



Welcome to: Living in the Wider World

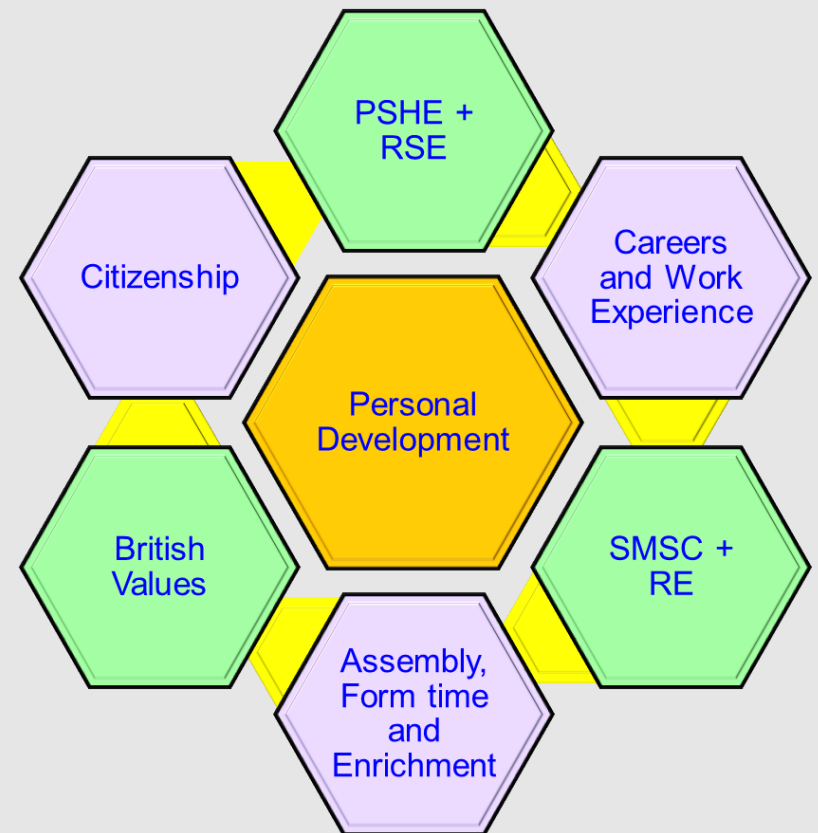
***Personal Development
Thornden School
Safeguarding Curriculum***

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.



Aims of PD at Thornden



To help you understand:

- how to be responsible, respectful and active citizens who are able to play their part and become actively involved in public life as adults
- fundamental British values (democracy, individual liberty, law, respect and tolerance)
- how to develop confidence, resilience and knowledge so that they can keep themselves mentally healthy
- how to keep physically healthy, eat healthily and maintain an active lifestyle
- the importance of healthy relationships through appropriate relationships and sex education

Why are we studying Living in the Wider World?



This half term, we are learning about how to become confident, respectful and responsible young people, both in and out of school. These lessons will help you:

1. Understand Yourself and Grow with Confidence

- You'll explore your *personal strengths*, qualities and interests.
- We'll discuss **self-esteem**—why it matters, how it affects your wellbeing, and how to build it up.

