



Taverham High School

Inspire Empower Achieve

Personal Development. Character and Culture Newsletter

Upcoming dates

**30 October 2023 –
10 November 2023**
Year 11 Mock Exams

10 November 2023
Act of Remembrance

30 November 2023
THS Awards Evening

5 December 2023
Diana Ambassador Training

Our focus last half term:

This half term, students across Key Stage 3 and 4 were exploring their future pathways. This marks a critical point in their educational journey as we delve into various opportunities and possibilities that await them.

Our dedicated department were fully committed to guiding and supporting the children throughout this process, ensuring that they are well-prepared to make informed decisions regarding their future educational and career endeavours. It was an exciting time for our students, finding jobs and qualifications that align with their passions, interests and aspirations. We extend our gratitude for your support and involvement in your child's / ward's educational journey.

In the Sixth Form Character and Culture program, students were placing their focus on mental health, equipping them with the necessary tools to navigate the changes and challenges they will encounter during their time in school and as they make important decisions about their future university and career paths.

Miss S Adams
Head of Personal Development



Year 7 – Attributes for Success

In Year 7, our students were focusing on developing key attributes associated with PIXL Edge. PIXL Edge is a program that helps students cultivate important skills for success in both their academic and personal lives. We were specifically concentrating on building skills in leadership, organisation, resilience, initiative and communication. These qualities would not only aid them in their school journey but also prepare them for future challenges and opportunities. We enjoyed seeing our Year 7 students grow and thrive as they developed these valuable life skills.



Year 8 – Your Future

In Year 8, our students delved into essential topics related to careers and their future prospects. They learned about the various career paths available to them and how to set goals for their future. Additionally, we focused on the theme "from failure to success," teaching them the invaluable lesson that setbacks and mistakes could be stepping stones to achieving their goals. Furthermore, our Year 8 students also gained insights into employment and financial management, acquired practical skills for managing money, and understood the world of work.



Year 9 – Finding Your Path

In Year 9, students explored their options for GCSE subjects and future careers while acquiring essential employability skills to apply and prepare for work. They also learned about practical aspects like pay slips, taxation and fostering financial literacy. Moreover, they had the valuable opportunity to engage with sixth formers, gaining insights into their experiences and the benefits of further education. These experiences in Year 9 aimed to empower students with the knowledge and skills needed to make informed choices and confidently shape their future paths.



Year 10 – Workplace Etiquette and Finance

In Year 10, our students focused on crucial topics related to workplace readiness. They gained an understanding of their "Rights and Responsibilities in the Workplace," and learned about their entitlements and obligations as employees. Additionally, they explored their own "Personal Branding," which included how to present themselves professionally and positively in the job market. Moreover, they explored the intricacies of employment contracts, ensuring they had the knowledge to navigate these agreements confidently. These lessons were designed to empower students with the skills necessary for the professional world and help them make informed career decisions.



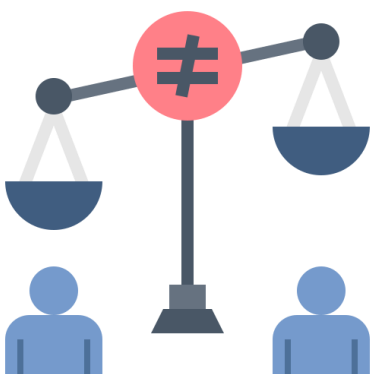
Year 11 - Exploring Post-16 Options

In Year 11, our students are actively exploring their Post-16 Pathways, which involve making important decisions about their educational and career journeys after secondary school and applying for Post-16 education. They are gaining valuable skills such as writing a CV, a crucial tool for showcasing their qualifications and experiences to potential educational institutions and employers. Moreover, they are preparing and practicing for interviews and learning how to present themselves confidently and effectively. This year is all about equipping our students with the tools they need to make informed choices and confidently step into the next phase of their lives.



Year 12 – Mental Health

In Year 12, students prioritised their well-being with a comprehensive approach. They explored mindfulness and yoga for mental and physical health and enjoyed Wellbeing Walks in nature to reduce stress. They also fostered empathy and a sense of purpose by exploring how they could help others while protecting their own mental well-being and learned the importance of healthy eating. This half term encouraged them to embrace new experiences, broadening their horizons for a well-rounded well-being that would benefit them academically and in life beyond school.



