

## The Trinity Catholic School Personal Development Programme 2025-26

*I have come that they may have life and have it to the full. – John 10:10*

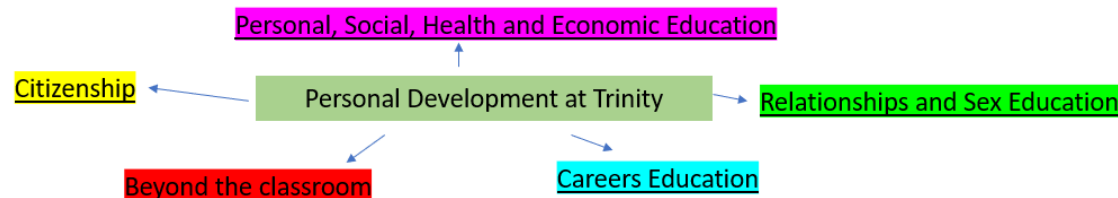
*“The school’s personal development programme is comprehensive” – Ofsted, 2024*

Thank you for taking the time to view our school’s Personal Development Programme. This document outlines the PD offer for each year group Y7-11 for the academic year 2025-26. This information is mainly for parents or visitors.

At Trinity we build our programme and its delivery around the needs of our young people. This is summarised in our CAR acronym that outline the principles that underpin planning and delivery of PD at Trinity:

- **Context-driven:** The city of Nottingham is thriving place to live with a rich diverse community. However, it is home to high-levels of deprivation, DV, knife-crime and poverty. It is then so important that we teach our young people about the importance of *consent, the rule of law, individual rights and responsibilities, civic duty* and also about the importance of having *high aspirations*.
- **Age-appropriate:** We follow the RSE statutory guidance in terms of what to cover and when. We have a yearly theme and ambition for each year cohort of students that addresses the challenges and opportunities that they have in that point in time of their lives.
- **Responsive** to school specific need: We use internal behaviour data and trends to inform curriculum delivery and targeted interventions. Where we identify whole-school or year specific issues, we engage with guest speakers or outside providers to come into Trinity and work with our young people.

We organise our PD programme into five key areas:



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### **Safeguarding topics in the curriculum**

Running concurrently with our Personal Development curriculum, we have a programme of statutory safeguarding topics that are delivered to our students in half termly key stage and year group assemblies. These topics include:

- Online safety
- Consent
- Protected Characteristics
- Child Criminal Exploitation
- Female Genital Mutilation (FGM)
- Bullying, Child on Child Abuse and Respectful Relationships
- Mental Health and Well-Being
- Substance Misuse
- Prevent and Radicalisation
- Sexual Harassment and Sexual Violence

Each half term our students are assessed on the safeguarding topics through quizzes, and this content is woven into our Personal Development taught curriculum.

### **British Values - The 5 British Values and how we integrate them into school life:**

Democracy – School Council, Form Reps, Pupil and Staff Surveys, PSHE Citizenship Lessons, House Captains, School Governance

Rule of Law – God’s Commandments, Behaviour Policy, Conduct Cards, Safeguarding Assemblies, Online Safety, , School Links with Police and Armed Forces, Year 7 Basic Training

Tolerance of Faiths and Beliefs – RE curriculum, Behaviour Policy, Culture Week, PSHE curriculum, Black History Month, LGBTQ Awareness Month, Disability Awareness Month

Mutual Respect – Acts of Worship, School Prayer, RSE Respectful Relationships, FaithLoveRespect, STOP (Anti-Bullying)

Individual Liberty – Year 7 Basic Training, Charity Weeks, Sixth-Form Wellbeing mentors, Agents for Change, Free to be Me, Extra-curricular offer

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Each year group in main school (Y7-11) receives the following **core offer** within the delivery of their PD programme::

- **PD curriculum lessons:** Delivered by form tutors. An Outline of the academic year can be viewed here: [PD-Curriculum-Outline-2024-25-1.pdf](#)
- **Safeguarding and wellbeing assembly programme:** Delivered by SLT and Progress Coordinators
- **Careers Programme:** [Trinity-Careers-Programme-24-25.pdf](#)
- **Charities weeks for each year group:** Activities organised by students
- **Equation workshops:** Equation are a Nottinghamshire-based domestic Abuse Charity that delivers parts of our programme
- **PC Doherty workshops:** delivered by our School Engagement Police Officer, PC Doherty
- **Kooth assemblies:** delivered by the Mental Health charity for young people
- **House assemblies and competitions**
- **Extracurricular timetable and events: Beyond the classroom** <https://sway.cloud.microsoft/YoKA7sQkAK3qN99Y?ref=Link>
- **Trips and visits**
- **Themed Awareness Weeks and Months, e.g. Black History Month**