2. Learn the Importance of Respect and Equality

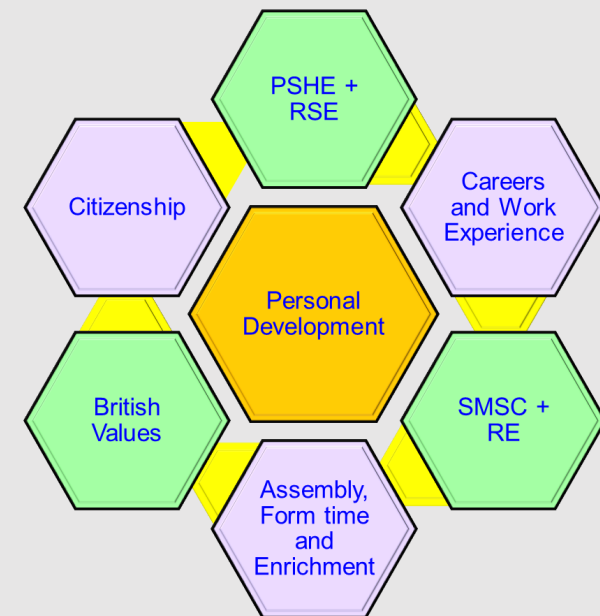
- You'll learn about **stereotyping, racism and discrimination**—why they happen, why they are harmful, and how to challenge them in a respectful and informed way.
- We will look closely at the **Protected Characteristics** in the Equality Act and understand why everyone deserves to be treated fairly, whatever their background.

3. Think Critically About the World Around You

- We'll explore the difference between *needs and wants*, and how to understand our priorities in life.
- You'll learn how **media and online content** can be misleading or biased, and how to spot fake news and harmful messages.
- We'll practise using **critical thinking** to make safer, more informed choices about what we see, hear and believe.

4. Prepare for the Future

- You'll learn how to **identify your skills and values** and see how these link to future jobs and opportunities.
- We'll introduce the basics of **budgeting and managing money**, helping you build good financial habits early on.





Why are attendance and punctuality so important?



Patrick is always running late. His friends and family are used to it and laugh it off. He's been late to school a few times too. Patrick usually does attend school though. Mostly.

Today, to his surprise, Patrick has been summoned to see his Head of Year.

'I don't think you realise the severity of your attendance and punctuality issues,' Patrick's Head of Year begins.

Discuss: Does Patrick's situation sound serious to you so far? Why / why not?



Patrick's attendance is 85%. Does this sound good or bad to you? Why?

I think Patrick's attendance sounds as though....

Why are attendance and punctuality so important?



Learning outcomes:

Describe how being on time and having high or full attendance at school helps our future career prospects.

Explain why being habitually late or not having high attendance at work or school can hurt our career and job prospects.



Attendance – the measurable action of going regularly to or being present at a place or event.

Punctuality – the measurable quality of being on time or not being on time.

Year 8 Spring 2 Knowledge Check – Living in the Wider World

Confidence Scale:

