



Personal Development Curriculum

Information for Parents and Carers

Our Curriculum

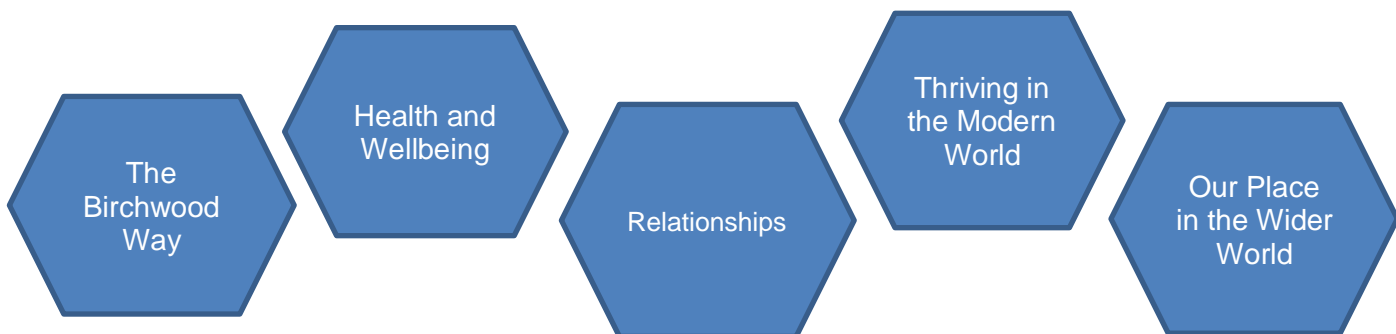
We believe in our responsibility to educate students beyond their academic studies. Our personal development curriculum is carefully designed to instill our core values of Aspiration, Knowledge and Kindness, and ensure our students understand the wider world and their place within it and enrich their wider experience so that they are well placed to thrive in modern society.

Personal Development at Birchwood Community High School incorporates the following:

Social, Moral, Spiritual and Cultural Education (SMSC)
Ethics, Philosophy and Religion (EPR)
Relationships, Sex and Health Education (RSHE)
Personal, Social, Health and Economic Education (PSHE)
Careers Education, Information, Advice and Guidance (CEIAG)
Character Education
Citizenship and British Values
E- Safety
Extra-Curricular Activities and Wider Enrichment Opportunities

The Curriculum Content

The Birchwood Community High School Personal Development Curriculum is comprised of a range of key themes. It provides equity and equality of opportunity for all.



The Birchwood Way

Learning Area	What do we want students to know and be able to do?
Joining our school - transition and induction	Students will understand the way the school day runs and be confident in managing and organising themselves independently. They will know how to use key IT systems and know who key staff are (such as tutors, pastoral leaders, SEND key workers and senior staff). Students will also become familiar with ways of learning and the expectations placed on them through our lesson principles and behaviour expectations, The Birchwood Way.
Our Character and Values - A Commitment to Excellence	Students will understand the school values and be able to explain their importance to their everyday success. They will understand how they can demonstrate the values and how this is beneficial to them and the whole school community.
Respect and self-regulation	Students will be able to explain how they can show respect and why it is important, as well as understand the importance of self-respect.
Goals and Aspirations	Students will be able to reflect on and express their aspirations and dreams for the future. They will understand practical methods of goal setting and how to overcome challenges through a resilient approach. Students will understand the skills and habits of successful learners, so that they can develop and apply them themselves.
Learning how to learn - Metacognitive strategies	Students will understand the process of learning and the underlying neuroscience that underpins it. Students will be able to describe parts of the brain that influence their behaviour and how they can empower themselves to learn through the use of effective metacognitive strategies. They will be introduced to practical strategies for achieving independence in their learning, with emphasis on retrieval and revision techniques that are reinforced across the curriculum.
Critical Thinking	Students will be able to question information, identify the most valid arguments and formulate informed opinions on matters. They will know how to look at situations from different perspectives and understand how other people may have reached decisions or conclusions. Students will be able to explain the process of thinking critically and can identify how they can apply it in their learning to help them succeed across the curriculum.