Year 13 – Mental Health

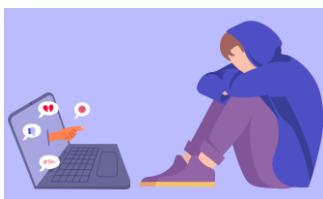
In Year 13, students addressed important issues such as mental health, racism, bereavement, health-related inequality and the consequences of driving under the influence. They engaged in open discussions during our coffee morning sessions, learning how to communicate effectively when they moved on to university or the workplace, fostered empathy, and preparing themselves for responsible decision-making and making positive contributions to society.

Coming Up This Half Term...



Year 7 – Developing Ourselves

1. Using the Edge to track my Personal Development
2. Social Media: Safe and Private
3. Cyberbullying
4. Relationships online
5. Screen time
6. Library visit lesson (One-off)



Year 8 – Respecting Each Other

1. Bullying or Banter
2. Sexism and Sexual Harassment
3. Child-on-Child abuse



Year 9 – Mental Health

1. What is the key to confidence?
2. Depression
3. How can I manage stress?
4. Managing social anxiety
5. Eating disorders
6. Mindfulness and meditation



Year 10 – Drug Use

1. Legal vs illegal drugs
2. Supply and possession of drugs
3. Blood, organ and stem cell donation



Year 11 – Post-16 Options

1. Applying for Post-16 courses
2. Interviews



Year 12 – Change Makers in the Local Community

1. Issues in Taverham, becoming active citizens and choosing a topic
2. Researching the issue
3. Community opinions
4. Methods of action
5. Planning action



Year 13 – Awareness and Fundraising

1. Awareness and Fundraising / Movember
2. Research and prepare campaign
3. Mid unit check in
4. Research and prepare campaign
5. Launch school awareness campaign

Further support for each topic listed is available at:

Childline: 0800 1111 www.childline.org.uk - To find support and advice for young people about a range of issues

Mental Health

Samaritans: A 24/7 helpline that offers emotional support to those in distress. Phone: 116 123.

www.samaritans.org

Mind: Provides information, support, and advice. www.mind.org.uk/about-us/contact-us

Young Minds: Provides support for young individuals and their parent/carers. www.youngminds.org.uk

The Mix: Offers support to young people under 25 on a range of issues. www.themix.org.uk

Shout: A crisis text line service available 24/7 for anyone in the UK. www.giveusashout.org

Papyrus: Prevention of young suicide for young people and their families. www.papyrus-uk.org

Internet Safety

Internet Matters: Offers guidance and tools for parent/carers and guardians. www.internetmatters.org

CEOP Report Website: Law enforcement agency protecting from online abuse www.ceop.police.uk

Fearless (Crime Stoppers): For advice and a way to anonymously report crime www.fearless.org

Think You Know: Promotes online safety and digital literacy. www.thinkuknow.co.uk

Bullying

Anti-Bullying Alliance: Guidance to help prevent bullying www.anti-bullyingalliance.org.uk

Bullying UK: Advice and support for those affected by bullying. www.bullying.co.uk

NSPCC: Information and resources on bullying. www.nspcc.org.uk

The Diana Award: Training in schools to help prevent and address bullying. www.diana-award.org.uk

Substance Abuse

NHS Substance Misuse Services: Provides counseling, treatment and support for individuals dealing with drug addiction and related issues. www.nhs.uk

Frank: Offers information, advice and resources about drugs. www.talktofrank.com

We Are With You: Offer support for individuals and families www.wearewithyou.org.uk

Release: Supports individuals and families affected by drug related issues www.release.org.uk

Careers

HelpYouChoose: Guidance on education and career options, as well as the Norfolk portal to write and send applications to different further education providers. www.helpyouchoose.org

National Careers Service: Information, advice, and guidance on careers, education, and training. www.nationalcareers.service.gov.uk

Prospects: Careers advice and job search resource. Includes a 'Buzz Quiz' to find what career suits your interests and skills. www.prospects.ac.uk

Issue: #1 Term: Autumn Date: 1 November 2023