



Personal Development



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Why is personal development important?

"The time is always right to do what's right."

- *Martin Luther King Jnr.*

Educating for 'life in all its fullness,' by providing opportunities to develop the mind, body and spirit is our core approach in everything we do. We aspire to develop the whole child so that they are well prepared for life in modern Britain and able to contribute positively to society.

Effective provision develops:

- Responsible, respectful and active citizens who are able to play their part and become actively involved in public life as adults
- Pupils' understanding of the fundamental British values of democracy, individual liberty, the rule of law and mutual respect and tolerance
- Pupils' character, a set of positive personal traits, dispositions and virtues that informs their motivation and guides their conduct so that they reflect wisely, learn eagerly, behave with integrity and cooperate consistently well with others
- Pupils' confidence, resilience and knowledge so that they can keep themselves mentally healthy
- Pupils' understanding of how to keep physically healthy, eat healthily and maintain an active lifestyle, including giving ample opportunities for pupils to be active during the school day and through extra-curricular activities
- Pupils' age-appropriate understanding of healthy relationships through appropriate health and relationships education.

Effective provision promotes:

- Equality of opportunity so that all pupils can thrive together, understanding that difference is a positive, not a negative, and that individual characteristics make people unique
- An inclusive environment that meets the needs of all pupils, irrespective of age, disability, gender reassignment, race, religion or belief, sex or sexual orientation.

Effective provision enables/supports:

- Pupils to recognise online and offline risks to their well-being – for example, local safeguarding issues such as grooming, criminal exploitation, domestic abuse, substance misuse, gang activity, county lines, radicalisation and extremism – and making them aware of the support available to them
- Pupils to recognise the dangers of inappropriate use of mobile technology and social media
- Readiness for the next phase of education, training or employment so that pupils are equipped to make the transition successfully

Effective provision supports spiritual, moral, social and cultural (SMSC) development:

Spiritual development:

- Ability to be reflective about their own beliefs (religious or otherwise) and perspective on life
- Knowledge of, and respect for, different people's faiths, feelings and values
- Sense of enjoyment and fascination in learning about themselves, others and the world around them
- Use of imagination and creativity in their learning
- Willingness to reflect on their experiences

Moral development:

- Ability to recognise the difference between right and wrong and to readily apply this understanding in their own lives, and to recognise legal boundaries and, in doing so, respect the civil and criminal law of England
- Understanding of the consequences of their behaviour and actions
- Interest in investigating and offering reasoned views about moral and ethical issues and ability to understand and appreciate the viewpoints of others on these issues

Social development:

- Use of a range of social skills in different contexts, for example working and socialising with other pupils, including those from different religious, ethnic and socio-economic backgrounds
- Willingness to participate in a variety of communities and social settings, including by undertaking social actions, offering service to others, cooperating well with others and being able to resolve conflicts effectively
- Acceptance of and engagement with the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs. They will develop and demonstrate skills and attitudes that will allow them to participate fully in and contribute positively to life in modern Britain

Cultural development:

- Understanding and appreciation of the wide range of cultural influences that have shaped their own heritage and that of others
- Understanding and appreciation of the range of different cultures in the school and further afield as an essential element of their preparation for life in modern Britain
- Ability to recognise, and value, the things we share in common across cultural, religious, ethnic and socio-economic communities
- Knowledge of Britain's democratic parliamentary system and its central role in shaping our history and values, and in continuing to develop Britain
- Willingness to participate in and respond positively to artistic, musical, sporting and cultural opportunities
- Interest in exploring, improving understanding of and showing respect for different faiths and cultural diversity and the extent to which they understand, accept, respect and celebrate diversity. This is shown by their respect and attitudes towards different religious, ethnic and socio-economic groups in the local, national and global communities



The school engages directly and effectively with the local community through a broad programme of events and initiatives. This has led to strong links within the community and the parish, high parental engagement and support, well attended showcase events/workshops in school and confidence in pupils when interacting with a range of people in their community. As a result, learners, including staff, build enduring relationships with external communities through a strong ethos of thriving in a shared society.

