

PERSONAL DEVELOPMENT NEWSLETTER

Autumn 2026



PSHE Association



PD Curriculum

Our Personal Development (PD) curriculum is based on the PSHE Association Programme of Study and the National Curriculum for Citizenship.

In Year 7, students begin with the 'Who Am I?' unit, exploring the transition to secondary school, identity, and relationships. In Year 8, students will examine aspects of online life and the media, including body image, social media, AI chatbots, and the impact of deepfake technology.

Year 9 students start the year by learning about healthy relationships, consent, and the law. In Year 10, the focus shifts to safety within relationships, including topics such as grooming, coercive control, and resisting pressure. Year 11 students will explore post-16 pathways and future opportunities before moving on to personal safety.

The curriculum is further enriched through Greenbank Values lessons delivered in PDT, alongside five dedicated PD Drop-Down Days throughout the academic year. Help and advice on all topics covered within the PD curriculum is available on the school website.

<https://pshe-association.org.uk/>

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

<https://greenbankhigh.co.uk/personal-development/>

PDT

Personal Development Time (PDT) takes place each morning and is underpinned by our commitment to relational and restorative practice and the development of an Inclusive Learning Culture (ILC). It provides a structured, supportive start to the day, built around a consistent model of check-in, check-up, and check-out.

Our PDT programme is strengthened through a coherent set of activities that promote personal development, citizenship, and community cohesion:

- A monthly value, which underpins our culture
- A fortnightly focus, allowing deeper exploration of key themes
- Greenbank Highlights – our “Values in Action” round-up, celebrating pupils and staff who exemplify our values
- Greenbank TV, sharing key messages, celebrating success, and building a strong sense of identity



PD Noticeboard

Help, support and advice on all aspects of the PD curriculum is available via the PD noticeboard by room 24.

A copy of this resource is available on the website.

Pupils also have copies of relevant help and support materials included within their topic booklets and on lesson powerpoints.

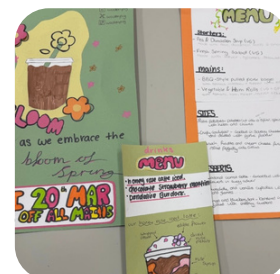


PD Day 1 2nd October

Our first PD Drop Down Day will take place on Friday 2 October. Year 7 students will take part in a Values Day, exploring Protected Characteristics and British Values. Year 8 students will work alongside a local business to further their careers education through an exciting enterprise project. Year 9 students will focus on developing their leadership skills and will receive an introduction to the Duke of Edinburgh's Award. Year 10 students will meet Southport MP Patrick Hurley and learn how the UK political system works, while Year 11 students will begin exploring their post-16 pathways. They will hear from local colleges, gain an understanding of the application process, and learn how to create an effective CV.



Personal Development



Year 7 Extra-Curricular Opportunities

Day	Time	Activity	Room	Teacher
MON	8:00-8:30	Football	Room 10	Mr. Smith
MON	8:30-9:00	Netball	Room 10	Mr. Smith
MON	9:00-9:30	Table Tennis	Room 10	Mr. Smith
MON	9:30-10:00	Chess	Room 10	Mr. Smith
MON	10:00-10:30	Art	Room 10	Mr. Smith
MON	10:30-11:00	Music	Room 10	Mr. Smith
MON	11:00-11:30	PE	Room 10	Mr. Smith
MON	11:30-12:00	Lunch	Room 10	Mr. Smith
MON	12:00-12:30	After School	Room 10	Mr. Smith
TUE	8:00-8:30	Football	Room 10	Mr. Smith
TUE	8:30-9:00	Netball	Room 10	Mr. Smith
TUE	9:00-9:30	Table Tennis	Room 10	Mr. Smith
TUE	9:30-10:00	Chess	Room 10	Mr. Smith
TUE	10:00-10:30	Art	Room 10	Mr. Smith
TUE	10:30-11:00	Music	Room 10	Mr. Smith
TUE	11:00-11:30	PE	Room 10	Mr. Smith
TUE	11:30-12:00	Lunch	Room 10	Mr. Smith
TUE	12:00-12:30	After School	Room 10	Mr. Smith
WED	8:00-8:30	Football	Room 10	Mr. Smith
WED	8:30-9:00	Netball	Room 10	Mr. Smith
WED	9:00-9:30	Table Tennis	Room 10	Mr. Smith
WED	9:30-10:00	Chess	Room 10	Mr. Smith
WED	10:00-10:30	Art	Room 10	Mr. Smith
WED	10:30-11:00	Music	Room 10	Mr. Smith
WED	11:00-11:30	PE	Room 10	Mr. Smith
WED	11:30-12:00	Lunch	Room 10	Mr. Smith
WED	12:00-12:30	After School	Room 10	Mr. Smith
THU	8:00-8:30	Football	Room 10	Mr. Smith
THU	8:30-9:00	Netball	Room 10	Mr. Smith
THU	9:00-9:30	Table Tennis	Room 10	Mr. Smith
THU	9:30-10:00	Chess	Room 10	Mr. Smith
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THU	11:30-12:00	Lunch	Room 10	Mr. Smith
THU	12:00-12:30	After School	Room 10	Mr. Smith
FRI	8:00-8:30	Football	Room 10	Mr. Smith
FRI	8:30-9:00	Netball	Room 10	Mr. Smith
FRI	9:00-9:30	Table Tennis	Room 10	Mr. Smith
FRI	9:30-10:00	Chess	Room 10	Mr. Smith
FRI	10:00-10:30	Art	Room 10	Mr. Smith
FRI	10:30-11:00	Music	Room 10	Mr. Smith
FRI	11:00-11:30	PE	Room 10	Mr. Smith
FRI	11:30-12:00	Lunch	Room 10	Mr. Smith
FRI	12:00-12:30	After School	Room 10	Mr. Smith



School Council

School Council includes a representative from each form and meets once every half term to discuss a range of topics and issues.



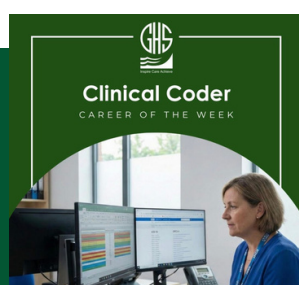
Extra curricular

The extra curricular timetable is available on the school website with a range of clubs and activities available for all year groups.

<https://greenbankhigh.co.uk/extra-curricular/>



Career of the week in PDT



Careers Information Post 16 Open events:

Range Sixth Form	16 th September
Runshaw College	26 th September
Hugh Baird	1 st October
Winstanley College	3 rd October
Myerscough College	3 rd October
KGV College	3 rd October
LIPA	10 th October
Cardinal Newman College	10 th October
Southport College	10 th October
West Lancs College	12 th October
CTK6	21 st October
Formby Sixth Form	12 th November

Please check websites for further details

