



Academic year 2025 / 2026



Curriculum

Our Personal, Social, Health and Economic (PSHE) programme, known as INSIGHT, is designed to support the holistic development of our students, equipping them with the knowledge, skills, and values necessary to navigate the complexities of modern life. The curriculum encompasses a broad spectrum of themes, including emotional well-being, relationships, financial literacy, and citizenship, thereby fostering personal development and encouraging students to become responsible, informed members of society.

In Years 7 and 8, students engage in one INSIGHT lesson per week, allowing for an immersive exploration of these vital topics, whilst enabling them to reflect on their personal experiences and interactions. For students in Years 9, 10, and 11, the programme is structured to include one lesson every fortnight, ensuring continuity in their learning journey while accommodating the increasing demands of their academic commitments. This careful scaffolded approach not only reinforces essential skills but also promotes critical thinking and resilience, preparing our young learners for the challenges and opportunities they will encounter in their futures.

Through INSIGHT, we aspire to cultivate a supportive environment that nurtures the personal growth and well-being of each student, fostering a sense of belonging and community.

Year 7 INSIGHT curriculum

Lesson	Unit	Content	Character Value
1	Relationships	Healthy friendships	Relationships
2		Recognise bad friendships, conflict resolution	Resilience
3		Parenting Roles	Respect
4		Respect and Tolerance	Respect
5		law, religion and marriage	Relationships
6		Unlawful discrimination	Responsibility
7		Being inclusive	Resilience
1	Wellbeing	What is mental wellbeing?	Resilience
2		Healthy eating	Responsibility
3		Types of bullying	Responsibility
4		Keeping physically active	Responsibility
5		Connecting with others	Resilience
6		Online wellbeing	Respect
7		Mindfulness and positive activities	Resilience
1	Aspire	World of Work	Responsibility
2		What job can I do?	Responsibility
3		Work Pathways	Responsibility
4		What is learning?	Responsibility
5		What are the costs?	Responsibility
6		Career Options and University	Responsibility
1	Digital	Benefits of the internet	Relationships
2		Digital citizenship	Respect
3		Online platform rules	Responsibility
4		Cyberbullying	Responsibility
5		Social media vs reality	Respect
6		Fake news	Responsibility
1	Health	Medicine and antibiotics	Responsibility
2		Personal Hygiene	Responsibility
3		Exploring puberty	Resilience
4		Sexual feelings	Respect
5		Menstruation	Responsibility
6		First aid	Responsibility
1	Wider World	Our local community	Respect
2		Deforestation	Responsibility
3		Budgeting	Responsibility
4		Celebrating differences	Respect
5		Local charity project	Relationships
6		Staying safe over the summer	Responsibility

Year 8 INSIGHT curriculum

Lesson	Unit	Content	Character Value
1	Relationships	Healthy friendships	Relationships
2		Youth crime	Responsibility
3		Boundaries and consent	Respect
4		law, religion and marriage	Respect
5		Being inclusive	Relationships
6		Safe family relationships	Relationships
7		Unlawful discrimination	Responsibility
1	Wellbeing	Outwards signs of mental wellbeing worries	Resilience
2		Subtle signs of mental wellbeing worries	Resilience
3		Mental health and supporting others	Resilience
4		The impact of bullying	Respect
5		Good quality sleep	Responsibility
6		Nutrition	Responsibility
7		Mindfulness and positive activities	Resilience
1	Aspire	The government explained	Responsibility
2		Elections	Responsibility
3		Political Parties	Responsibility
4		Rules, Laws and justice	Responsibility
5		What rights do children have?	Responsibility
6		Improving communities	Responsibility
1	Digital	Body image and photo editing	Responsibility
2		Sharing nude images	Respect
3		Using the platforms safely	Responsibility
4		Rise of the influencers	Resilience
5		Screen time	Resilience
6		Online grooming	Relationships
1	Health	Vaccines	Responsibility
2		Vaping	Responsibility
3		Drugs	Responsibility
4		Exercise	Resilience
5		Consent	Respect
6		First aid	Responsibility
1	Wider World	Reduce, reuse, recycle	Responsibility
2		Biodiversity and ecosystems	Responsibility
3		Knife crime	Responsibility
4		Banking	Responsibility
5		Local charity project	Relationships
6		Staying safe over the summer	Responsibility

