



Personal Development Newsletter



January 2023

Issue 4

Welcome to our Personal Development Newsletter. Our aim is to give you an insight into the Personal Development (PD) curriculum and opportunities we offer at Cox Green. We will publish a termly newsletter with information on these areas, including the assembly themes and the PD curriculum. This enables you to see what your children are accessing and allows you to have important conversations with your child on topics as they progress through the year. We hope you will find the following information useful and we would welcome any feedback or queries.

What is PD at Cox Green?

Students are taught PD by their Form Tutor once a fortnight at Cox Green. Students will cover three themes over the year:



- The Wider World
- Health, Wellbeing and Relationships
- Sex Education

The aim is to equip students with the skills and knowledge so they can make good decisions and live well in the real world. PD is further supported by assemblies, Tutor activities during our Wellbeing Wednesdays, a Careers programme, extra-curricular activities and Leadership opportunities.

Life Skills are a vital part of our PD programme. Lessons aim to cover transferrable, soft skills such as self-reflection, communication, developing healthy relationships, economic literacy and resilience that can be used in the world of work and other situations.



Personal Development This Term

The first half of term, Years 7, 8, 10 and 11 students will be looking at the 'Health and Wellbeing' Theme. Students will cover aspects of physical, mental and online 'Health and Wellbeing' as appropriate to their age.

Sessions include topics such as: Puberty, Managing Stress (Number 22 Counselling Services), Child Criminal Exploitation (Family Hub) and Personal Safety.

Year 9 will be looking at Careers as they make their GCSE Option choices.

The second half of term, all students will be looking at 'Wider World' issues as fits their age. Year 9 will be looking at issues such as Child Sexual Exploitation and Being Assertive. Year 10 will focus on Careers. Other topics will include looking at Sustainable Fashion for Year 7 and all students will have a session on Water Safety with the Fire and Rescue Service. Wednesday Wellbeing will be introducing students to key First Aid knowledge in Spring Term 1 and Careers and Financial Education in Spring Term 2.

PD Dates for This Term

Thursday 19th January P3

Wednesday 1st February P2

Tuesday 21st February P1

Wednesday 15th March P4

Thursday 30th March P2



You can email the SAFE team directly on beheard@coxgreen.com with any concerns you have.

La Mariposa

La Mariposa is a group that embraces, empowers and supports equal rights for all genders around the school community. This year our focus is about being heard and having a positive impact throughout the whole school.

We delivered an assembly about the International Day for Women's Rights and this year plan to raise awareness with engaging activities, further assemblies, raising money with a cake sale and collaboration with different departments.

La Mariposa

Break 1

Tuesday

H7

Miss Romero



A group to embrace and support equal rights

Wellbeing Ambassadors

The Wellbeing Ambassadors are a student-led group that aims to promote positive mental health of young people at Cox Green. We meet on a Monday Break 2 in C14.

The group consists of students from Years 10, 11 and 13 and are currently recruiting new members from Year 9. All members of the team have undergone training to certify as Wellbeing Ambassadors. This year the group have delivered an assembly and also offer a weekly drop in session Thursday Break 2 which is a safe space for students to meet new people and participate in mindfulness activities, as well as have cuddles from Connie, the Therapy Dog! Each week the Ambassadors deliver new activities and skills to the students. This term the Ambassadors are launching a Year 7 mentoring programme which will take place during tutor time and they are continuing to make plans for their Wellbeing Garden, their initiatives about boys mental health and fundraising for local mental health charities.



Qmmunity

Qmmunity is a student-led support network aimed at uplifting, empowering, and connecting LGBTQ+ youth around the school. We take pride in creating a safe space for students at Cox Green to meet weekly - making new friends, celebrating diversity, learning from each other and discussing topical issues in an engaging environment. This coming term, Qmmunity is looking at working towards building empathy, insight, and understanding in how to best support friends and family members who are themselves LGBTQ+. We hope to continue to make Cox Green a welcoming place by encouraging students to be authentically themselves, as well as providing support and educating others about LGBTQ+ issues.



QMMUNITY is for **everybody**, it's for **anybody** who is interested in LGBTQ+ issues and building an **allied community** for young people.

We are a support network and aim to **uplift, empower, and connect** LGBTQ+ youth around the school. We meet weekly to **discuss topics** within the community, as well as **books, television shows, news and current affairs**.

