



TENBURYHIGH

ORMISTON ACADEMY

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Principal: Mrs V Dean
Vice Principal: Mrs D Wall
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September 2026

Dear Parents / Carers,

Personal Development Topics – Autumn 1

The information below outlines the current Personal Development topics being studied by each year group.

The intent of the Personal Development curriculum is to equip pupils with the knowledge, understanding, and practical skills required to lead safe, healthy, productive, and fulfilling lives. Our Personal Development curriculum includes the statutory curriculum content of the [Relationships, Sex Education \(RSE\) and Health Education](#) guidance from the Department for Education and [Citizenship subject content](#) from the National Curriculum.

By sharing details of the content your child is currently studying, we hope to support meaningful discussions at home, provide an opportunity to raise any questions about upcoming topics with the school, and help you prepare your child for the learning ahead, should you feel this is necessary.

Year 7

- Looks and labels: First impressions, describing who we are and ourselves
- Starting Relationships with others: Healthy relationships, families and healthy friendships
- One lesson of Personal Development will be used to complete PASS testing to identify children's attitudes towards school, education, and themselves to support identifying pastoral intervention needs.

Year 8

- Health services and basic first aid: NHS health services, asthma and allergic reactions, first response to someone unconscious, responding to choking, CPR and defibrillators and vaccinations
- Starting Consent and Trust: What makes someone trustworthy and consent (this is the broad use of consent for all areas of a relationship; there is no explicit discussion of sex)



Year 9

- Money Matters: Bank accounts, documents to track money, protection against scams, how to budget, consumer rights legislation and the harmful effects of gambling.
- One lesson of Personal Development will be used to complete PASS testing to identify children's attitudes towards school, education, and themselves to support identifying pastoral intervention needs.

Year 10

- Human Rights: Human Rights Act 1998, balancing human rights, freedom of expression, protests, privacy, so called 'honour-based violence' and body autonomy

Year 11

- Managing stress: Strategies to manage stress, managing disappointment, building resilience, the impact on health from exams
- Starting Preparing to vote: Government expenditure, the voting process and general elections.

If you require any further information about the forthcoming content or have any concerns, you can find more information about our Personal Development in our RSHE policy available on the school website: <https://tenburyhighormistonacademy.co.uk/key-info/policies>. You can view more information about the Half Term 1 PD curriculum on our website: <https://tenburyhighormistonacademy.co.uk/curriculum/subjects/personal-development> If these documents do not answer your questions, please do not hesitate to contact me on hwatts@tenburyhigh.co.uk.

Yours sincerely,



Mr H Watts
PSHE and Citizenship Lead