Year 9 INSIGHT curriculum

Lesson	Unit	Content	Character Value
1	Relationships	Boundaries and consent	Respect
2		Safe Family Relationships	Relationships
3		Unsafe relationships	Relationships
4		Diverse Relationships	Relationships
1	Wellbeing	Being inclusive	Resilience
2		County Lines	Resilience
3		Self-Harm	Resilience
4		Stress	Resilience
1	Aspire	What does HE study entail?	Responsibility
2		The benefits of HE	Responsibility
3		What are my career choices?	Responsibility
4		What are my opportunities?	Responsibility
1	Digital	Body image and photo editing	Responsibility
2		Sharing nude images	Respect
3		Healthy relationships with social media	Relationships
1	Health	Consent and the law	Respect
2		Self examination and screening	Relationships
3		Contraception and STI's	Respect
4		Prescription Drugs and Legal Highs	Responsibility
1	Wider World	Climate Change	Responsibility
2		Blood, organ and stem cell donation	Responsibility
3		Staying safe over the summer	Relationships

Year 10 INSIGHT curriculum

Lesson	Unit	Content	Character Value
1	Relationships	Problematics Interactions Online	Responsibility
2		Consent and capacity to consent	Responsibility
3		Exploitation	Relationships
4		Sexual Harrassment/Violence	Responsibility
1	Wellbeing	Everyday stress triggers	Resilience
2		Finding a balance in and out of school	Resilience
3		Bullying	Resilience
4		PSTD and violent extremism	Resilience
1	Aspire	FE vs HE	Responsibility
2		Benefits of HE	Responsibility
3		What are my choices?	Responsibility
4		What are the costs?	Responsibility
1	Digital	Explicit Material Online	Responsibility
2		Pornography and the Law	Responsibility
3		Obsessive online behaviours	Resilience
4		Curating our timeline	Resilience
1	Health	E-cigarettes	Responsibility
2		Pregnancy	Responsibility
3		Reproduction - dispelling myths	Relationships
1	Wider World	Anti-social behaviour	Relationships
2		Knife crime	Responsibility
3		Local Charity Project	Relationships

Year 11 INSIGHT curriculum

Lesson	Unit	Content	Character Value
1	Relationships	Forced marriage	Relationships
2		Pregnancy signs and testing	Responsibility
3		Consent	Responsibility
4		Exploitation	Relationships
1	Wellbeing	Exam Stress	Resilience
2		Mental health stigma	Respect
3		Panic disorder/attacks and anxiety	Respect
4		Positive mental health into adulthood	Resilience
1	Aspire	Post 16 Options	Responsibility
2		Employability	Responsibility
3		Professionalism	Responsibility
4		Preparing for your next steps	Responsibility
1	Health	Screening and smear tests	Responsibility
2		Abortion	Respect
3		Miscarriage and still birth	Respect
4		Recreational drug use	Responsibility

Our Personal Development Mentor Programme is designed to foster holistic growth among our students. In addition to our INSIGHT sessions, students participate in weekly personal development meetings with their dedicated mentors. These sessions cover themes that are age and stage appropriate, ensuring relevance to the students' lives, and frequently draw connections to local, national, and international events. This approach not only enhances students' understanding of their environment but also equips them with the skills and knowledge necessary to navigate the complexities of life, ultimately promoting their emotional and social development.

Year 7 mentor programme

- Getting the most out of secondary school
- Talking to strangers online
- Our diverse school
- Why are we talking about mental health?
- Do you know what's in that energy drink?
- The impact of littering
- World War I
- Understanding Bullying
- Staying safe on our roads
- Understanding Grief

Year 8 mentor programme

- Being a role model
- Using the internet for good
- What is ADHD?
- Homelessness in the UK
- Is fast food really that bad?
- Greta Thunberg
- World War II
- Understanding Trauma
- Childhood Hunger
- The Life of a Wheelchair User

Year 9 mentor programme

- Big decisions lie ahead
- Careers in Computer Science
- The importance of learning a language
- What is dyslexia?
- Undereating vs overeating
- Donating to charity
- Iraq War
- Financial Literacy for Life Beyond School
- Working with Children
- Ability not Disability