Health & Wellbeing

Learning Area	What do we want students to know and be able to do?
Health and hygiene and prevention	Students will know about personal hygiene, germs including bacteria, viruses, and how they are spread, treatment and prevention of infection, and about antibiotics; about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist. They will understand the benefits of regular self-examination and screening (Key Stage 4); the facts and science relating to immunisation and vaccination; the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.
Understanding the body	Students will know the role of muscles and muscle groups so that they are able to understand their role in keeping fit and healthy. They will understand how their bodies will change over time including key facts about puberty, the changing adolescent body and menstrual wellbeing. They will recognise the main changes which take place in males and females, and the implications for emotional and physical health.
Physical health and fitness	Students will know the associations between physical health and mental wellbeing, the characteristics of a healthy lifestyle including regular exercise, maintaining a healthy weight, cancer and cardio-vascular health, the risks of inactivity and strategies for getting help. They will appreciate the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress. They will know about the science relating to blood, organ and stem cell donation and the moral imperatives associated with them.
Healthy eating	Students will know the constituent parts of a healthy diet including calories and nutrition, the principles of planning and preparing healthy meals, strategies to maintain healthy eating and the links between a poor diet and health risks.
Emotional wellbeing	Students will know the range of emotions and how to recognise and communicate about emotions sensitively using appropriate vocabulary. They will know about the nature and importance of self-esteem and links between exercise and mental wellbeing. They will know strategies for self-care and ways of receiving support and supporting others



Health & Wellbeing (continued)

Learning Area	What do we want students to know and be able to do?
Mental health	Students will know that happiness is linked to being connected to others; how to recognise the early signs of mental wellbeing concerns; common types of mental ill health (e.g. anxiety and depression); how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health; the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.
Drugs, alcohol and tobacco	Students should know the facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions; the law relating to the supply and possession of illegal substances; the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.
Addiction	Students will understand the physical and psychological consequences of addiction, including alcohol dependency; have awareness of the dangers of drugs which are prescribed but still present serious health risks; know the facts about the harms from smoking tobacco (particularly the link to lung cancer); recognise the methods for and benefits of quitting and how to access support to do so. They will also learn about other addictions such as gambling.
Basic first aid	Students will know what First Aid is, basic first aid strategies including the recovery position. They will know other common first aid treatments including epi-pens, CPR, defibrillators, and how to relieve choking. They will be able to deal with common injuries and know how to call the emergency services.
Personal safety	Students will have knowledge and strategies around road safety, crime, confrontation, safe usage of mobile phones and the link between phone usage and increased risks in a variety of areas. Students will have an understanding of the law around offensive weapons and violence including assault, battery, possession of an offensive weapon and knife crime. They will know strategies for managing pressure to carry a weapon.



Relationships

Learning Area	What do we want students to know and be able to do?
Intimate and sexual relationships	<p>Students will learn how the use of alcohol and drugs can lead to risky sexual behaviour and know how to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment. They will know how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship. They will learn that all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g., physical, emotional, mental, sexual and reproductive health and wellbeing, and understand that there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.</p> <p>Students will know that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help) and that they have a choice to delay sex or to enjoy intimacy without sex. Students will understand the facts about reproductive health, including fertility and the potential impact of lifestyle on fertility for men and women, and be aware of the facts about the full range of contraceptive choices, efficacy, and options available. They will also learn the facts around pregnancy including miscarriage.</p>
Sexually Transmitted Infections	<p>Students will understand the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment. They will learn how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted.</p>
Contraception	<p>Students will know about the risks of unprotected sex and how they can be reduced through safer sex (including through condom use). They will be aware of the facts about the full range of contraceptive choices, efficacy and options available. They will learn facts around pregnancy including miscarriage and the support available for new parents and families.</p>
Being safe	<p>Students will understand the concepts of, and laws relating to; sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships. They will know how people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online).</p>

Relationships (continued)

