

**Personal Development Overview 2022-2023 Melton Vale Sixth Form College**

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| Week | *Weekly Focus* | Year 12 timetabled PD session (Wednesday p3)\* | Year 13 timetabled PD session (Wednesday p3)\* | *Community Theme* | School and National Events |
| 1. 5/9 | *Work* | Introduction to Personal Development and “5 ways to wellbeing” | Welcome back assembly: expectations and overview of year | *Induction*  *Fresher’s Fair* |  |
| 1. 12/9 | *Organisation* | Assembly: Organisation, staying safe at MV and development of excellent independent study techniques | Interview skills for university, apprenticeships and jobs. | *Induction* |  |
| 1. 19/9 | *Reading* | An introduction to reading techniques to support sixth form study | Assembly: Post 18 applications | *Induction* | LEBC Apprenticeship workshop day |
| 1. 26/9 | *Knowledge* | Understanding road safety and the driving theory test | Developing an awareness of personal safety outside of school | *Induction* | MacMillan Coffee morning and inter-form baking competition (30/9) |
| 1. 3/10 | *Work* | Health Fair: outside speakers & workshops on physical, mental and sexual health | Health Fair: outside speakers & workshops on physical, mental and sexual health | *Health* | Wellbeing Wednesday  October: Black History Month |
| 1. 10/10 | *Organisation* | Self-reflection on organisation and first half term achievements including student voice  An introduction to financial health | Assembly: Financial health outside speaker – future finances | *Health* | World Mental Health Day (10/10)  Student voice survey – health fair |
|  | *Half Term* | Half Term | Half Term | *Half Term* |  |
| 1. 24/10 | *Reading* | Launch of Unifrog – the hub for expert and unbiased post 18 opportunities | Drug safety session | *Health* | 1:1 support for y13 uni applications from Lincoln Uni (25/11) |
| 1. 31/10 | *Knowledge* | Assembly: LEBC outside speaker introducing apprenticeships | Personal heritage activity – what makes us different and unites us all? | *Heritage* | Diwali (4/11) |
| 1. 7/11 | *Work* | Heritage Month launch – what is our shared local heritage and why is it so diverse? | Mock week | *Heritage* | Parliament Week  Armistice Day (11/11) |
| 1. 14/11 | *Organisation* | Unifrog revisit  Student Voice Survey  Children In Need inter-form competitions | Political heritage – how the vote was gained and who to vote for.  Student voice survey  Children In Need inter-form competitions | *Heritage*  *Launch Christmas appeal* | Children In Need (18/11)  Anti-bullying Week |
| 1. 21/11 | *Reading* | National heritage activity – what makes the Great Britain great? | Assembly: Who do you think you are? By Mrs Kuczynska | *Heritage* | Police Apprenticeship Talk |
| 1. 28/11 | *Knowledge* | Global heritage activity – why and how do global events impact Britain? | Citizenship/Britishness test – can you pass the citizenship test and is it fit for purpose? | *Heritage* | World Aids Day (1/12) |
| 1. 5/12 | *Wellbeing* | Christmas door decorating inter-form competition (plus Unifrog/Springpod) | Christmas door decorating inter-form competition | *Community* | Christmas Jumper Day – fundraising for Save the Children (9/12) |
| 1. 12/12 | *Organisation* | Christmas quiz | Christmas quiz | *Community* |  |
|  | *Christmas* | Christmas | Christmas | *Christmas* |  |
| 1. 4/1 | *Reading* | What are the protected characteristics and why are they important? | Building on an awareness of LGBTQ+ rights – what are the differences nationally and globally? | *Equality* | Extra-curricular relaunch |
| 1. 9/1 | *Knowledge* | Focus on LGBTQ+ rights – what support is available?  Teams assembly – Work Exp. launch | Assembly: Outside speaker – motivational talk p3 and 4 | *Equality* |  |
