



PERSONAL DEVELOPMENT

AT ST MARY'S
CATHOLIC VOLUNTARY ACADEMY
LOUGHBOROUGH



OUR MISSION & VALUES

“We Grow with Jesus to be the best we can be”

- Our Personal Development Curriculum supports pupils to become responsible, confident, healthy and tolerant young adults
- We prepare pupils for life and work in an ever-changing world
- We promote our ethos through Gospel virtues and daily lived values
- Personal development underpins academic success and wider life readiness



OUR APPROACH

- Personal Development is ambitious and sequential
- It is age-appropriate and built around three core themes:
 - Living in the wider world
 - Health and wellbeing
 - Relationships
- The curriculum focuses on both knowledge and virtues
- Personal development runs through all aspects of school life
- Pupils are developed socially, morally, spiritually and culturally

At St Mary's, personal development is woven through lessons, worship, school culture and wider experiences.



BUILDING CULTURAL CAPITAL

(CAREFULLY SEQUENCED)

Trips, visits, and experiences planned over time



Faith and Belief

RE (To know you more clearly)
Weekly themed liturgies
Other Faiths Week
Visits to places of worship



Diversity and Inclusion

Diversity Week
Cultural Diversity Day
Black History
Autism Week focus



Visitors/Wider Learning

Police visits
CAFOD links and visits
Severn Trent Water visitor
Trips, visits and visitors



Culture & Creativity

Music, drama and art
Performance Week
Seasonal school performances
Cultural themes & current affairs

These planned experiences broaden horizons, deepen understanding and help pupils engage with the world beyond their immediate experience.



OUR EXPERIENCES

HEALTH, WELLBEING & SAFETY	PHYSICAL DEVELOPMENT & HEALTHY LIVING	CHARACTER, RESILIENCE & PERSONAL GROWTH
Weekly PSHE lessons & Ten:Ten RSE	PE and sport and daily exercise	Route to Resilience Award
Mental health provision led by two trained staff	Charnwood Sports Award and local tournaments	Class characteristics linked to Gospel virtues
Mental health area & resources	After-school clubs	Personal development award scheme
Online safety and Safer Internet Day	Food for Life work, Let's Get Cooking & TASTEd sessions	Class dojos linked to virtues and characteristics
Water safety, road safety, fire safety		Restorative practice
Anti-Bullying Week and Diana Award Ambassadors	Forest School for every pupil	Opportunities to reflect on personal growth

Wellbeing and safety are a central part of school life, not an add-on

Pupils are supported to live actively, eat well and develop healthy habits

Character development is taught, recognised and celebrated across the school



LEADERSHIP, INCLUSION AND PREPARATION FOR NEXT STEPS

STUDENT LEADERSHIP & PUPIL VOICE	INCLUSION, DIVERSITY & BRITISH VALUES	CAREERS, ASPIRATIONS & LIFE BEYOND ST MARY'S
School Council	British Values embedded across the curriculum	Careers Week
Eco Warriors	Protected characteristics taught and understood	Jobs and careers learning
Year 6 roles	Other Faiths Week & Diversity Week	Money Matters
Anti-Bullying Ambassadors	Black History	University and college links
Chaplaincy Team & opportunities to lead acts of worship	Equality of opportunity promoted across school life	Science Week and wider aspiration-building experiences
Monitor roles	Inclusive relationships supported through ethos and ELSA	Visitors who speak about different professions

Pupil leadership builds confidence, service and responsibility

Pupils learn to respect difference, value diversity and live well together

Pupils are prepared for their next stage with growing aspiration and life knowledge



IMPACT



Pupils become responsible, confident, healthy and tolerant young people



Pupils develop socially, morally, spiritually and culturally



Pupils understand relationships, wellbeing, equality and British Values



Pupils build resilience and know how to look after their mental health



Pupils are ready for the next stage of education and for life after St Mary's