Learning Area	What do we want students to know and be able to do?
<p>Healthy and respectful relationships</p>	<p>Students will recognise the characteristics of positive and healthy friendships (in all contexts, including online) including trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship. They will know practical steps they can take in a range of different contexts to improve or support respectful relationships.</p> <p>Students will see how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g., how they might normalise non-consensual behaviour or encourage prejudice). They will understand that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.</p> <p>They will learn about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help. Students will understand that some types of behaviour within relationships are criminal, including violent behaviour and coercive control and will know what constitutes sexual harassment and sexual violence and why these are always unacceptable. They will be able to describe the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal.</p>
<p>Online and media</p>	<p>Students should know their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online. They will learn about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online. Students will know that they should not provide material to others that they would not want shared further and not to share personal material which is sent to them, and what to do and where to get support to report material or manage issues online. They will understand the impact of viewing harmful content, that specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours and can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners. They will understand that sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail; how information and data is generated, collected, shared and used online.</p>

Our Place in the Wider World

Learning Area	What do we want students to know and be able to do?
Identity: What makes us who we are?	Students will understand the nature of identity and its importance, including the different sources of identity and the way in which identity is made up of a composite of different identities.
Culture and Diversity	Students will know about the diverse national, regional, religious and ethnic identities in Warrington and local areas, as well as the rest of the UK. They will understand the need for mutual respect and understanding regardless of differences and the importance of accepting and celebrating differences. Students will learn about the potential tensions between rights, law and cultural and religious expectations and practices. They will also understand the relationship between language and culture and the benefits and challenges of speaking different languages. They will also learn about Neurodiversity and the difference between what is considered neurodiverse and neurotypical.
Liberty: Rights and Responsibilities	Students will be encouraged to accept responsibility for their behaviour, show initiative, and to understand how they can contribute positively to the lives of those living and working in the locality of the school and to society more widely. They will have an understanding that the freedom to choose and hold other faiths and beliefs is protected in law and an acceptance that other people having different faiths or beliefs to oneself (or having none) should be accepted and tolerated, and should not be the cause of prejudicial or discriminatory behaviour
Discrimination and Prejudice	Students will know the various forms that discrimination and prejudice can take and the actions that can be taken to tackle this. They will consider the concept of inherent privilege (e.g., white, male, able bodied) and gain an understanding of the importance of identifying and combatting discrimination.
Making moral judgements	Students will know how our morals help us to understand right and wrong. They will develop their skills of empathy to allow understanding of different perspectives. These skills will help our students deal with peer pressure and negative influences.
Activism and movements for change	Students will know that they can facilitate change through activism. They will know of a range of movements for change, these groups' motives and their activities. This will allow pupils to develop their own ideas about change that they would like to become part of. This will also include studying activists through our Y9 form time figures.
The Climate Crisis	Students will know the causes and effects of climate change at different scales. They will know how they can influence climate change at a personal scale, as well as know how climate change is being tackled at a national and global level.
British Values	Students will acquire a broad general knowledge of and respect for public institutions and services in England. They will know key British values and consider the concept of patriotism.

Our Place in the Wider World

Learning Area	What do we want students to know and be able to do?
Democracy and Governance	Students will understand Parliamentary democracy and the key elements of the constitution of the United Kingdom, including the power of government, the role of citizens and Parliament in holding those in power to account. They will be able to explain the different roles of the executive, legislature and judiciary and discuss the importance of a free press. They will understand the nature of local, regional and international governance and the United Kingdom's relations with the rest of Europe, the Commonwealth, the United Nations and the wider world.
Parliament and Parties	Students will understand that political views are diverse; they will understand the key similarities and differences between the main UK political parties and recognise their position on the political spectrum; they will be able to reflect on how their developing views may be shaped and how they align with key political parties.
The UK constitution	Students will understand the role of the executive, the legislature and the head of state; know that the UK parliament is sovereign and be able to explain the key principles and purpose of the UK constitution.
Electoral systems	Students will know about different electoral systems used in and beyond the United Kingdom and actions citizens can take in democratic and electoral processes to influence decisions locally, nationally and beyond. They will be able to recognise and discuss other systems and forms of government, both democratic and non-democratic, beyond the United Kingdom.
The UK Justice System	Students will gain an understanding that there is a separation of power between the executive and the judiciary, and that while some public bodies such as the police and the army can be held to account through Parliament, others such as the courts maintain independence.
Britain and the World	Students will explore how Britain has shaped the world throughout modern history; they will be able to describe the positive and negative legacy and impact of the British Empire and Commonwealth. Students will know about how Britain has contributed to science and technology and be aware of the work and deeds of significant British individuals, both past and present.
Inequality	Students will understand the scale of inequality on a local, national and international basis. They will learn about the causes of inequality of wealth and income and the consequences of such inequality on individuals and societies. Students will recognise the divide between the rich and poor and be able to express their views using appropriate vocabulary. They will be able to discuss the moral issues arising from inequality and explain how governments, social enterprises and charitable organisations try to address inequality. Students will understand how the tax and welfare system in the UK is used to reduce inequality. Students will also understand the concept of social mobility, its importance in society and how it affects them.
Contributing to society	Students will learn the roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities. Students explore the different ways in which a citizen can contribute to the improvement of their community, including the ways they can participate actively in community volunteering, as well as other forms of responsible activity.