#### **Reviewing the impact of our programme:**

We always strive to ensure our programme is having a meaningful impact on our students' attitudes, values and livelihoods so that they can independently shine as followers of Christ in the world. We measure the impact of our programme through collecting feedback from staff and students through our Pastoral year team reviews as well as our bi-annual Pupil Attitude to Self and School (PASS survey). We also invite parents to give their feedback on aspects of our programme to ensure that our curriculum content and its delivery meet the needs of every child in our school so that they can thrive as they progress through school and into adulthood.

We also work closely with our Local Governing Body and our Multi-Academy Trust to ensure that our students receive the very highest standard that a Personal Development Curriculum can offer.

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**Year 7 Programme 25-26**

<b>Term</b>	<b>RSE</b>	<b>PSHE</b>	<b>Citizenship</b>	<b>Careers</b>	<b>Beyond the Classroom</b>
<b>Advent</b>	Basic Training Programme and FOCUS First Day Safeguarding Assembly – KS3 (Sept) PC Doherty Assembly (Sept) PD Curriculum Lessons on Online Safety: <i>Personal information and Online Risks; Fake Online Friendships</i> (Sept) Online Safety Assembly (Sept) Child-on-Child Abuse Assembly (Sept) PC Doherty tutor-time workshops (Oct-Nov) Anti-Bullying Week Competition (Nov) Relationships Assembly (Nov) Reporting Concerns Assembly (Nov)	PD curriculum Lessons on Puberty and Personal Hygiene: <i>Puberty, Personal Hygiene, Health and Prevention and First Aid</i> (Oct – Dec)  PD curriculum lessons on Mental Health and Wellbeing: <i>Mental Wellbeing and Helping our Mental Health (Dec-Jan)</i>		Future Skills Questionnaire (Sept)	Year 7 Graduation Event (Sept) Clubs Fair (Sept) House assemblies (Oct) Black History Month (Oct) Interhouse Sports Competitions (Oct) Extra- Curricular Timetable (ongoing)
<b>Lent</b>	Equation Workshop on Healthy/Unhealthy Relationships (Jan) Child Criminal Exploitation Assembly (Jan) FGM Assembly (Jan) PD curriculum lessons on Healthy Relationships: <i>Changing Bodies, Healthy Inside, where do we come from? And Family and Friends</i> Assembly on Substance Awareness (Feb)	PD curriculum lessons on Mental Health and Wellbeing: <i>Mental Wellbeing and Helping our Mental Health (Dec-Jan)</i>	PD curriculum lessons on Charity, Equality and Community: <i>Identity and Equality, and Charity and Community</i>	National Apprenticeship Week workshops (Feb)	House assemblies (Feb) LGBT awareness month (Feb) Interhouse Sports Competitions (March) Extra- Curricular Timetable (ongoing)
<b>Pentecost</b>	Equation Workshop on Gender Equality (June) Assembly on Prevent (June)	Kooth Assembly on Mental Health and wellbeing (April)  Mental Health Awareness Week (May)	Assembly on British Values (April)  Year 7 Charities Week (June/July)	Careers Assembly (April) Nottingham Trent University workshop (June) PD curriculum lessons on Discovering Careers: <i>Work-life Balance; What is a career; what is an entrepreneur and Careers of the Future</i> (June-July) Unifrog/Virtual Work experience lessons (June-July)	Extra- Curricular Timetable ( Y7 Trip - TBC House Assemblies (July) Interhouse Sports Day (July) Cultural Week (July)



