

Personal Development Day 1 – Thursday 3rd October 2019

Yr	Session	Outline of day
7	Healthy Relationships: Spirituality and community	Prayer – the importance of prayer in our school community Discipleship – being a leader and a follower of God CAFOD – the collegiate focus for fund raising this term P4 Hymn Practice P5 Welcome Mass
8	Happiness and Wellbeing	<ul style="list-style-type: none"> • Healthy Minds – relaxation, managing stress, techniques to be calm and mindful • Exercise/Sports – the importance of physical exercise for mental health and well-being • Creative relaxation – using creative practices to relax • Hygiene and healthy living – the importance of hygiene and diet for healthy living • Identity – being an internet citizen, fake news and what to trust online <p>First Aid – a group of 20 will have first aid training</p>
9	Staying Safe	<ul style="list-style-type: none"> • Smoking • Careers preparation assembly • Alcohol and drugs • Anti-social behaviour • Wider World – being an internet citizen, fake news and what to trust online
10	Work experience Preparation	<ul style="list-style-type: none"> • Introduction to work experience • Employability skills: Personal Presentation: phoning for a placement, meeting people, employability skills: behaviour at work, expectations, personal presentation • Writing a CV and emailing employers • Wider world: looking at politics and extremism online • Financial literacy: managing a budget, opening a bank account, saving and borrowing
	KMF Dance Project	KMF project (10 students) Dance Project (Y10 and 11)
11	Lessons	Lessons will run as normal
12	Economic well-being	Food and nutrition, Higher Horizons and life at university, UCAS applications and preparation, post-16 study skills.
13	Economic well-being/ UCAS applications	