



PERSONAL DEVELOPMENT

Summer 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 S West

Please contact: swest@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

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 April

Year group assembly – Goal setting
Integrity

29th April

Year group assembly – Earth Day

6th May

House assembly – Charity and House events
Collaboration

13th May

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

20th May

Year group assembly – Awards
Excellence

3rd June

Year group assembly – Collaboration

10th June

Year group assembly – Value of friendship
Collaboration

17th June

House assembly – Charity and House events
Collaboration

24th June

Year group assembly – Culture Week
Collaboration

1st July

Year group assembly
Collaboration

8th July

Democracy
British values: Democracy, Rule of Law
Collaboration

15th July

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



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Year 10 PSHE schedule for the summer term

| Big ideas | Topic | Atoms |
|---|--|--|
| Summer 1 Living in the wider world | Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices | <ol style="list-style-type: none"> How to effectively budget and evaluate savings options. How to prevent and manage debt, including understanding credit rating and pay day lending. How data is generated, collected and shared, and the influence of targeted advertising. How thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling. Strategies for managing influences related to gambling, including online. The relationship between gambling and debt. The law and illegal financial activities, including fraud and cyber crime. How to manage risk in relation to financial activities. |
| Summer 2 Living in the wider world | Work experience Preparation for and evaluation of work experience and readiness for work | <ol style="list-style-type: none"> How to evaluate strengths and interests in relation to career development. Opportunities in learning and work. Strategies for overcoming challenges or adversity. Responsibilities in the workplace. How to manage practical problems and health and safety. How to maintain a positive personal presence online. How to evaluate and build on the learning from work experience. |

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 S West, Head of Year 10, at swest@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](#).