Our Place in the Wider World: Religion & World Views

Learning Area	What do we want students to know and be able to do?
Spirituality and Belief	Students will know that human life is not merely material, be open to the opportunity of transcendent or spiritual life, looking at their own lives and those of others. Students will approach sensitively and respectfully the beliefs, actions and feelings of all people.
Religious communities: Where do we belong?	Students will understand the rights and responsibilities of belonging. Students will know why community life is important, especially in religion. Students will know what they can learn from religious communities.
Religion and guidance: how to live our lives	Students will know if words have power. Students will learn how to discover what is true and identify a myth, as well as learning that reading can make us wiser. They will learn why religious stories have lasted the test of time. Students will discuss if words can ever describe God and understand what they can do when words are not enough. Students will consider if laws today should still be influenced by religious writings and consider the ideas around the creationist debate.
Seeking truth and meaning	Students will develop insight and their own interpretations of questions of meaning, purpose, truth, values and commitment. Students will devise enquiries and examine answers to questions about God, the meaning and purpose of life found in different religions and world views.
Religious knowledge	Students will know about people from different religious, cultural and philosophical groups. Students will know about places of major religious significance and question important issues in religion and philosophy, and ethical issues.
Traditions and beliefs in the main religions	Students will consider how beliefs and values address ultimate questions, and the ways in which believers from different faiths may view each other and learn from each other. They will be able to describe traditions and festivals associated with a range of faiths including Yom Kippur, Diwali, Eid, Easter and Vaisakhi.
Sacred texts	Students will know how religious beliefs and ideas are transmitted by sacred texts and revered literature. They will know facts when considering issues of truth in religion and philosophy, referring to sacred texts. Students will know how religious beliefs and teachings and sacred texts inform answers to ultimate questions and ethical issues. Students will know a range of religious sources, texts and authorities and the relationship between beliefs, teachings and ultimate questions in sacred and revered literature.
Religious perspectives	Students will be able to discuss the similarities and differences between faiths in relation to important ethical and moral issues such as war, crime and punishment, relationships and families, abortion, euthanasia and animal experimentation.

Thriving in the Modern World

Learning Area	What do we want Students to know and be able to do?
Online safety	Students will understand that for most people the internet is an integral part of life and has many benefits but will understand the benefits of rationing time spent online. They will be able to explain the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. Students will understand the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. They will understand how and why social media, some computer games and online gaming are age restricted. They will also be able to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.
Digital literacy	Students will understand that search engines are based on algorithm and learn to use advanced search techniques to improve the effectiveness of internet research. They will know how to use digital communication including video conferencing and cloud storage services productively.
Living with social media	Students will understand the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online. They will learn the risks of over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online. Students will understand that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. They will know where and how to report concerns and get support with issues online.
Managing personal data and privacy	Students will learn practical strategies for managing their personal data, including effective password protocols and the ways that they can prevent their information from being shared without their permission.
Media consumption	Students will know the nature of modern media including broadcast and print. They will know the different kinds of journalism including broadsheet and tabloid and how to recognise fake news and propaganda. They will know the impacts of media on personal and social wellbeing as well as media portrayals of young people and minorities.
Careers pathways	Students will know that there are many different types of work and occupation and understand the various routes from education to employment. They will recognise that people can have numerous occupations throughout their career and how life-long learning is a key feature of the 21st Century. They will be able to discuss their career aspirations and have the opportunity to explore careers.
Educational pathways	Students will know the different pathways through education including the range of qualifications at Key Stage 4 and 5, post-16 and post-18 destinations, different kinds of courses, qualifications, costs, and opportunities for further and lifelong study. Students will learn about the need to challenge stereotypes about career pathways, and to maintain high aspirations for their future and embrace new opportunities