| 1. 16/1 | *Wellbeing* | Why should we commemorate Holocaust Memorial Day? | Lincoln Uni – what happens when you get uni offers (uni applicants)  NRO workshop – non-uni applicants | *Equality* |  |
| 1. 23/1 | *Organisation* | 1. What legal rights does a 16 to 18-year-old have? 2. Assembly on Work Experience | What are our workplace and human rights and how do they protect our diverse British society? | *Equality* | Holocaust Memorial Day (27/9) |
| 1. 30/1 | *Reading* | Cancelled due to industrial action | Cancelled due to industrial action | *Environment* | LGBTQ+ month (February) |
| 1. 6/2 | *Knowledge* | 1. Student Voice activity 2. 2. Unifrog skills and psychometric tests 3. Physics, Engineering & Maths assembly | 1. Student Voice activity   2. Unifrog skills and psychometric tests | *Environment* | National Apprenticeship Week  Children’s Mental Health Week |
| 1. 13/2 | *Wellbeing* | “Fatal4” road safety presentation by Leicestershire Fire and Rescue Service | Pollution, litter and fly tipping – why do these things happen and what can be done to stop it?  Teams assembly: Post 18 plans | *Environment* | Comic Relief/Red Nose Day (17/3) |
|  | *Half Term* | Half Term | Half Term | *Half Term* |  |
| 1. 27/2 | *Organisation* | What is Fast Fashion? | MOCK WEEK | *Environment* |  |
| 1. 6/3 | *Reading* | Assembly on Work Experience/careers in STEM  Unifrog | 1. Gap year talk for gap year students 2. To be confirmed e.g. religiously motivated violence in Leicester September 2022 | *Contemporary Global Issues* | National Careers Week |
| 1. 13/3 | *Knowledge* | Comic Relief launch  Financial literacy & finance in the news | Comic Relief Launch  Extremism and Radicalisation | *Contemporary Global Issues* |  |
| 1. 20/3 | *Wellbeing* | How to develop personally in the world today (skills and behaviours) | First Aid for everyday life | *Contemporary Global Issues* |  |
| 1. 27/3 | *Organisation* | Assembly on situation in Haiti – LMI | Managing life decisions post 18 | *Contemporary Global Issues* | Autism Acceptance Week |
|  | *Easter* | Easter | Easter | *Easter* |  |
| 1. 17/4 | *Reading* | Understanding modern politics | Revision skills | *Modern Britain* |  |
| 1. 24/4 | *Knowledge* | Post 18 Destinations Event – external providers promoting a wide range of opportunities | Revision techniques | *Modern Britain* |  |
| 1. 1/5 | *Wellbeing* | How to stay safe online and build healthy relationships. | General revision | *Adulthood* |  |
| 1. 8/5 | *Organisation* | What every young adult should know about . . . future finances  Launch Cov Uni day | Revision | *Adulthood* | VE Day (8/5) |
| 1. 15/5 | *Reading* | What every young adult should know about . . healthy eating | Revision | *Adulthood* |  |
| 1. 22/5 | *Knowledge* | What every young adult should know about . . vaccination | Revision | *Adulthood* |  |
|  | *Half Term* | Half Term | Half Term | *Half Term* |  |
| 1. 5/6 | *Wellbeing* | Who are your role models? Get inspired at MV and beyond | N/a | Post 18 | World Ocean Day (8/6) |
| 1. 12/6 | *Organisation* | Careers focus – next steps  Why take a Gap Year? | N/a | Post 18 | Lincoln University visit y12 (13/6) |
| 1. 19/6 | *Reading* | WORK EXPERIENCE WEEK | N/a | Post 18 |  |
| 1. 26/6 | *Knowledge* | Cov Uni Day (28th) | N/a | Post 18 |  |
| 1. 3/7 | *Wellbeing* | Do you know how to stay fit and safe during the summer break including when visiting festivals? | N/a | Post 18 | Birthday of the NHS (5/7) |
| 1. 10/7 | *Organisation* | Summer study skills – do you know how to keep good study habits alive in the sunshine? | N/a | Post 18 |  |

\*All sessions will be delivered by form tutors, the Senior Leadership Team, or via selected outside specialists. Sessions will be in tutor groups or as whole year assemblies.

Include trigger warnings where appropriate.