

Personal Development @ Court Fields School

PD OVERVIEW

PD (personal development) is an exciting program which is completely unique to Court Fields School. The programme is taught through a number of themes detailed below and is a timetabled lesson delivered each **Wednesday** morning. The course is delivered by a specialist team of teaching staff. The themes remain the same throughout the 5 years, the content within the theme is varied and appropriate for each students' age group. This gives the students' a drip feed approach and ensures each child has that consistent development throughout their time at Court Fields School. Within PD our aim is to educate the whole child. For a copy of the leaflet [please click here](#).

PSHE

Personal Social Health and Economics as well as SMSC – Spiritual, Moral, Social and Cultural strands are also delivered throughout the PD course. (Scroll to the next section for further details).

THE PD THEMES

British Values

British Values covers The Law and Legal Issues, Parliament and Voting, as well as Citizenship skills. Students are also taught how to become a valued part of the community and how to be Respectful. The Prevent programme which raises awareness of Radicalisation and Extremism is also delivered through this module. [Click for Poster](#)

Preferred Futures

This has two elements, Careers and Finance. The Careers lessons teach children to prepare for later life. They do this by exploring the opportunities available to them whilst here at Court Fields and also beyond secondary school. We also prepare them for their own Working Life. The Finance element teaches children all things Monetary, from Basic Bank Accounts right through to deductions from Wages, Mortgages and Costs of running a home.

Keeping Safe

Many topics are covered within keeping safe from Basic Road safety awareness all the way through to Emergency First Aid. E-safety is covered extensively throughout the keeping safe modules. Decisions and consequences are themes evident in these modules.

Healthy Mind and Body

Healthy Mind and Body encompasses feelings and well-being. Topics range from healthy diet and exercise through to Meditation and Mindfulness techniques to help with exam stress. Choices and Life style are also covered extensively in these strands.

Collapsed Enrichment PD session

Once every rotation we have a whole school PD session which is based on current topics which are important to our young people and their development. For example October half term we had a mental health awareness day which was hugely successful. Year 11 for the next half term collapsed day will do a session on PPE revision and the importance of a high quality revision timetable.

PSHE (Personal Social Health and Economics) & SMSC (Spiritual Moral Social and Cultural) @ Court Fields School

OUTSTANDING DELIVERY OF PSHE - SRE (Sex Relationships education) SMSC (Spiritual Moral Social and Cultural)

At Court Fields we have changed our programme so that we can deliver an outstanding quality SMSC and PSHE program of education for every student. We have a small number of qualified staff who deliver this support. Michelle Murphy – Head PSHEE/SMSC/Careers, School Nurse alongside Mrs Thompson – Safeguarding Officer and Mrs Barrett – Careers Coordinator.

OTHER PSHEE/SMSC/CAREERS Events

In addition to the above support students receive other forms of advice and guidance. Please note these will be subject to change, there will also be additional events TBA, for further details please check the school calendar by visiting the School Home Page

Year 7 Road safety – External provider. Year 7 Careers Introduction – Mrs Barrett. Reproduction (SRE) via Science (PSHE) Benefits of physical exercise via PE. Healthy eating Food technology lessons.
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Year 8 Alcohol presentation and follow up – Outside speaker. Emergency first aid, arson, finance and careers.

Year 9 - Local main college's presentation carousel. Option talks. Options evening. Careers Interviews and guidance – by request. Staying safe online, finance and part time working.

Year 10 & Year 11 - Interview techniques/ CV's/application letters. Visit to Exeter for apprenticeships roadshow. Visit to the Cricket club – Careers fair. Other topics covered - drugs, alcohol, legal highs and gambling. Applications & interview assembly. CV's and application preparation. Visit to Plymouth University. Individual career interviews and career plans.
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OTHER RESOURCES

On the website you can find a wealth of helpful information to keep your young person safe. We have leaflets on (to access click on the topic name below)

- [PD leaflet overview.](#)
- [Children in a digital world](#)
- [FGM – Female Genital Mutilation](#)
- [Prevent](#) – this is information for anyone who has concerns about radicalisation. Click here for prevent help.

YEAR ASSEMBLIES AND TUTORIALS

All students receive assemblies on the following topics.

E-safety and cyberbullying

Students Rights and Responsibilities

Democracy
Muslim Hajj PB link
Languages and literacy
Diwali Hindu festival of light PB link (SMSC)
Looking after the elderly
Fireworks and Bonfire night history and staying safe
Assembly on Remembrance
Christmas assemblies.
Madagascar charity fundraising.
Ramadan
LGBT issues
Community values
Government & Politics
The Judicial System Legal issues
The Forces and other career opportunities
Changing face of the workplace and college applications

CONTACT US

For more details please refer to the leaflet, if you would like a copy it can be easily downloaded. For any specific PD queries please contact Court Fields School and leave a message for Miss Murphy.

For any Careers related enquiries please see the [Careers section](#) of the website which has a wealth of information. Or contact school and leave a message for Miss Barrett.