Year 10 mentor programme

- The path through KS4
- Plagiarists beware!
- Stephen Lawrence
- The benefits of a positive mental attitude
- Navigating life as a blind person
- The wonderful world of upcycling
- Afghanistan War
- The Power of Kindness
- Healthy and Unhealthy Relationships
- Introduction to Work Experience

Year 11 mentor programme

- The importance of being a Year 11
- The internet and the next step
- The rise of the far right
- Its ok to feel a bit stressed sometimes
- Brain food
- Environmental based careers
- Armed Forces Careers
- Money Matters
- The Responsibilities of Learning to Drive
- Careers in Counselling

Our Personal Development Assembly Programme is designed to address a variety of pertinent themes that highlight local, national, and international issues. Each assembly serves as a platform for promoting awareness and fostering discussions that extend beyond the classroom. In conjunction with our Personal Development Mentor Programme, these assemblies offer invaluable insights and perspectives delivered by a different member of staff each week, encouraging students to engage critically with the topics presented.

By integrating diverse voices and experiences, we aim to cultivate a well-rounded understanding of the world, ultimately supporting the holistic development of our students.

Week beginning	Assembly theme
1st September 2025	New School Year
8th September 2025	Its Who We ARE
15th September 2025	Safeguarding / The Good And Bad Sides Of The Internet
22nd September 2025	The Rise Of AI
29th September 2025	Racial Equality
6th October 2025	Positive Mental Health
13 th October 2025	Fighting World Hunger
3rd November 2025	We will Remember Them (lead up to Armistice Day)
10th November 2025	Anti-bullying
17th November 2025	One Planet, One Chance
24th November 2025	Road Safety
1st December 2025	Seeing Beyond The Disability
8th December 2025	Exercising Our Human Rights
15th December 2025	Christmas Assembly / End of Term reflection

Personal, social, health, and economic education (PSHE), citizenship, and relationships and sex education (RSE).

Extra-curricular Opportunities

Our extra-curricular programme is far-reaching, offering a diverse array of clubs and activities designed to enrich the educational experience of all students. From sports teams to creative arts clubs and academic revision, there is something to engage every interest and passion.

Importantly, all students are warmly welcomed to attend, fostering an inclusive environment where they can explore new skills, build friendships, and develop confidence outside the classroom. We believe that participation in these activities not only enhances personal growth but also contributes significantly to the overall school community, creating a dynamic and supportive atmosphere for all.

2025/26 extra-curricular offer

- Art Club
- Axiom Maths Club
- Book Club
- Chess
- Classics society
- Cute choreography
- Cyber Explorers
- Drama Production
- Film Club
- Further Maths GCSE
- H.F. Club
- Maths GCSE Foundation Club
- Maths AS Revision
- Maths A-level Revision
- Netball
- Nintendo Society
- Photoshop Club
- Pride Club
- Rugby
- Study and Learning

Ensure strong participation rates among pupils, including disadvantaged pupils and those with Special Educational Needs and Disabilities (SEND).

Character Development

At our school, we are committed to developing the individual character of our students, a pursuit that encompasses three key aspects of our school ethos, Aspiration, Respect and Excellence. Our Personal Development Programme features seven key strands: Build Your Character, Serve Your Community, Create Your Future, Nurture Your Health, Engage In Opportunities, Own Your Relationships, and Commit To Your Wellbeing. Each of these strands is intricately linked to themes within our INSIGHT Programme, Personal Development Mentor Programme, and Assembly Programme, ensuring a holistic approach to character education. Specifically, our INSIGHT

programme dedicates each session to key character traits, such as resilience, respect, responsibility, and relationships. Through these structured initiatives, we equip our students not only with the skills necessary to navigate life's challenges but also with the moral compass to contribute positively to society, thereby nurturing individuals who are both self-assured and ethically grounded.

Character Development through our 7 keys strands of Personal Development



Examples of how each strand is linked to specific mentor activities

Our Diverse School

Haberdashers' ABRAHAM DARBY

PERSONAL DEVELOPMENT
HAD

BUILD YOUR CHARACTER (PERSONAL DEVELOPMENT) | OWN YOUR RELATIONSHIPS (PERSONAL DEVELOPMENT)

By the end of the session I will know how having a diverse school benefits everyone.