1 = Not confident at all | 5 = Very confident

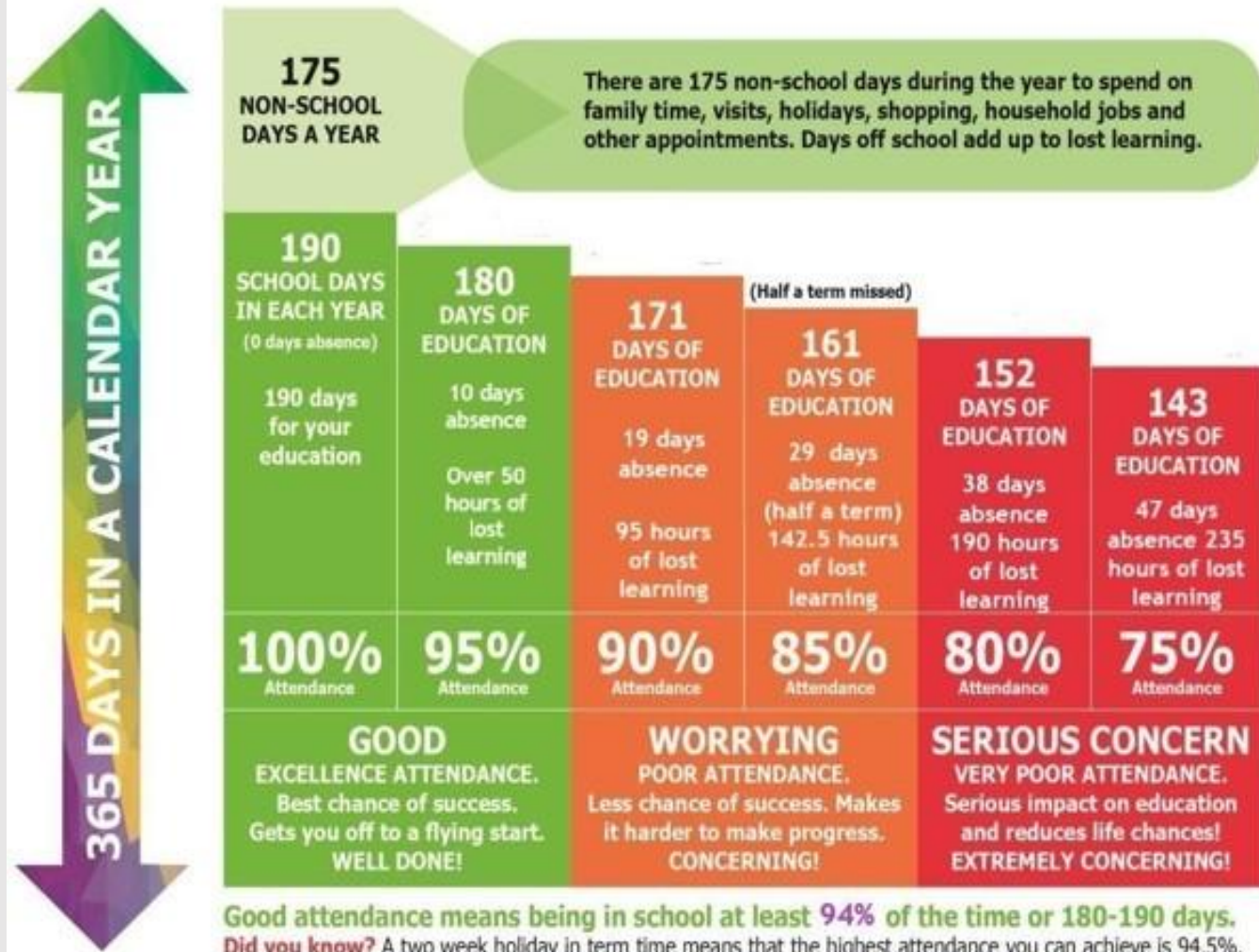
1. On a scale of 1 to 5, how confident do you feel that you can explain why good attendance and punctuality are important for success in school and the workplace?
2. On a scale of 1 to 5, how confident do you feel that you can describe how having ambition and setting goals can help shape your future?
3. On a scale of 1 to 5, how confident do you feel that you can identify and explain a range of employability skills that employers look for?
4. On a scale of 1 to 5, how confident do you feel that you can give examples of personal strengths and how they might match different careers or roles?
5. On a scale of 1 to 5, how confident do you feel that you can explain what an entrepreneur is and what qualities successful entrepreneurs tend to have?
6. On a scale of 1 to 5, how confident do you feel that you can describe how teamwork contributes to success in school, work, and wider life?
7. On a scale of 1 to 5, how confident do you feel that you can reflect on your own teamwork skills and set goals to improve them?
8. On a scale of 1 to 5, how confident do you feel that you can explain why it is important to save money and plan spending?
9. On a scale of 1 to 5, how confident do you feel that you can describe different savings methods and explain their benefits?
10. On a scale of 1 to 5, how confident do you feel that you can make informed money decisions by understanding the difference between short-term wants and long-term needs?



This is your Home Learning. It has been shared with you on Satchel. Please make sure it is completed by next week

EVERY SCHOOL DAY COUNTS

Don't miss out on the education you deserve.



So Patrick's attendance was 85%. This is a chart used by hundreds of UK schools as a marker for whether we should be concerned about our attendance.

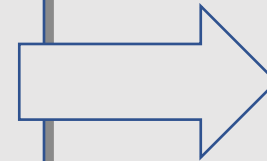
Patrick would be in the 'worrying' category. He's had 29 days of absence and is on a 'last chance' of making his time at school worthwhile and a success.