Thriving in the Modern World (continued)

Learning Area	What do we want students to know and be able to do?
The labour market	Students will explore the opportunities available to them in their local area and the wider UK. Students will learn about the way industry and employment in Warrington, the North-West and the UK have changed over time. They will understand that different occupations generate different relative earnings and be able to describe the correlation between qualification levels and average earnings.
The nature of work in the 21st Century	Students will know the differences between employment and self-employment, examples of self-employed jobs, the features of enterprise and related skills, business plans and investment. Students will consider the nature of contracts, employment rights, salaries, taxation, benefits, and how to access support. Students will examine how technology has changed the nature of work and its likely impact on them in the future. Students will learn how the law protects them and others when at work.
Applications and employability	Students will know the components of successful course and job applications including interviews, the value of networking including the use of professional platforms. They will understand the importance of their social media footprint, be aware of online job sites and recognise the benefits of volunteering and gaining experience of the workplace.
Experience of the workplace	Students will know how to access work experience and contact employers while still in education and training. They will take part in work experience (Y10) and have contact with employers so that they understand their needs and requirements.
Challenges in the workplace	Students will learn the ways in which discrimination can occur in the workplace and its effect on individuals and society. They will recognise occupational segregation and be able to discuss the gender pay gap. Students will know about the concept of unconscious bias and how it can effect them and others in the workplace.
Professional bodies and Trades Unions	Students will learn about the role Trade Unions play in the UK and how this has changed over time. Students will explore the wider activities of the largest unions and examine examples of their work. They will evaluate the benefits of membership.
Health and Safety in the workplace	Students will know about the importance of safety in the workplace and be able to explain how they can keep themselves and others safe. They will understand the legal responsibilities of employers in ensuring the health and safety of employees.
Financial literacy	Students will know the functions and uses of money, the importance and practice of budgeting, and managing risk. They will know about income and expenditure, credit and debt, insurance, savings and pensions, financial products and services.
Economic literacy	Students will be able to understand key economic vocabulary and recognise the importance and impact of fundamental macroeconomic issues on their lives and the lives of others, including changes in inflation, interest rates and exchange rates.

Curriculum Principles

Our Personal Development Curriculum has been designed to be:

Dynamic
and
Responsive

The curriculum will continually evolve on the basis of changing needs, issues and evaluation.

Context-
driven

The curriculum is designed with the needs and circumstances of Birchwood Community High School students in mind. It reflects our local context and the experiences of the community.

Impactful
and
Meaningful

The curriculum is intended to have a powerful and lasting effect on students' knowledge, skills and understanding.

Collaborative

Staff, students and parents each contribute to the design, implementation and evaluation of our PD curriculum. There is an emphasis on cross curricular learning to reinforce key themes and messages and provide students with a wider source of contextual knowledge.

Research-
led

The curriculum is based on statutory guidance and best practice drawn from other schools and organisations and draws on key elements of effective curriculum design.

