

Personal Development at Guru Nanak Sikh Academy Secondary Phase

“Students receive a programme that gives them the knowledge that they need to make decisions, strengthens their personality and contributes to building their character”.

At Guru Nanak Sikh Academy we believe that making advancements within each of these areas will develop our students to be kind, responsible members of society that take responsibility of their actions and to prepare students for life in modern Britain.





Careers & Employability

Supporting Future pathways from KS3 embedded within the school curriculum.



Cultural Capital

To develop interest and create opportunities through a range of clubs and activities within and beyond the curriculum.

To Promote British Values, SMSA and development of character and bring students out of their comfort zone.



Equality & Diversity

To promote inclusion and equal opportunities and to show respect for a diverse range of people.



Wellbeing & the community

To develop resilience and growth mindset and to build knowledge of your own health.



Life Studies(PSHE) & RSHE

To implement a curriculum when students leave school, they do so with the knowledge, understanding and emotions to be able to play an active role in today's society both as children and in their future life as an adult.



Careers and Employability

Careers (Building your future)

Supporting future pathways for KS5 by:

- Careers fair for Years 8-13 with external support from local colleges, apprenticeships and alumni of the school
- PSHE lessons on Careers & Finance
- All 'Big Pictures' link to career progression.
- Work experience (Year 10 & 12)
- Year 9 Options Evening link to careers
- Employability workshops
- Careers advisor meetings Key stage 4-5
- National Careers Week
- Year 12 ExCel Exhibition - Careers
- Unifrog - unbiased careers information and advice to young people to help them make informed decisions

Equality and Diversity

Inclusion & Equal Opportunities (Equality) *To promote inclusion and Equal opportunities:*

- Achievement of the Rainbow Flag Award.
- Key dates within the year to highlight and celebrate diversity (E.g LGBTQ+ month, Black History Month, Holocaust Memorial days)
- Maths ambassadors supporting SEND and Vulnerable students
- 'Inclusivity' club running across secondary
- Dedicated 'Green Room' open at lunchtimes to provide children with SEND with a safe space to develop speech, language and communication skills, nurture friendships and access targeted interventions based on their needs.
- Individual Student Learning Plans created and reviewed at least once a term for students with SEND. Targets are created and set based on student priorities and shared with all staff to promote student progress academically and socially.

Protected Characteristics (Equality) – *To show respect for a diverse range of people by:*

- Learning and reading about diverse authors, artists, athletes, poets etc.
- Promoting gender equality within lessons by change of language and encouraging use of pronouns.
- To eliminate discrimination, harassment and victimisation.
- PSHE - Year 12 Living in a diverse society, challenging prejudice and discrimination
- Sikh Neurodiversity network events shared with students, parents and carers.



Wider Opportunities (Life Achievements)

To develop interest and create opportunities:

- Arts Award for all Year 8 students
- Charity ambassadors
- Duke of Edinburgh Award
- School sports teams and clubs e.g gardening, chess, textiles, music, arts clubs and Youth travel ambassadors. (See clubs timetable)
- Mental Health Action Group
- Overseas trips (e.g Iceland/CERN)
- Homework clubs (to support IT work)
- Creative writing, Poetry workshops, Globe players
- Theatre company visits and assemblies E.g Peer Productions/Globe theatre
- Field trips through subject areas
- Guest speakers (e.g. Holocaust survivor, 9/11 survivors)
- Rock Climbing to support GCSE practical (overnight)
- Hungama, Parkash, Gurburb celebrations.
- NCS Challenge
- Gym & Dance Showcase
- KS5 enrichment - LAMDA, EPQ, DofE, Sport, Martial Arts
- Y11 SEND Careers Workshops
- Year 12 - Derbyshire county cricket trainee
- Post 18 options & applications
- Developing a professional identity

Cultural capital

Development of Character (Humility)

To develop student character and bring out of their comfort zone though opportunities such as:

- Students are given opportunities to work as individuals, small groups and opportunities to present in front of the class/ assemblies.
- KS5 Library Prefects and Subject Ambassadors
- Student Seva within the school and volunteering during events within the community.
- Offering of clubs / support groups such as Anti-Bullying Ambassadors, Sports leaders Award, Duke of Edinburgh award, Charity events.
- Student support during events such tour guides during open evening ,assisting during parents' Evenings and student helpers in reception.

SMSC (Respect)

To build Spiritual, moral, social and cultural development by:

- Appreciation of one another's options, beliefs, faith, values and differences throughout the curriculum
- Daily assemblies in the Gurdwara with students taking on the lead within Gurdwara
- Alan Senitt group project working with schools of other religious denominations
- Reflective time following negative incidents.

Citizenship & British Values (Service to others)

To promote British Values though opportunities such as:

- School SHARE values
- School Parliament (Democratic process)
- Charity events across the MAT.
- Assemblies and workshops
- Contributions to Remembrance Day

Examples in subject areas

Design & Technology- to be respectful to other religions (creating clothing across different cultures)

English- Use of diverse novels and poetry. Competitions assessed through a democratic vote,

Geography- topics on migration and identity.

RE- students to explore tolerance and intolerance through he lives of the gurus.

Government & Politics - KS5 visit to Houses of Parliament



Wellbeing and the community

Self Awareness & Self Confidence (Respect) – To develop resilience and growth mindset by offering:

- Classroom lessons opportunities to share work, present their ideas, taking lead on revision sessions and offer safe space to share ideas and thoughts.
- PSHE lessons- including Self Esteem week (2 weeks)
- Year 8 project on 'Building Resilience' (6 weeks)
- Anti- Bullying Ambassadors

Wellbeing (Owning your health)

- Mental health Ambassadors working across the school (supporting students and projects) – part of the Mental Health Action group.
- Use of Class charts wellbeing logs to track mood
- Regular PSHE lesson on Mental health and wellbeing - independence, keeping safe, travel, first aid, substance misuse

PSHE & RSHE

RSHE

Relationship Education: Students are taught about healthy and unhealthy relationships, beliefs and values in relationship expectations, communication in relationships (all taught in Spring 1). How to identify the signs of abuse, reporting sexual harassment, types of relationships including different types of partnerships. Managing dangerous situations.

Sex Education: Students will learn about consent, contraception, fertility, pregnancy, gender identity, reporting sexting and services provided. Media portrayal of Sex (inc. pornography), STIs. They will also learn about the laws relating to consent & sexual harassment.

Health Education: Healthy lifestyles (including. eating, exercise), sleep factors, FGM, drugs and alcohol education, emergency first aid, sexual health support services, examinations of breast and prostate, stress, managing change, body image, mental health and emotional wellbeing.

Life Studies (PSHE)

Financial risks: Students will learn about Financial decision making, online gambling, Fraud, knife crime and laws, Run-Tell-Hide education. Money scams and loans risks, targeted advertising, managing debt, managing contracts, saving money.

Media and technology: Students will learn about the impact of technology and media. How to avoid sharing personal data online and how to stay safe online. They will learn about.

Managing money: Students will learn about how to keep their money safe, banks accounts and statements, budgeting, contracts related to money and living costs including University fees and cost of living).

Readiness for work: Year 12 Career opportunities and preparing for the world of work