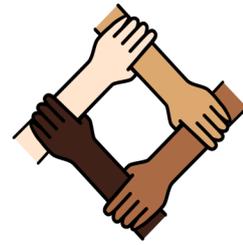
"You can say something hurtful in ten seconds, but ten years later, the wounds are still there." Joel Osteen

"One kind word can change someone's entire day." Author unknown

Unity

Unity is a collaborative group made up of staff, students and Sixth Form that raises awareness about racism. Students enjoy the wide variety of drop-down days and guest speakers that visit the school, as it raises awareness of cultures that others may not know about. It is also a safe environment where we can share aspects of our differing cultures and learn from each other. We are also actively involved within the wider school community, as we regularly deliver assemblies.

Unity
Friday
Break 2



UNITY

Educate Yourself. Appreciate Others. Celebrate Everyone

Careers

The Autumn term for Careers was busy one with Year 11 working on their CV's, application forms and covering letters to prepare for our 'You're Hired' mock interviews held in December.

This half of term the focus is on Year 9 Options. Support and guidance will be given by individual careers interviews, PD and our first Careers Fair for students in Years 7, 8, 9, 10 and 12. If you, or your company, are able to help and support any events such as the Careers Fair (2nd February) and Work Experience for Year 10 (July 10th and 11th) and Year 12 (July 10 - 19th) please contact out Careers Advisor, Mrs H Thompson at h.thompson@coxgreen.com

Cox Green School
Be Ambitious
Be Kind
Be Gracious

Careers Fair

2nd February 2023

Talk to industry professionals about the many careers and pathways available.

Employers
Colleges
Universities
Training Providers

unifrog

Ofsted
GRADED
GOOD



Junior Student Leadership (JSL)

JSL students meet on a Friday morning. We have discussed issues around rewards and communication. We have also done our termly assembly on the Alexander Devine Hospice which is our charity of the term. We went for an informative and moving trip to the hospice in December. We led various Christmas games during Christmas lunch and initiated the Foodbank collections.

Next term we will be running competitions and assemblies.



What PD resources do we use?

We use a variety of resources to inform and support our planning and teaching of PD.

PSHE Association – www.pshe-association.org.uk

The association provides high quality lesson resources. Other online resources we signpost students to are:

NSPCC: www.nspcc.org.uk

Child Line: www.childline.org.uk

Samaritans: www.samaritans.org

Local NHS Sexual Health Services:

www.safesexberkshire.nhs.uk/local-services/services-catalogue/garden-clinic-st-marks-hospital-community-health-clinic

www.thinkuknow.co.uk/11_18/lets-talk-about/socialising-online/exploring-your-identity

Highlighted Safeguarding Issues



Physical Health

Vaping: Some people use e-cigarettes and vapes as a method to stop smoking cigarettes. No form of smoking or vaping is allowed on the school site. If we suspect students have smoking paraphernalia or vapes, staff may conduct bag searches. If any items are found, they will be confiscated and students will be sanctioned. Vapes are still an unknown when it comes to health effects, especially potential long term issues. Some issues include:

- Possible nicotine addiction as most vapes still contain some form of nicotine. Any addiction at a young age can lead to higher risks of further addictions.
- Nicotine can harm adolescent brain development which continues to grow until the age of 25. This is especially the case around creating memories, a skill fundamental to good learning.
- There are potential links to mental health issues around depression and addictions.
- Vapes contain low levels of carcinogenic chemicals and so have an unknown harmful impact.

Mental Health

Unkind Language: “Sticks and stones may break my bones but words will never hurt me”. This is a phrase that is fundamentally not true. Words can have a long lasting and sometimes unseen negative impact on people. We would like to remind all our community that we want our use of language to be kind and respectful at all times.

"Your words have power. Speak words that are kind, loving, positive, uplifting, encouraging and life-giving." Author Unknown

Online Health

Sexting: (the sending of nude/sexualised images to another person.) The media use of sexualised images has unfortunately helped to make it look to young people that it is “normal” to take revealing or risqué images of themselves or others and put it onto social media. Photos can be taken and shared immediately but it is sometimes impossible to delete images once they are sent to others. They can be stored, copied and edited without your control. Creating or sharing a naked or “sexy” image of anyone under 18 is illegal.

It is vital that you have appropriate boundaries and controls on devices to help protect your child. If this is an issue that you want to know more on, the following websites offer support:

Childline, Thinkuknow, The Mix, Victim Support.org.uk, So You Got Naked Online | SWGfL.

Do you know what your child is watching? We are noticing some students referencing content they have watched online that is not necessarily age appropriate. It is important to have appropriate boundaries and controls on Netflix and other media accounts as well as devices to ensure that you know what is being watched. <https://www.imdb.com/> is a useful website to check the nature and age appropriate level of content.

Do you know what the legal age is for?

Criminal responsibility: 10
Blood donation: 17
Legal adult: 18
Part time job: 14

Being kept in police custody: 12
Sexual consent: 16
Driving a car: 17
Driving a moped: 16