All children have access to a rich programme of activity clubs which have recently included examples such as kick boxing, fencing, forest schools, yoga, coding, choir, multisport, gardening and many others. These have a strong take up by pupils including the most disadvantaged. The impact of this has ensured the development of cultural capital for those who most need it.

The school has developed an experienced pastoral team, who have developed procedures to ensure that they are proactive in identifying and offering timely intervention and support to address barriers to learning for all pupils. Our SEMHW Advocate supports families as well as individual pupils.

The school works effectively with partnerships and other external agencies to support the extensive personal development of pupils. This includes working closely with a local police officer, the school nursing team and the Futures in Mind project ensuring mental health is a priority. The Futures in Mind project provides the opportunity to work with a CAMHS practitioner and as a result of these links, staff are well equipped to deal with anxiety and other mental health issues and received training to do so.

Mindfulness techniques are utilised in school, these are also available on the website for parents to use at home. These impact on pupil's body and emotional regulation, insight (self-knowing awareness), attunement with others, empathy, impulse control/response flexibility, fear modulation, intuition, attention span and morality.

Outdoor experiences are utilised as not only a teaching tool but also to support pupils. The school offers dedicated Forest School teaching sessions as well as providing opportunities for pupils to experience the outdoors and become involved in the school's allotments and the rearing of chickens. This gives pupils a sense of well-being and belonging which has led to children being more resilient, self-confident and more effective when working in teams. The element of risk taking afforded by Forest School education has meant that children are making healthier behaviour choices in the playground.

Following the Christian ethos, in particular the message from the Parable of the Talents, the school strives to nurture and develop pupil's talents and interests through a range of initiatives and activities such as broad academic curriculum allowing children to gain solid foundations and to discover and develop their talents, Celebrating Us assemblies, Howards Got Talent competition, supporting and celebrating outside achievements. Pupils with intense and challenging training and/or rehearsal commitments outside of school are also supported.

'Providing opportunities for growth in mind, body and spirit.'

ACKWORTH HOWARD PERSONAL DEVELOPMENT JOURNEY



A 'family dining' approach to lunchtime has infiltrated all aspects of school life and has become a key component to achieving our aspirational vision. As a result of our family dining approach, older pupils support younger pupils and foster positive relationships throughout the whole school. The initiative provides a dynamic tier to pupil leadership and offers broad opportunities to develop the mind, body and spirit ensuring pupils thrive in a shared community, understand radical hospitality and engage in the Christian values we hold so dear.