The Dangers of Vaping

Haberdashers' ABRAHAM DARBY

PERSONAL DEVELOPMENT
HAD

BUILD YOUR CHARACTER (PERSONAL DEVELOPMENT) | CREATE YOUR FUTURE (PERSONAL DEVELOPMENT) | NURTURE YOUR HEALTH (PERSONAL DEVELOPMENT) | COMMIT TO YOUR WELLBEING (PERSONAL DEVELOPMENT)

By the end of the session I will know how vaping can affect my health and wellbeing.

Understanding Trauma

Haberdashers' ABRAHAM DARBY

PERSONAL DEVELOPMENT
HAD

BUILD YOUR CHARACTER (PERSONAL DEVELOPMENT) | SERVE YOUR COMMUNITY (PERSONAL DEVELOPMENT) | CREATE YOUR FUTURE (PERSONAL DEVELOPMENT) | OWN YOUR RELATIONSHIPS (PERSONAL DEVELOPMENT) | COMMIT TO YOUR WELLBEING (PERSONAL DEVELOPMENT)

By the end of the lesson I will understand what trauma is and how to deal with it effectively.

Money Matters

Haberdashers' ABRAHAM DARBY

PERSONAL DEVELOPMENT
HAD

BUILD YOUR CHARACTER (PERSONAL DEVELOPMENT) | CREATE YOUR FUTURE (PERSONAL DEVELOPMENT) | COMMIT TO YOUR WELLBEING (PERSONAL DEVELOPMENT)

By the end of the session I will know how income tax, credit cards, and mortgages work.

Examples of how our INSIGHT lessons link with specific character traits (values)

Lesson	Unit	Content	Character Value
1	Relationships	Healthy friendships	Relationships
2		Recognise bad friendships, conflict resolution	Resilience
3		Parenting Roles	Respect
4		Respect and Tolerance	Respect
5		law, religion and marriage	Relationships
6		Unlawful discrimination	Responsibility
7		Being inclusive	Resilience
1	Digital	Body image and photo editing	Responsibility
2		Sharing nude images	Respect
3		Using the platforms safely	Responsibility
4		Rise of the influencers	Resilience
5		Screen time	Resilience
6		Online grooming	Relationships

1	Health	Consent and the law	Respect
2		Self examination and screening	Relationships
3		Contraception and STI's	Respect
4		Prescription Drugs and Legal Highs	Responsibility
1	Wider World	Anti-social behaviour	Relationships
2		Knife crime	Responsibility
3		Local Charity Project	Relationships
1	Relationships	Forced marriage	Relationships
2		Pregnancy signs and testing	Responsibility
3		Consent	Responsibility
4		Exploitation	Relationships

Foster an environment where pupils can learn to co-operate and engage positively with others.

Understanding of British Values

Promote understanding of fundamental British values: democracy, the rule of law, individual liberty, and mutual respect and tolerance.

Provide opportunities for pupils to engage with diverse views and beliefs, fostering respect for differences.

Equality of Opportunity

Actively promote equality and diversity within the school community.

Ensure that all pupils, regardless of their background, have equal access to opportunities and support.

Health and Well-being Education:

Teach pupils about maintaining physical and mental health, including healthy relationships and lifestyle choices.

Address issues such as online safety, consent, and the risks associated with social media.

Preparation for Future Success

Provide high-quality careers guidance and education that prepares pupils for future education, employment, or training.

Facilitate meaningful encounters with the world of work and offer unbiased information about various career paths.

Community Engagement

Encourage pupils to engage with their communities and understand their roles as active citizens.

Provide opportunities for pupils to participate in community service or projects that benefit others.

Monitoring and Evaluation

Regularly assess the effectiveness of personal development programmes and make improvements based on feedback and outcomes.

Involve pupils in evaluating the personal development opportunities available to them.

Safeguarding and Well-being

Ensure robust safeguarding practices are in place to protect pupils from radicalisation and extremist views.

Provide a safe and inclusive environment where all pupils feel valued and supported.