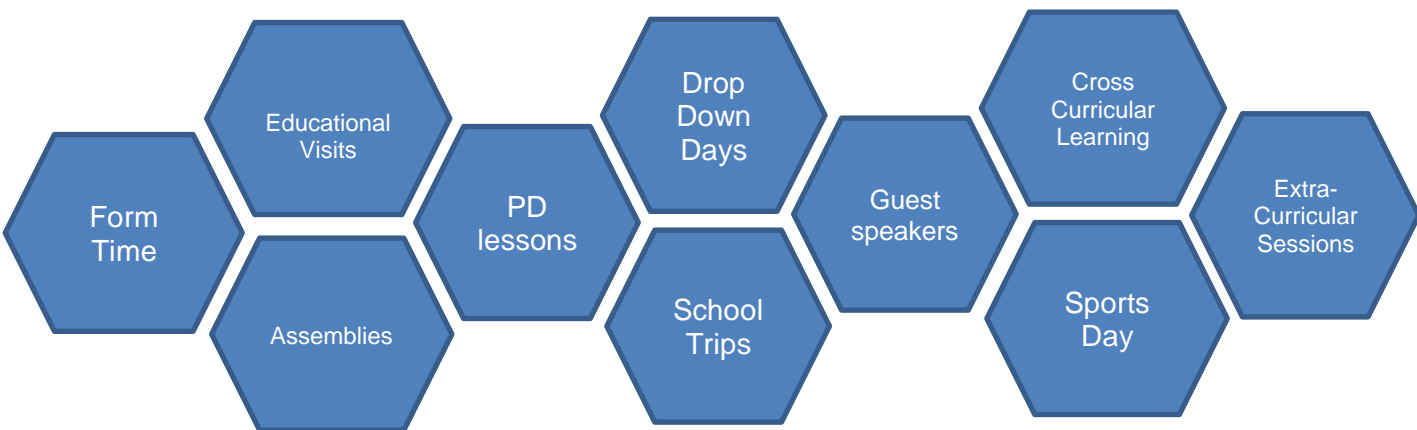
High Quality

We are committed to excellent teaching and learning with a clear quality assurance process in place to evaluate and improve the implementation and impact of our curriculum.

Delivering our Curriculum

Alongside a daily programme of activities which take place in forms after lunch (which includes weekly assemblies), our students have fortnightly Personal Development lessons and a bi-annual drop-down day. Students also have access to daily enrichment activities during lunch and a wide extra-curricular offer after school.

Most importantly, personal development opportunities are encountered every day, with key lessons woven into our academic curriculum so that it can be explored more deeply and to enable students to interconnect their learning.



Daily Form Time Activity

Form time with tutors, from 8.40am to 8.50am each day, focusses on ensuring students are ready to learn. It is a pastoral check in with a register and ready to learn approach, checking equipment and uniform. The second session of the day with form tutors happens after lunch and provides significant opportunities to support the personal development of students. A daily programme of activities enables key elements of the curriculum to be addressed and enables positive relationships to be developed and strengthened.

Each week there is an assembly, a PSHE session, a behaviour for learning session focused on the “Birchwood Way” and two reading sessions. Carefully planned activities reinforce key knowledge and are often recorded as a video so that students have access to the same diet and delivery.

Form time activities are quality assured by leaders to ensure consistency and impact.

	Year 7	Year 8	Year 9	Year 10	Year 11
Monday	Assembly	The Birchwood Way Behaviour	The Birchwood Way Behaviour	The Birchwood Way Behaviour	The Birchwood Way Behaviour
Tuesday	The Birchwood Way Behaviour	Assembly	Reading	Reading	Reading
Wednesday	Reading	Reading	Assembly	Reading	Reading
Thursday	Reading	Reading	Reading	Assembly	PSHE
Friday	PSHE	PSHE	PSHE	PSHE	Assembly

Weekly Assemblies

Year group assemblies play an important role in the delivery of the curriculum. Led by Heads of Year and senior Leaders, assemblies are an opportunity to share key information, address important and challenging themes and take part in a collective act of 'worship' or communal reflection. An assembly rota is mapped each year in line with the Personal Development curriculum as well as key events in school. Religious festivals, national events and significant days of celebration or reflection are also addressed through assemblies.

Assemblies also provide an important opportunity to share and reinforce the core values and expectations of the school. As such they are formal events in which students' conduct will be of the highest standards.