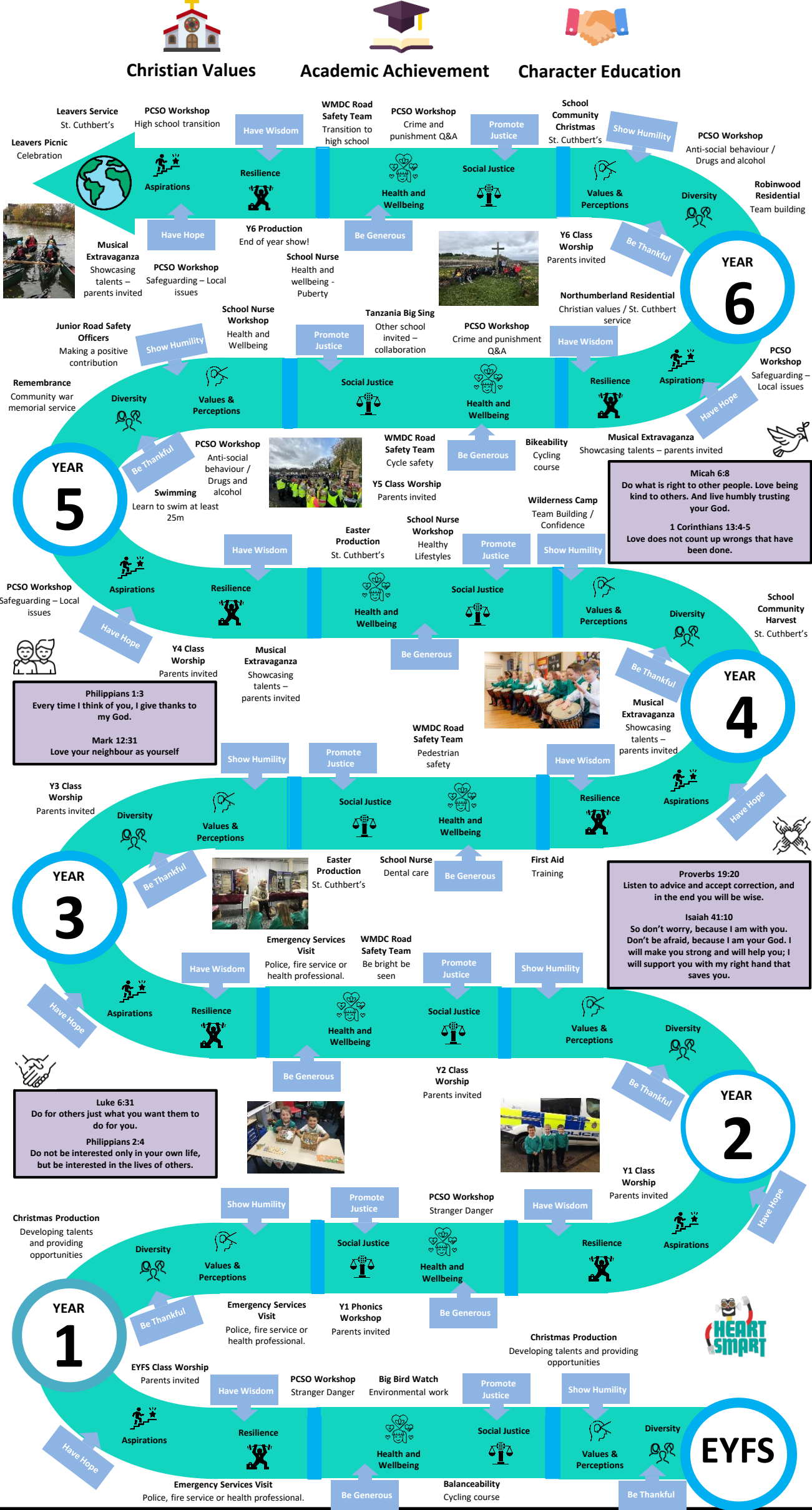
The school actively engages in a number of fundraising activities. Reasons for these and the impact of any charitable activities, which is not always financial, but always linked to the vision and values, is made explicitly clear to the children. This has led to pupils who demonstrate courageous advocacy, stand for their truth, who are committed to justice and are genuine agents of change making positive contributions.

Opportunities are provided for all children to engage in social actions however it has been impressive to see that since the Tanzania visit, and how this has been used as a model, children have challenged their own injustices and taken their own powerful actions. This is always shared ensuring an ever-improving spiral of desired behaviours. This exemplary behaviour and insight into the world the children live in compliment the aims of the school vision. The link also helps pupils and adults to appreciate the relevance of faith in today's world to encounter the teachings of Jesus and the Bible in different scenarios and contexts and to develop their understanding of the Christian belief in the Trinitarian nature of God and its language.

Many opportunities for children to learn about nature and the role they play in protecting our world are provided. As a Church School, this is especially important. The school has an active Eco Committee and Gardening Club. Chickens live on site and the children take an active part in caring for them. Through science and topic work, children learn about the world and how they care for living things. The school has been awarded the Eco Schools Green Flag Award.

Driven by the vision and values and deeply Christian in its delivery worship is invitational, inspiring, delivered using a variety of approaches and is an integral part of life and the culture of school. A recent focus has ensured that this is driven by the pupils. Ministries are now in place, adding another dimension to pupil leadership, with opportunities to plan, lead and evaluate worship. Plans link with the church and the wider community to ensure diversity, relevance in today's society and opportunities to engage. Pupils recognise that worship provides meaningful opportunities to contribute to their spiritual development and engage thoughtfully in the process. There are varied and interactive prayer and reflection activities on offer to all pupils which they find helpful and supportive. Links are strong with the local church community and pupils are enabled to engage in the Eucharist in creative and innovative ways, supported by our local incumbent.

