

What is Personal Development

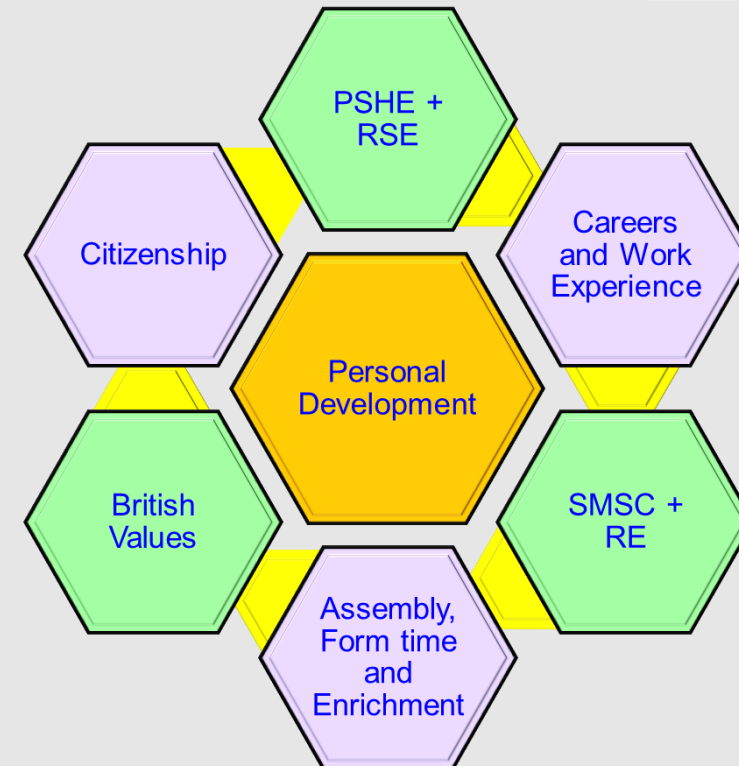
How can I grow and improve? Focusing on Personal Development



You may hear the term 'Personal Development' used in quite a few subjects.

Personal Development is an umbrella term for how we develop our personal qualities and attributes throughout school.

Remember – school isn't just about improving your academic ability; it is about you becoming a well rounded and responsible young adult. It supports your wellbeing; helps you understand the world around you and prepares you for life after Thornden.



What is Personal Development?

Personal Development covers three different topics:

- **Health and Wellbeing**
- **Living in the Wider World**
- **Relationships and Sex Education (RSE)**



These topics are separate but very closely linked together. We will be finding out in more detail exactly what will be covered in these three topics in a fun group task shortly.



What are expectations?



What Expectations do you have for your time at Thornden?	What does your tutor expect from you?	What can you expect from your tutor/teachers?



Who's Who at Thornden School?



- Who is your tutor? What do they do?
- Who is the Head of Year for Year 7? What do they do?
- Who is the Assistant Head of Year for Year 7? What do they do?



Can you think of any other members of staff who you may have met already or may help you at Thornden?

Getting help!

Who could you go to see if you needed help and support with your work?

Who could you go to see if you were upset or were having problems in or outside of school?



How can I grow and improve?

Personal Development



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Expectations for Year 7

- Think back to what you wanted to do in Year 7 (Moving On up booklets)
- What have you achieved so far?
- What do you want to achieve by the end of Year 7?

Year 7 Tutor Programme - Unit 1 'Settling In'
Worksheet 9

Expectations for Year 7:

Things I have already achieved at Thornden:

1. _____
2. _____
3. _____

By the Christmas I would like to:

1. _____
2. _____
3. _____

By the end of year 7 I would like to:

1. _____
2. _____
3. _____

Set at least 3 targets (more if you wish) to help you achieve these goals

1. _____
2. _____
3. _____



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How do you report something you are concerned about?

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know



How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

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Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



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Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>