

Personal Development and Wellbeing Mrs Jackson-PDW Coordinator



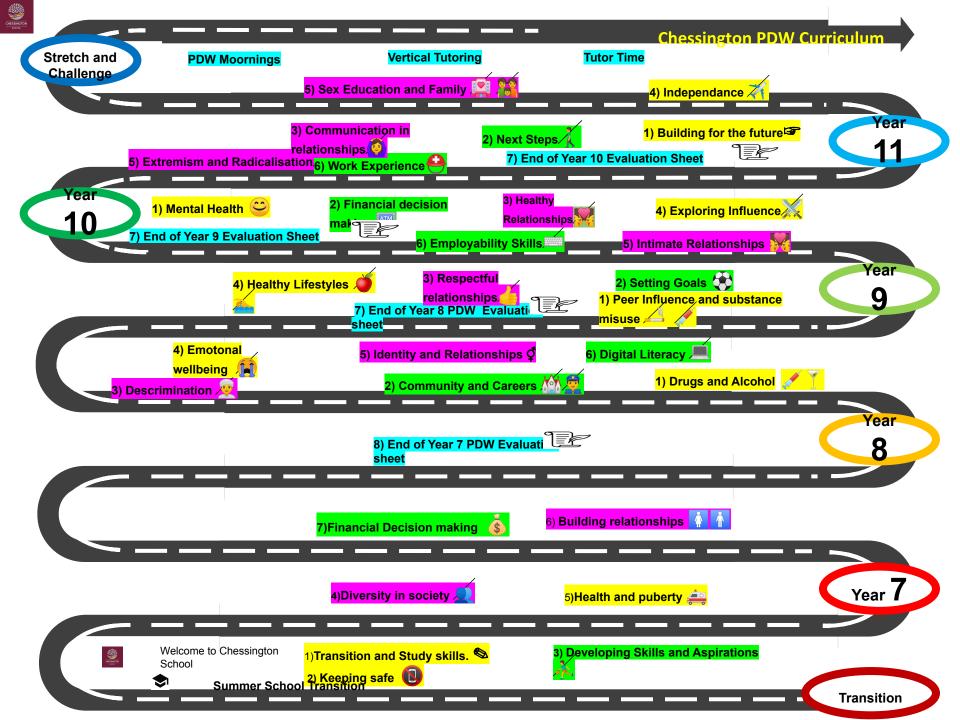
Aims of the session

To provide an overview of **P**ersonal **D**evelopment and **W**ellbeing.

PDW covers 3 key components;

- Health and Wellbeing
- Living in the wider world
- Relationships and Sex Education RSE is now compulsory. RSE

I have all the components highlighted in the above colours on all documents relating to PDW.



Key Components

Each component is covered twice an academic year. In a series of PDW events, these take place during Period 1 and Period 2 on specific days.

```
14/10/20-Health and Wellbeing
09/12/20-Living in the Wider World
09/02/21-Relationship and Sex Education
26/03/21-Health and Wellbeing
10/05/21-Relationships and Sex Education
28/06/21-Living in the Wider World
```

The curriculum is created by the PSHE Association. All sessions are age appropriate and students will complete these in their bubbles.

PDW Events

During the morning event a student will cover 2 subjects under that component title. For example

The Year 7's on the 14/10/20 will be learning about;

- P1-Stress Management
- P2-Bullying and Healthy Friendships

Highlighted in yellow as these come under Health and Wellbeing

Summary

The aim of the PDW curriculum is to make sure that all students can benefit from an education that keeps them safe, healthy and prepared for the realities of modern life.

You will be able to view all subjects that our students will be studying on the school website this will be in document called-PDW Tier 3