

The Westgate School Personal Development Newsletter



Personal Development at The Westgate School plays a pivotal role in realising our vision and intent. Our personal development curriculum is designed to cultivate character and provide experiences that empower our students for life beyond The Westgate School. We aspire to offer students opportunities for self-reflection and self-discovery while fostering an awareness of their role in the broader world. Throughout their time at The Westgate School, we endeavour to nurture students' character through enriching experiences, encompassing both our curriculum and co-curricular activities. Anchoring all our efforts in Personal Development are our core values of ambition, reflection, and kindness.



Positive Relationships



Health and Wellbeing



Living in the Wider World

PSHE/RSE Curriculum

Personal, Social, Health, and Economic (PSHE) education is delivered through a sequenced, spiral programme that progressively builds upon prior learning as students advance through school. It provides every student at The Westgate School with an equal opportunity to develop the skills and knowledge necessary for thriving in both the present and the future.

This encompasses assisting them in addressing critical issues they encounter daily, such as friendships, emotional well-being, and change, while establishing a strong foundation for navigating any challenging opportunities that may arise. Thus, they can confront an uncertain world with optimism.

From making informed decisions about alcohol to succeeding in their first job, PSHE education equips our students to prepare for the full spectrum of opportunities, challenges, life choices, and responsibilities they will encounter. This, in turn, creates a 'virtuous circle' in which students with better health and well-being can achieve greater academic success and overall accomplishment.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Positive Relationships	Living in the wider world: Staying Safe	Health and Wellbeing	Living in the wider world: Careers and Aspirations	Living in the wider world: Community and Citizenship	Positive relationships: <i>Celebrating Equality and Diversity</i>
8	Positive Relationships	Living in the wider world: Staying Safe	Health and Wellbeing	Living in the wider world: Careers and Aspirations	Living in the wider world: Community and Citizenship	Positive relationships: <i>Celebrating Equality and Diversity</i>
9	Positive Relationships	Living in the wider world: Staying Safe	Health and Wellbeing	Living in the wider world: Careers and Aspirations	Living in the wider world: Community and Citizenship	Positive relationships: <i>Celebrating Equality and Diversity</i>
10	Positive Relationships	Living in the wider world: Staying Safe	Health and Wellbeing	Living in the wider world: Careers and Aspirations	Living in the wider world: Community and Citizenship	Positive relationships: <i>Celebrating Equality and Diversity</i>
11	Positive Relationships	Living in the wider world: Staying Safe	Health and Wellbeing	Living in the wider world: Careers and Aspirations	Living in the wider world: Community and Citizenship	Positive relationships: <i>Celebrating Equality and Diversity</i>
12	Positive Relationships	Living in the wider world: Staying Safe	Health and Wellbeing	Living in the wider world: Careers and Aspirations	Living in the wider world: Community and Citizenship	Positive relationships: <i>Celebrating Equality and Diversity</i>
13	Positive Relationships	Living in the wider world: Staying Safe	Health and Wellbeing	Living in the wider world: Careers and Aspirations	Living in the wider world: Community and Citizenship	Positive relationships: <i>Celebrating Equality and Diversity</i>



Autumn Term 1 Theme: *Positive Relationships*

Our vision for positive relationships within our personal development curriculum is to foster a culture where students understand and prioritise the value of healthy connections. We aim to equip students with the necessary knowledge, skills, and attitudes to cultivate positive relationships with themselves and others.

Through our curriculum, we promote effective communication, empathy, respect, and the ability to navigate challenges in relationships. We strive to create a supportive environment where students feel safe to explore the complexities of friendships, romantic relationships, and diversity. By empowering students to build resilient, respectful, and fulfilling relationships, we aim to nurture their personal well-being, social harmony, and future success. Together, let's create a community that values and celebrates positive relationships.



"Life is about perspective and how you look at something...ultimately you have to zoom out."

Assembly Schedule

The Assembly Programme at The Westgate School aims to promote:

Our whole school values

PSHE themes

British Values

Safeguarding

National news, events and significant dates

Individual successes and achievements.

Within tutor groups, students then concentrate on the assembly topics through carefully planned age-appropriate tasks. The programme is designed to enhance our students' knowledge and understanding of the world around them, promoting values such as respect, tolerance, compassion, and empathy for others. Assemblies are conducted by specialist colleagues, ensuring that essential information regarding British Values and Safeguarding (particularly online safety) can be consistently and clearly conveyed to all year groups.