Why are attendance and punctuality so important?



There are times when we genuinely need a day off from school. There are also times when we know, hand on heart, we should have attended really. The same goes for punctuality – we all know there are times when we could have done more to be in on time.

How could these students have improved their attendance and punctuality? Complete the case study take in pairs. We'll go through the answers together shortly.



| Case study – is this a microaggression, use of offensive language, bullying or innocent action? | MA / OI / Bullying / Innocent | Explain why you have decided this is the case. What should the victim do and (if time) what would you do as a witness? |
|---|-------------------------------|--|
| <p>Craig (C) and his mates often go to the corner shop on the way home from school. Craig thought it would be funny one day to invite Mr Patel (the shop owner) to come when he goes to buy...</p> | | |
| <p>Alex from year 10 writes his own lyrics about his classmates (and usually makes them up) and at assemblies will recite around the corridors and from rooms, changing new lyrics about friends he sees – never insulting anyone, just having fun.</p> | | |
| <p>Clara is clinically obese. She is aware of this and wants to do something about it. After a long session at the gym, she walked out of the door and little old lady, who Clara doesn't know, patted her on the arm and said, 'good for you, Clara for you.'</p> | | |
| <p>A little old lady was passing by the gym. She saw an obese girl, sweating after a hard work out at the gym. 'Used to be like that.' Thought the lady. 'It's what I had to do to make a change.' She decided to congratulate her. She the girl scowled and looked almost angry.</p> | | |
| <p>A teacher uses a resource pack which mentions a Pakistani man entering a corner shop. A student who has been paying attention points out that this is a stereotype, and could be seen to be a microaggression.</p> | | |



| <p>Case study – should they really have been late, or taken a day off school? Read carefully and answer Y or N</p> | <p>Y/N</p> | <p>Explain what you think they could have done to ensure they weren't late or missed a day off school, or if you think it was unavoidable, explain why.</p> |
|--|-------------------|--|
| <p>Kiki always sets her alarm for 8am. It's always a rush in her house, with her parents and sister also at home and getting ready for work and college. There is only one bathroom in the house, and sometimes Kiki <u>has to</u> wait up to 20 minutes to use it in the morning.</p> <p>Today Kiki is 30 minutes late for school. She has told the teacher that she's sorry, but she had to wait to use the bathroom.</p> | | |
| <p>James was on time for school, his dad was driving him in. Then suddenly another car went into the back of them. James' leg really hurt after the accident and an ambulance came to the scene. 'We really need to take you in to hospital to get your leg X-rayed', the paramedic told James.</p> <p>His dad went with <u>him</u> and they phoned the school to say James wouldn't be in today as he was in hospital with a suspected broken leg.</p> | | |
| <p>Tammy loves playing an online game called Geometry Dash. She sets an alarm to get up early to play it before school and sometimes plays it late at night too.</p> <p>Today, Tammy's mom had to get to work early, so she said to Tammy's older brother, 'make sure Tammy gets to school on time.'</p> <p>Tammy's brother had a free day from college today and was in no rush, nor could he be bothered to take Tammy to school.</p> <p>'Just have the morning off to play more if you want', he told her. 'I'm going back to bed.' Tammy readily agreed.</p> | | |
| <p>George's grandad, who he was very close to, died unexpectedly. George was devastated and wanted to go his grandad's funeral to pay his respects. His parents gave the school a week's notice and explained the circumstances.</p> <p>George's attendance is normally excellent.</p> | | |
| <p>Sofia has a cold and a runny nose. She doesn't feel 100% but doesn't have a temperature. Her <u>mom's</u> at home anyway so suggests she stays at home, as it's cold outside and she doesn't want Sofia's cold to get worse. She rings up the school to tell them. Sofia's attendance is usually 90%.</p> | | |

Case study – should they really have been late, or taken a day off school? Read carefully and answer Y or N

Y/N

Explain what you think they could have done to ensure they weren't late or missed a day off school, or if you think it was unavoidable, explain why.