Through developed strong links with the local church community, partnerships are extremely strong and forward thinking. Church leaders regularly lead worship and are involved in the annual planning of the school's programme also offer practical support and encouragement. As well as school led events at St. Cuthbert's Church, the school also attends church planned events throughout the year in addition to this and events across the community.





50 things to experience before you leave Ackworth Howard...



1. Take part in the school sports day and win house points.



2. Have your art work displayed in the classroom or corridor.



3. Be a pupil leader on one of our many pupil leadership groups and make a difference!



4. Compete for a school sport team in any sport.



5. Raise money for our partner school in Tanzania.



6. Grow vegetables in our garden and cook them in our kitchen.



7. Perform, sing and dance in the Year 6 end of year production.



8. Decorate an Easter bonnet or build an egg race vehicle.



9. Visit a museum to enhance your learning in a topic.



10. Learn to swim 25 metres and basic life saving skills.



11. Visit the theatre to see a play or pantomime.



12. Learn how to build a fire and toast marshmallows on it.



13. Dress up for World Book Day and share your book reviews.



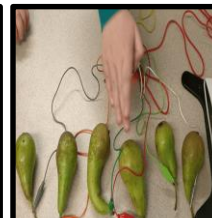
14. Listen to an author during a visit to school and write creatively.



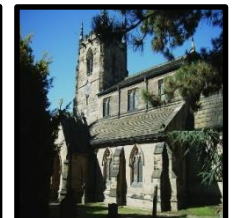
15. Show resilience and learn strategies to solve maths problems.



16. Sing your heart out at Sheffield Arena for Young Voices.



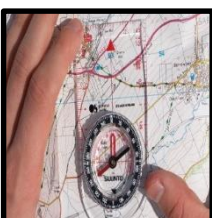
17. Join the school code club and learn how to program and code.



18. Attend a school church service for Christmas or Easter.



19. Complete one of our many reading challenges.



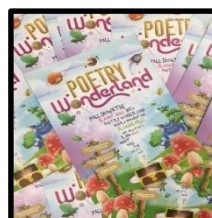
20. Learn map reading and apply your skills on our orienteering course.



21. Attend a remembrance day service in Ackworth.



22. Perform in the Key Stage 1 Christmas Nativity play.



23. Have your writing published in a book as a young author.



24. Write a letter to a celebrity or someone you aspire to be.



25. Compete in a class Times Tables Rockstars battle.



26. Take a leap of faith on the Giant Swing at the PGL Residential.



27. Care for and feed the school chickens.



28. Take part in a community litter pick to support the village.



29. Use your right to democracy and vote in a school election.



30. Be an agent of change and stand up for a cause that you believe in.



31. Visit the houses of parliament with the school council.



32. Learn about Luke Howard the namer of the cloud types.



33. Learn how to ride a bike through our balanceability lessons.



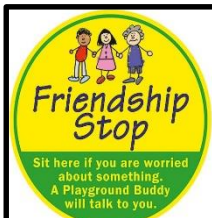
34. Have a visit from the police, fire service or health professional.



35. Join one of our many after school activity clubs and take part.



36. Compete in Howard's Got Talent.



37. Become a playground buddy and look after others.



38. Donate food to the school Food Bank and offer service to others.



39. Begin to learn the language of Spanish through our lessons.



40. Play a musical instrument in a musical extravaganza.



41. Compete in a STEM challenge such as F1 in Schools.



42. Work together to build a den.



43. Visit a place of worship on a trip for Religious Studies.



44. Pass your broomstick training at Alnwick Castle.



45. Learn to speak some Swahili, the language of Tanzania.



46. Work together with your parents in stay and learn sessions.



47. Retrace the steps of St Cuthbert on our Northumberland residential.



48. Take part in Howard Heritage Day to celebrate the history of our school.



49. Listen to live music by visiting musicians or a school trip.



50. Be nominated for living the Christian values.