



# BRIDGEWATER

HIGH SCHOOL

LEARNING WITH PRIDE AND JOY

## Personal Development Intent

### Overview

Bridgewater High School is dedicated to the holistic growth of every student. Our Personal Development programme ensures students remain engaged in education while cultivating lifelong skills and personal qualities. We strive to nurture resilience, confidence, and independence, empowering students to lead safe, healthy, and fulfilling lives as active contributors to modern Britain.

### Core Philosophy

Personal Development is as vital as academic learning, equipping students with essential skills for future opportunities. We offer tailored support for students facing social or SEND challenges. As a school we focus on developing:

- Resilience, responsibility, and respect
- Understanding of the modern world
- Aspirations
- Health, wellbeing, and personal safety

### Importance of Personal Development

- Promotes physical and mental wellbeing
- Ensures safety awareness, including online and substance-related risks
- Supports healthy relationships and understanding of legal boundaries
- Fosters independence, resilience, and responsibility for future roles
- Enhances employability through comprehensive careers education

### Delivery Methods

Personal Development is delivered primarily through tutorial sessions including:

- Life Skills/PSHE via Wellio
- Assemblies
- Skill Power sessions using Skills Builder
- Love of Reading sessions
- Global cultures (Lyfta platform for Year 7) and Global Headlines (Years 8–10)
- Enrichment activities, trips, and experiences

Curriculum subjects also integrate relevant topics, e.g., Biology, RE, English, IT, PE, and Food Technology.

### Enrichment Programme

Our extensive enrichment curriculum offers diverse activities every weekday evening, led by staff, external coaches, or partners such as Broomfield's Leisure Centre. Highlights include:

- Performing Arts: Music, drama, dance, and specialist workshops

- Sports: Inclusive and competitive teams, trips, and leadership development
- Outdoor Education: Duke of Edinburgh's Award, fieldwork, adventure trips
- Collaborative projects across the Challenge Academy Trust (TCAT)

### **Year Group-Specific Opportunities**

- Year 7: Conway Residential for team-building
- Year 8: TCAT Challenge Award, Reward Cinema Trip
- Year 9: Alton Towers reward trip
- Year 10: College tasters, Houses of Parliament visit
- Year 11: Trafford Centre Christmas reward

Additional enrichment trips include skiing in France, New York Performing Arts, German and US exchanges, and cultural visits.

### **Community Engagement & Leadership**

- Partnerships with local care homes for intergenerational projects
- Careers fairs and employer engagement aligned with Gatsby Benchmarks
- Student Leadership Team empowers pupils to influence school culture and events
- TCAT Youth Parliament and collaboration opportunities

### **Inclusion and Support**

Our CORE Offer ensures all students, including disadvantaged groups, have equitable access to enrichment and development opportunities.

### **Curriculum Mapping and Assessment**

Personal Development sessions are carefully mapped to age-appropriate topics incorporating statutory RSE guidance. Teaching methods include discussions, role-play, case studies, and guest speakers. Impact is evaluated via:

- Student engagement and behaviour
- Assessments and feedback
- Staff and pupil focus groups
- Parental surveys
- Participation in charity and community activities

### **Fundamental British Values (FBV)**

We actively promote:

- **Democracy:** Student voice through elections and forums
- **Rule of Law:** Understanding and respect for laws and consequences
- **Individual Liberty:** Encouraging choice and expression
- **Mutual Respect & Tolerance:** Emphasised throughout curriculum and school culture

### **Relationship and Sex Education (RSE)**

Delivered in line with statutory requirements through PSHE and Personal Development sessions, supported by expert partners such as Axes Sexual Health.