



Personal Development - Year 7 Parent/Carer Information Evening, April 2024

Dear Parent/Carer,

This is a reminder of the details shared with you at the Information Evening for your child's year group at the start of this academic year.

Each week, your child participates in PSE, Citizenship, and Relationships, Sexual and Health Education (RSHE) lessons as part of their timetable. Collectively, these curriculum areas are known as "Personal Development" (PD) and are a crucial element of our students' holistic development as they aspire to be the best versions of themselves, believe in their intrinsic value as beloved children of God, and achieve the happy and healthy personal lives they deserve after leaving school.

This overview informs you of the subjects your child covers in Personal Development lessons over the school year as a Year 7 student, reminders of which come to you every month in *St Antony's Stories*.

Autumn Term

- Who am I?
- Changing bodies
- Puberty
- Menstrual wellbeing
- (un)healthy relationships
- What makes me British?
- Elections
- Appearance pressures
- Media influence on appearance ideals
- Unhealthy comparisons
- Healthy inside and out

- Equal opportunities – health related

Spring Term

- Family relationships
- Diverse families
- Family changes
- Family and friends
- Loss and Bereavement
- Foetus rights
- Be internet citizens
- Rules, Laws and the role of the Police

Summer Term

- Pets, wild animals: working and farm animals; & underwater animals
- Animal rescuers
- Living responsibly
- Why is registering to vote so important?
- Immunisations & health
- Skin, teeth, ears and eyes
- Diet and exercise
- Maintaining health
- Tattoos and piercings
- Should all treatment be available via the NHS?

If you have any questions in the meantime, please email me directly at c.betton@st-antonys.com as Head of Department for Personal Development.

Kindest regards and very best wishes,

Mr C Betton

Curriculum Lead: Personal Development

Note: Careers content is also added in each half term to PD lessons – this is determined by Ms Williams as Careers Lead, should you need any information about that aspect of school life.

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