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**Year 8 Programme 25-26**

<b>Term</b>	<b>RSE</b>	<b>PSHE</b>	<b>Citizenship</b>	<b>Careers</b>	<b>Beyond the Classroom</b>
<b>Advent</b>	<p>FOCUS behaviour Programme (Sept)</p> <p>First Day Safeguarding Assembly – KS3 (Sept)</p> <p>PD Curriculum Lessons on Protected Characteristics: <i>Prejudice, Race and Religion, Sexuality and Gender and Spotting and Preventing Hate</i></p> <p>Online Safety Assembly (Sept)</p> <p>Child-on-Child Abuse Assembly (Sept)</p> <p>PC Doherty tutor-time workshops (Sept-Oct)</p> <p>Anti-Bullying Week Competition (Nov)</p> <p>Relationships Assembly (Nov)</p> <p>Reporting Concerns Assembly (Nov)</p> <p>Equation workshop on Respect Not Fear (Nov)</p> <p>Equation Know More programme (Sept-Dec)</p>	<p>PD curriculum lessons on Physical Health and Fitness: <i>Mental Wellbeing, Physical Wellbeing and Blood, Organ, Stem Cell Donation</i> (Dec -Jan)</p>	<p>PD curriculum lessons on Personal Finance and Human Rights (Nov-Dec)</p>		<p>Clubs Fair (Sept)</p> <p>House assemblies (Oct)</p> <p>Black History Month (Oct)</p> <p>Interhouse Sports Competitions (Oct)</p> <p>Extra- Curricular Timetable (ongoing)</p>
<b>Lent</b>	<p>Equation Workshop on Personal Space (Jan)</p> <p>Child Criminal Exploitation Assembly (Jan)</p> <p>FGM Assembly (Jan)</p> <p>PD curriculum lessons on Healthy Relationships: <i>Changing Bodies, Healthy Inside, where do we come from? And Family and Friends</i></p> <p>Assembly on Substance Awareness (Feb)</p>	<p>PD curriculum lessons on Physical Health and Fitness: <i>Mental Wellbeing, Physical Wellbeing and Blood, Organ, Stem Cell Donation</i> (Dec -Jan)</p> <p>PD curriculum lessons on Healthy Eating and Wellbeing (Feb)</p>		<p>National Apprenticeship Week workshops (Feb)</p> <p>Future Skills Questionnaire (Feb)</p> <p>Careers Assembly (Mar)</p> <p>PD curriculum lessons on Exploring My Career Path: <i>What are my interests, challenges and rewards of work, what does success mean and Careers and the Climate</i> (March – June)</p>	<p>House assemblies (Feb)</p> <p>LGBT awareness month (Feb)</p> <p>Interhouse Sports Competitions (March)</p> <p>Y8 Briars Trip (March)</p> <p>Extra- Curricular Timetable (ongoing)</p>
<b>Pentecost</b>	<p>Assembly on Prevent (June)</p> <p>PD curriculum lessons on Online Safety and Harms: <i>Digital Resilience, Truth or Trick and Toxic Online Behaviours</i> (June-July)</p>	<p>Kooth Assembly on Mental Health and wellbeing (April)</p> <p>Mental Health Awareness Week (May)</p>	<p>Assembly on British Values (April)</p> <p>Year 8 Charities Week (May)</p>	<p>Careers Assembly (April)</p> <p>Nottingham Trent University workshop (May)</p> <p>Unifrog/Virtual Work experience lessons (June-July)</p>	<p>Extra- Curricular Timetable (ongoing)</p> <p>Y8 Big Bang Fair Trip (June)</p> <p>Cultural Week (July)</p> <p>House Assemblies (July)</p> <p>Interhouse Sports Day (July)</p>