Assembly rota 23-24		Values	Assemblies	
	Week		Assembly Focus	
Autumn 1	1	Kindness	Standards and Expectations	
	2		Fresh Start	
	3		Settling in – review period	
	4		Celebration Assembly	
	5		Student Leadership	
	6		Memory	
	7		Recycling	
Autumn 2	8		Armistice Day	
	9		Anti-Bullying Week	
	10		Children in Need	
	11		Road Safety Week	
	12		Social Media – the impact on society	
	13		Celebration Assembly	
	14		Whole School Christmas Assembly	
Spring 1	15	Knowledge	Standards and Expectations	
	16		Knowledge - Importance of Education	
	17		Options Assemblies	
	18		Vaping	
	19		Celebration Assembly	
Spring 2	20		Start of Term reset	
	21		Careers	
	22		House Celebration Assembly	
	23		Comic Relief	
	24		Whole School Assembly	
Summer 1	25		Aspiration	Standards and Expectations
	26			Aspiration – planning for the future
	27			Celebration Assembly
	28			Memory
	29	Fair Trade		
	30	Mental Health Awareness		
	31	Halt Term review		
Summer 2	32	Start of term reset		
	33	Career Pathways		
	34	Olympic Games		
	35	Celebration Assembly		
	36	Laughter is the best medicine		
	37	Reflection of the year		

PD Drop Down Days

PD Drop Down Days are curriculum 'drop-down' events, that take place twice a year during the autumn and spring term. They provide an opportunity for more intensive learning and discussion to take place. In most circumstances, students will work in their tutor groups for these sessions, and they will contain at least one careers focus.

Autumn Drop Down day	Focus	Spring Drop Down Day	Focus
Y7	Emotional resilience – Being strong All about me Set up of Start Profile	Y7	National Apprenticeships week
Y8	First aid workshops (External Speakers) Higher Horizons	Y8	National Apprenticeships week
Y9	Contraception STIs Child Exploitation /Sexual Exploitation Sexting /Sexually explicit images Pornography	Y9	Options Focus The Labour Market
Y10	CV and Personal statement writing FE visits	Y10	University focus Higher Horizons Mock interviews
Y11	CV and Personal Statement updates FE visits (internal and external) Applications	Y11	Revision planning (WYZ) Emotional resilience-external speaker (State of Mind)

The Birchwood Experience

The success we achieve in the classroom is enhanced by a wide range of enrichment opportunities which are made available to all students. We want our students to be able to explore new interests and develop their talents, with a commitment that every child can choose to take part in regular lunchtime enrichment, after-school activities, school trips and community events throughout their time in school. Current planned activities for 2023-24 include:

Football	Maths Club	Sign Language	Netball
Theatre/Drama club	Coding Club	LGBTQ+ Society	Library/Reading Club
Art Club	D of E Award	MFL Club	Community Ambassadors
Creative Writing	Rugby	Debate Club	Eco Hub
Homework support Club	Chess Club	Fashion & Textiles Club	Basketball
STEM/ F1 Club	School Choir	Music Hub	Dance
Trampolining	UMKT Maths Challenge	Board Games	Mindfulness

Residential Experiences, Educational Visits and School Trips

Students will have the opportunity to participate in local and overseas residential activities throughout the year that support their learning in subjects and memorable and rich cultural experiences. We value the opportunity to bring learning to life through a range of educational visits, both locally and further afield. 'Rewards Trips' allow us to celebrate the success of students and strengthen relationships. Visits planned for 23-24 include, Y7 Kingswood residential, Y8 Paris Trip, Skiing Trip and a visit to the space camp in Belgium.

Sports Teams

Students will be able to take part in a wide range of sporting activities that may give them the opportunity to join a school team. Membership of a school team is a privilege and brings a responsibility to represent the school with pride and respect for our values.

Student Leadership

Students are given a range of opportunities to make a meaningful contribution to school life. As school ambassadors working in teams on subject-focused or whole school activities, our Student Leaders help to bring about further improvement to the school. Our ambassadors include the following areas; Transition, Community, Curriculum, Wellbeing, Eco and Diversity. We also have 2 Head and two Deputy Head students in Year 11 and Student House leaders.