Kiki always sets her alarm for 8am. It's always a rush in her house, with her parents and sister also at home and getting ready for work and college. There is only one bathroom in the house, and sometimes Kiki has to wait up to 20 minutes to use it in the morning.
Today Kiki is 30 minutes late for school. She has told the teacher that she's sorry, but she had to wait to use the bathroom.

N

Kiki could do a number of things here to make sure she isn't late – the most obvious is to set her alarm earlier.
Kiki could also talk to her family about arranging time slots for when they use the bathroom. That would help her get into a routine where she would know she wouldn't be late again.

James was on time for school, his dad was driving him in. Then suddenly another car went into the back of them. James' leg really hurt after the accident and an ambulance came to the scene. 'We really need to take you in to hospital to get your leg X-rayed', the paramedic told James.
His dad went with him and they phoned the school to say James wouldn't be in today as he was in hospital with a suspected broken leg.

Y

James must have been in a lot of pain for the paramedics to suspect his leg might be broken. Being in hospital is a reasonable excuse for not being in school. It's possible you will have to prove this with a doctor's note however, and you must always ring the school (or get a parent or guardian to) as soon as you know you will not be attending or will be late that day.
The school will be obliged to ensure James can still attend lessons comfortably if he has to come in with his leg in a cast.

Tammy loves playing an online game called Geometry Dash. She sets an alarm to get up early to play it before school and sometimes plays it late at night too.
Today, Tammy's mom had to get to work early, so she said to Tammy's older brother, 'make sure Tammy gets to school on time.'
Tammy's brother had a free day from college today and was in no rush, nor could he be bothered to take Tammy to school.
'Just have the morning off to play more if you want', he told her. 'I'm going back to bed.' Tammy readily agreed.

N

There are three people at fault here – Tammy's mom (for trusting her oldest son to take her to school when she must know he's a bit lazy), Tammy's brother – for not doing as he was told, and finally Tammy for accepting her brother's word that she could have the morning off school.
Tammy knows attendance is important as all schools tell students this, and she shouldn't have accepted her brother's offer to stay at home and play Geometry Dash.
If circumstances like this keep happening, Tammy's family could even end up with a monetary fine.

George's grandad, who he was very close to, died unexpectedly. George was devastated and wanted to go his grandad's funeral to pay his respects. His parents gave the school a week's notice and explained the circumstances.
George's attendance is normally excellent.

Y

It is perfectly reasonable to have the day off for the funeral of a close relative.

Sofia has a cold and a runny nose. She doesn't feel 100% but doesn't have a temperature. Her mom's at home anyway so suggests she stays at home, as it's cold outside and she doesn't want Sofia's cold to get worse. She rings up the school to tell them. Sofia's attendance is usually 90%.

N

You can go into school with a cold. Just ensure you wash your hands regularly and cover your mouth if you sneeze and cough. Your parents/guardians may also give you medicine to help you feel better. The weather is not a good excuse to miss school and Sofia's attendance is borderline. She should have attended school.

Let's go through our ideas together now. Don't forget to add in any new information you may have missed at the time.



Why is it important to be ambitious?

It's one of the most desired traits in a human being

We have a psychological need to be positive about our aims in life and self-image.

Everything we plan to do, big or small is an ambition.

It means have to grow our skillsets, patience and knowledge, which is beneficial to all humans.

How can we become more ambitious?

Don't fear taking risks and face challenges head on. Don't be afraid of failure but see it as a learning experience.

Explore new ways of thinking, don't pick up negative opinions from those around you. Try to keep positive thoughts to move forward.

Visualise your goal and remember mind over matter.

Have confidence in yourself and invest your time wisely – you need to put in time and effort to reach any goal.

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.

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/>