



# Personal Development Newsletter



April 2023

Issue 5

Our termly newsletter gives you an insight into the Personal Development (PD) curriculum and opportunities we offer at Cox Green. This enables you to see what your children are accessing and allows you to have important conversations with your child on topics as they progress through the year.



## What is PD at Cox Green?

Students are taught PD by their Form Tutor once a fortnight at Cox Green. Students will cover three themes over the year:

- The Wider World
- Health, Wellbeing and Relationships
- Sex Education

PD is further supported by assemblies, Tutor activities during our Wellbeing Wednesdays, a Careers programme, extra-curricular activities and Leadership opportunities.

Life Skills are a vital part of our PD programme. Lessons aim to cover transferrable, soft skills such as self-reflection, communication, developing healthy relationships, economic literacy and resilience that can be used in the world of work and other situations.



## Personal Development This Term

During the first half of the Summer term, students will be covering statutory Relationships & Sex Education (RSE) material.

**Year 7 & Year 8:** Exploring and developing ideas on appropriate behaviour and language in different relationships.

**Year 9 and Year 10:** In collaboration with an RSE provider, Colourful Peach ([www.colourfulpeach.com](http://www.colourfulpeach.com)), we have a new delivery format looking at consent, communication

and anti-sexual violence. There will be workshops with our students and also be provision and support for specific students who may find this particularly challenging.

**Year 11:** Consent.

During the second half of term, all students will be looking at 'Health & Wellbeing' issues as fits their age.

**Years 7 & 8:** Wellbeing in the future through Careers.

**Year 9:** Body Positivity and the 'Prison Me, No Way' Drop Down Day.

**Year 10:** Resilience.

Wednesday Wellbeing will be looking at issues including water safety, vaping and resilience. Sixth Form students will cover material across the year that fit the themes as appropriate to their needs. We are grateful for Colourful Peach, Dan Allchurch and Berkshire Fire and Rescue Service who are all coming in to deliver sessions for the students.



## PD Dates for This Term

Wednesday 19th April P4

Friday 5th May P3

Monday 15th May P3

Friday 16th June P5

Monday 26th June P1

You can email the SAFE team directly on [beheard@coxgreen.com](mailto:beheard@coxgreen.com) with any concerns you have.

## La Mariposa

La Mariposa is a group that embraces, empowers and supports equal rights for all genders around the school community. This year our focus is about being heard and having a positive impact throughout the whole school.

La Mariposa

Break 1

Tuesday

H7

Miss Romero



## Wellbeing Ambassadors

The Wellbeing Ambassadors are a student-led group that aims to promote positive mental health of young people at Cox Green. We meet on a Monday Break 2 in C14. Students can come and play boardgames, meet other students and discover other ways of helping their own wellbeing. With Spring underway and Summer approaching, we hope the Wellbeing Garden begins to grow and flourish. Our Wellbeing Ambassadors continue to meet and mentor students every Wednesday morning during Tutor Time. The group consists of students from Years 10, 11 and 13 and we are recruiting new members from Year 9. All members of the team have undergone training to certify as Wellbeing Ambassadors.



## Qmmunnity



QMMUNITY is for **everybody**, it's for **anybody** who is interested in LGBTQ+ issues and building an **allied community** for young people.

We are a support network and aim to **uplift, empower, and connect** LGBTQ+ youth around the school. We meet weekly to **discuss topics** within the community, as well as **books, television shows, news** and **current affairs**.

TUESDAYS  
BREAK 2 – C21

Qmmunity is a student-led support network aimed at uplifting, empowering, and connecting LGBTQ+ youth around the school. We take pride in creating a safe space for students at Cox Green to meet weekly - making new friends, celebrating diversity, learning from each other and discussing topical issues in an engaging environment. Students led a powerful assembly on 'coming out' which looked at what this is and how people can be supported. We hope to continue to make Cox Green a welcoming place by encouraging students to be authentically themselves as well as providing support and educating others about LGBTQ+ issues.

## Unity

Unity is a collaborative group made up of staff, students and Sixth Form that raises awareness about racism. Students have discussed issues around many topics including Ramadan. This led to a supportive Tutor Time information presentation to raise awareness and support of this special time for our Muslim staff and students.

Unity

Friday

Break 2



# UNITY

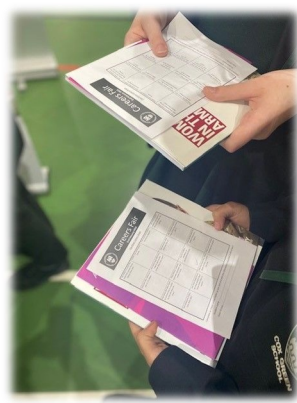
Educate Yourself. Appreciate Others. Celebrate Everyone

## Careers

The Spring term has been busy with our first Careers Fair, Work Experience launch for Years 10 and 12 and the Year 9 Options Process. We were also lucky to have the team from RAF Odiham visit us on their Chinook and provide STEM and careers sessions for a range of students. We also welcomed the NHS and apprentices from Maersk as part of the Year 9 Options Day.