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**Year 9 Programme 25-26**

<b>Term</b>	<b>RSE</b>	<b>PSHE</b>	<b>Citizenship</b>	<b>Careers</b>	<b>Beyond the Classroom</b>
<b>Advent</b>	<p>FOCUS behaviour programme (Sept)</p> <p>First Day Safeguarding Assembly – KS3 (Sept)</p> <p>PD curriculum lessons on Families and Marriage: <i>What is Marriage, Sacramental Marriage and Modern Families</i> (Sept – Oct)</p> <p>Online Safety Assembly (Sept)</p> <p>Child-on-Child Abuse Assembly (Sept)</p> <p>PC Doherty tutor-time workshops (Dec)</p> <p>Anti-Bullying Week Competition (Nov)</p> <p>Relationships Assembly (Nov)</p> <p>Reporting Concerns Assembly (Nov)</p> <p>Equation workshop on Toxic Behaviours (Nov)</p> <p>PD curriculum lesson on Knife Crime (Nov)</p> <p>PD curriculum lessons on Intimate and Sexual Relationships: <i>Searching for Love, Love People and Choice and Control</i></p> <p>Equation Choices programme (Sept-Dec)</p>		<p>National Holocaust Museum visit to Trinity (Dec)</p>	<p>Professor Neil Guha Assembly and workshops (Sept-Dec)</p> <p>Unifrog lesson (Nov)</p> <p>Future skills questionnaire (December)</p>	<p>House assemblies (Oct)</p> <p>Black History Month (Oct)</p> <p>Interhouse Sports Competitions (Oct)</p> <p>Extra- Curricular Timetable (ongoing)</p>
<b>Lent</b>	<p>Equation Workshop on Personal Space (Jan)</p> <p>Child Criminal Exploitation Assembly (Jan)</p> <p>FGM Assembly (Jan)</p> <p>PD curriculum lessons on Healthy Relationships: <i>Changing Bodies, Healthy Inside, where do we come from? And Family and Friends</i></p>		<p>PD curriculum lessons on Democracy and Law: <i>Democracy and the Government</i></p>	<p>PD Curriculum lessons on Post-16 Choices and the Labour Market: <i>What to study after school, GCSE options, control your career journey and what is the labour market.</i> (Jan-Feb)</p> <p>Careers Assembly (Jan)</p> <p>National Apprenticeship Week workshops (Feb)</p> <p>Future Skills Questionnaire (Feb)</p>	<p>University of Nottingham assembly (Jan)</p> <p>University of Nottingham visit (Feb)</p> <p>House assemblies (Feb)</p> <p>LGBT awareness month (Feb)</p> <p>Interhouse Sports Competitions (March)</p>



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	<p>Assembly on Substance Awareness (Feb)</p> <p>Equation workshop on Consent (March)</p>			<p>Kate Whyles Women in STEM assembly and workshops (March)</p> <p>GCSE Options Assembly (Mar)</p> <p>PD curriculum lessons on Exploring My Career Path: <i>What are my interests, challenges and rewards of work, what does success mean and Careers and the Climate</i> (March – June)</p>	<p>Extra- Curricular Timetable (ongoing)</p>
<b>Pentecost</b>	<p>Assembly on Prevent (June)</p> <p>PD curriculum lessons on Disability Awareness: <i>Neurodiversity, Autism and ADHD</i> (June-July)</p>	<p>Kooth Assembly on Mental Health and wellbeing (April)</p> <p>Mental Health Awareness Week (May)</p> <p>PD curriculum lessons on Drugs, Alcohol and Vaping</p>	<p>Assembly on British Values (April)</p> <p>Year 9 Charities Week (May)</p>	<p>Nottingham Trent University workshop (May)</p> <p>Unifrog/Virtual Work experience lessons (June-July)</p> <p>STEM Speed Networking event (July)</p>	<p>Extra- Curricular Timetable (ongoing)</p> <p>House Assemblies (July)</p> <p>Cultural week (July)</p> <p>Interhouse Sports Day (July)</p>