Below is the assembly schedule for Autumn term 1:

WEEK	ASSEMBLY TOPIC	PSHE/SMSC LINK	SCHOOL VALUE
2	Week commencing 11 th September	Expectations and standards	Positive relationships
3	Week commencing 18 th September	Director of Learning Assembly (PSHE topic introduction)	Positive relationships Health and Wellbeing Living in the Wider World
4	Week commencing 25 th September	European Day of Languages	Positive Relationships Living in the Wider World
5	Week commencing 2 nd October	Black History Month	Positive Relationships
6	Week commencing 9 th October	Safeguarding (World Mental Health Day)	Health and Wellbeing
7	Week commencing 16 th October	Remembrance	Positive Relationships Living in the Wider World



"The purpose of education is to turn mirrors into windows."

Upcoming Events and Workshops

Today's children and young people are growing up in an increasingly complex world, seamlessly living their lives both online and offline. This presents numerous positive and exciting opportunities, but it also brings forth challenges and risks. In this environment, children and young people need to acquire the knowledge necessary to stay safe, healthy, and to effectively manage their academic, personal, and social lives in a positive manner.

To confront the challenges of building a happy and successful adult life, students require knowledge that empowers them to make informed decisions regarding their well-being, health, relationships, and to enhance their self-efficacy. This knowledge equips students with the ability to make sound decisions when encountering risks, challenges, and complex situations. Everyone encounters difficult situations in their lives. These subjects can support young people in developing resilience, knowing how and when to seek help, and understanding where to access support.

During the week commencing Monday, October 16th, 'Rabbits RSE' will conduct workshops on relationships and sex education for all students and staff at The Westgate School. Additionally, we will also hold a parent session on the evening of Thursday, October 19th, 2023. More information about this event will be provided to you closer to the date.

October

19

Relationships/Sex Education. How best to support your child

**Parent/Carer Workshop
Thursday 19th October 2023**

Rabbits
Relationships & Sex Education Ltd



93% of students rated
the sessions Good or
Excellent

**Delivering RSE
to the modern
teenager**



Meaningful
conversations
Making it personal
Social Media
Safeguarding & RSE



**"Great things are never
done by one person.
They're done by a team
of people."**



Safeguarding Updates



Is there an issue that you and/or your family are facing that may require some help and support?

Are you and/or your family witnessing behaviour that is concerning?

Do you and/or your family notice signs of distress in someone?

Are you and/or your family aware of situations where someone's rights are being violated?

Could silence be preventing someone you and/or your family know from getting the help that they desperately need?

What if reporting a concern could potentially save someone from harm?

Are you and/or your family willing to stand up against injustice to create a safer environment for all?

At The Westgate School, our primary concern is the safety and well-being of our school community to protect the rights of everyone to be safe, treated kindly and with respect. We are committed to creating a supportive and respectful environment for everyone.

It is important that you tell someone if students are being bullied or you and/or your family have concerns about a friend or someone you know in our community. We strongly encourage you to reach out and share concerns with us by emailing worry@westgate.slough.sch.uk.

What is worry@westgate all about?

You can share your concerns without disclosing your identity. However, if you feel comfortable doing so, providing your contact details can assist us in offering more personalised support and guidance. We understand that it may not always be easy to talk about sensitive matters and if you prefer to report anonymously, we respect your decision. Your voice matters and we value your trust in confiding in us.

By using this system, you are helping make The Westgate School a much safer place.

*Worry@
westgate*



"If everybody plays their part, together we can make a difference"

Safeguarding Updates

Are there any other ways to report a concern?

While we encourage the use of our reporting system, we also understand that some may prefer to seek help through other channels. Whether it's a teacher, pastoral coordinator, or any trusted staff member, please feel free to approach them. They will ensure that your concerns are listened to, appropriately addressed, and will help in any way they can.

Our dedicated Safeguarding Team is committed to addressing your concerns promptly and ensuring that appropriate actions are taken. The Safeguarding Team will take every single report seriously and will work together with students, parents, staff, and other professionals to support you and any other members of the school community.

If you have any concerns at all, please contact our Designated Safeguarding Leader, Paige Humphrey, and Deputy Designated Safeguarding Leader, Jemma Bader, during term-time.

Please remember that this is not an emergency service. There will be a delay in dealing with any information submitted out of school hours, during the weekend and during school holidays. If you are in immediate danger, you must contact the emergency services on '999'.

If your concern is urgent, you should consider contacting:

Slough Children First Referral and Assessment Service 01753 875362



Local Authority Designated Officer (LADO)

07927 681858 or 01753 690906

We would like to think that students would come to us if they had a concern but understand that may not always be the case. Some other useful contacts to offer additional help and support are:

Childline

0800 1111

NSPCC

0808 800 5000

Your well-being is of utmost importance to us, and we are dedicated to providing the resources and assistance you may need. If you require guidance on safeguarding topics or related issues, please visit the information pages on our website. These pages offer valuable advice and links to specialised websites and services that can provide further assistance.

Thank you for being an integral part of our community at The Westgate School. Together, we can foster an environment where everyone feels safe, respected, and empowered to thrive.

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"If everybody plays their part, together we can make a difference"