Ongoing 1:1 sessions and guidance have also been provided for a number of year groups.

If you are able to help with any Careers events such as the Careers Fair 2024 and Work Experience for Year 10 and Year 12 (July 10-19th) please contact our Careers Guidance Counsellor, Mrs Thompson [h.thompson@coxgreen.com](mailto:h.thompson@coxgreen.com)



## Junior Student Leadership (JSL)

JSL students meet on a Friday morning. We have discussed issues around rewards and communication. We have appointed our new JSL. They will be our Student Council and participate in six sessions developing their leadership skills. Students will be in groups within the team looking at Learning, Literacy, Community and Wellbeing. There will be trips during the year looking at the community and team building. Congratulations to our JSL Head Students, Jordan Brierley and Megan McDonnell with support from Agata Kezel, Adam Northcott and Taryn Gill.



### JSL Committee Members

Charlie Bendall  
Alessio Castagnacci  
Maddie Thandi  
Annabella Mensah  
Sophie Hosking  
Jamie Peters  
Lehansi Pandithage

Gabriella Dias  
James Van Laar  
Luca Ivaldi  
Lydia Plant  
Kavya Johri  
Holly Jefferiss  
Lucy Hayward  
Abbie Wood

Summer Axten  
Hassan Syed  
Kyle Bevan  
Joshua Hall  
Chloe Sloane  
Joshua Brigdale  
Marcos Dunlop  
Hannah Flatau

Rubie Heath  
Amilee Bhagrava  
Jamie Gillard  
Dominion Carter  
Lesley-Anne  
Van Der Linden



## Highlighted Safeguarding Issues:



### Appropriate Language.

**We want students to be kind and respectful, wherever they are in what they say.**

We have been reminding students about the Protected Characteristics under the Equality 2010 Act. Race, gender, belief, sexuality, disability and more are listed as identity factors protected under law. We have been reminding students of the need for kind and respectful language at all times both inside and outside of school especially regarding these characteristics as to use derogatory language can carry significant consequences in any situation.



### Appropriate Behaviour.

**We want students to be kind and respectful in their behaviour.**

It is sometimes difficult to judge at what age and stage certain behaviours are appropriate or not. Brook Sexual Health Advice Service have put together a document that categorises RSE behaviour into Red, Amber and Green. It identifies what is meant by a particular code and what you can do if you identify that behaviour. We are using this with our some of our students in PD sessions to help them reflect on what behaviour might be appropriate or not at different points and why that might be the case. Please see this website for more details: [Sexual behaviours traffic light tool \(enhertscg.nhs.uk\)](http://Sexualbehaviourstrafficlighttool(enhertscg.nhs.uk))  
An example is given below for the age range 9-13 years.

#### Green behaviours

- solitary masturbation
- use of sexual language including swear and slang words
- having girl/boyfriends who are of the same, opposite or any gender
- interest in popular culture, e.g. fashion, music, media, online games, chatting online
- need for privacy
- consensual kissing, hugging, holding hands with peers

#### Amber behaviours

- uncharacteristic and risk-related behaviour, e.g. sudden and/or provocative changes in dress, withdrawal from friends, mixing with new or older people, having more or less money than usual, going missing
- verbal, physical or cyber/virtual sexual bullying involving sexual aggression
- LGBT (lesbian, gay, bisexual, transgender) targeted bullying
- exhibitionism, e.g. flashing or mooning
- giving out contact details online
- viewing pornographic material
- worrying about being pregnant or having STIs

#### Red behaviours

- exposing genitals or masturbating in public
- distributing naked or sexually provocative images of self or others
- sexually explicit talk with younger children
- sexual harassment
- arranging to meet with an online acquaintance in secret
- genital injury to self or others
- forcing other children of same age, younger or less able to take part in sexual activities
- sexual activity e.g. oral sex or intercourse
- presence of sexually transmitted infection (STI)
- evidence of pregnancy

## What PD resources do we use?

We use a variety of resources to inform and support our planning and teaching of PD.

**PSHE Association – [www.pshe-association.org.uk](http://www.pshe-association.org.uk)**

The association provides high quality lesson resources. Other online resources we signpost students to are:

**NSPCC: [www.nspcc.org.uk](http://www.nspcc.org.uk)**

**Child Line: [www.childline.org.uk](http://www.childline.org.uk)**

**Samaritans: [www.samaritans.org](http://www.samaritans.org)**

**Local NHS Sexual Health Services: [www.safesexberkshire.nhs.uk/local-services/services-catalogue/garden-clinic-st-marks-hospital-community-health-clinic](http://www.safesexberkshire.nhs.uk/local-services/services-catalogue/garden-clinic-st-marks-hospital-community-health-clinic)**

**[www.thinkuknow.co.uk/11\\_18/lets-talk-about/socialising-online/exploring-your-identity](http://www.thinkuknow.co.uk/11_18/lets-talk-about/socialising-online/exploring-your-identity)**