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**Year 10 Programme 25-26**

<b>Term</b>	<b>RSE</b>	<b>PSHE</b>	<b>Citizenship</b>	<b>Careers</b>	<b>Beyond the Classroom</b>
<b>Advent</b>	<p>FOCUS behaviour programme (Sept)</p> <p>First Day Safeguarding Assembly – KS4 (Sept)</p> <p>Online Safety Assembly (Sept)</p> <p>Child-on-Child Abuse Assembly (Sept)</p> <p>Anti-Bullying Week Competition (Nov)</p> <p>Relationships Assembly (Nov)</p> <p>Reporting Concerns Assembly (Nov)</p>	<p>PD curriculum lessons on Mental Health and Wellbeing: <i>Transition to GCSE; Dealing with change, loss and bereavement.</i></p>		<p>Careers Assembly (Sept)</p> <p>PD curriculum lessons on Preparing for the workplace: <i>types of career; post 16 choice and work experience, wellbeing in the workplace and contacting employers. (Oct-Dec)</i></p> <p>Experian visit – Dig data day (Nov)</p> <p>Unifrog lesson (Nov)</p> <p>Nottingham Trent University workshop (Nov)</p>	<p>House assemblies (Oct)</p> <p>Black History Month (Oct)</p> <p>Interhouse Sports Competitions (Oct)</p> <p>Extra- Curricular Timetable (ongoing)</p>
<b>Lent</b>	<p>PD curriculum lessons on Intimate and Sexual Relationships: <i>Freedom, Self-image, Abortion, Fertility and Sexual Health</i> (Dec-Feb)</p> <p>Child Criminal Exploitation Assembly (Jan)</p> <p>FGM Assembly (Jan)</p> <p>PC Doherty tutor-time workshops (Jan-Feb)</p> <p>Assembly on Substance Awareness (Feb)</p> <p>Equation workshop on Pornography Harms (March)</p> <p>PD curriculum lessons on CCE: <i>County Lines and Radicalisation</i> (March)</p>			<p>National Apprenticeship Week workshops (Feb)</p>	<p>House assemblies (Feb)</p> <p>LGBT awareness month (Feb)</p> <p>Interhouse Sports Competitions (March)</p> <p>Extra- Curricular Timetable (ongoing)</p>
<b>Pentecost</b>	<p>Assembly on Prevent (June)</p> <p>PD curriculum lessons on Consent, Domestic Violence and Online Safety: <i>Misogyny, Abuse and Pornography Harms</i></p>	<p>Kooth Assembly on Mental Health and wellbeing (April)</p> <p>Mental Health Awareness Week (May)</p>	<p>Assembly on British Values (April)</p> <p>PD curriculum lessons on Democracy and Law: <i>Democracy and the Government</i> (May-June)</p> <p>Year 10 Charities Week (July)</p>	<p>Unifrog/Virtual Work experience lessons (June-July)</p> <p>STEM Speed Networking event (July)</p>	<p>Extra- Curricular Timetable (ongoing)</p> <p>House Assemblies (July)</p> <p>Cultural week (July)</p> <p>Interhouse Sports Day (July)</p>



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**Year 11 Programme 25-26**

<b>Term</b>	<b>RSE</b>	<b>PSHE</b>	<b>Citizenship</b>	<b>Careers</b>	<b>Beyond the Classroom</b>
<b>Advent</b>	<p>FOCUS Behaviour Programme (Sept)</p> <p>First Day Safeguarding Assembly – KS4 (Sept)</p> <p>Online Safety Assembly (Sept)</p> <p>Child-on-Child Abuse Assembly (Sept)</p> <p>Anti-Bullying Week Competition (Nov)</p> <p>Relationships Assembly (Nov)</p> <p>Reporting Concerns Assembly (Nov)</p> <p>PD curriculum lessons on Online Safety and Harms: <i>Misinformation and Online Addictions</i> (Dec-Jan)</p>	<p>PD curriculum lesson on Alcohol Misuse</p>		<p>Careers Assembly (Sept)</p> <p>PD curriculum lessons on Post 16 and Post 18 Pathways: <i>my employability skills, apprenticeships v HE, AI as a threat to jobs</i> (Sept- Oct)</p> <p>Future Skills Questionnaire (Nov)</p> <p>Careers guidance interviews - ongoing</p> <p>Assemblies from Nottingham College, Progress Careers and the Department for work and Pensions (Dec - Jan)</p>	<p>House assemblies (Oct)</p> <p>Black History Month (Oct)</p> <p>Interhouse Sports Competitions (Oct)</p> <p>Extra- Curricular Timetable (ongoing)</p> <p>Revision timetable for Y11</p>
<b>Lent</b>	<p>Child Criminal Exploitation Assembly (Jan)</p> <p>FGM Assembly (Jan)</p> <p>Assembly on Substance Awareness (Feb)</p>	<p>PD curriculum on Health and Prevention: <i>Breast and Cancer Screening</i></p>	<p>PD curriculum lessons on the Rule of Law and Personal Finance: <i>Legal Systems and Budgeting and long-term saving</i></p>	<p>National Apprenticeship Week workshops (Feb)</p> <p>Careers guidance interviews - ongoing</p>	<p>House assemblies (Feb)</p> <p>LGBT awareness month (Feb)</p> <p>Interhouse Sports Competitions (March)</p> <p>Extra- Curricular Timetable (ongoing)</p>



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