challenge stereotypes and discrimination in relation to work and pay. Employment, self-employment and voluntary work. How to set aspirational goals for future careers and challenge expectations that limit choices.
Summer 2 Living in the wider world	Digital literacy Online safety, digital literacy, media reliability and gambling hooks.	<ol style="list-style-type: none"> Online communication. How to use social networking sites safely. How to recognise online grooming in different forms. How to respond and seek support in cases of online grooming. How to recognise biased or misleading information online. How to critically assess different media sources. Distinguishing between publicly and privately shared online content. Age restrictions and how to make responsible decisions How to protect financial security online Assessing and managing risks in relation to gambling.

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 C Ruby, Head of Year 8, at cruby@orchardparkhigh.net

Character Clubs for the summer 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/ (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](#).