

# The Westgate School Personal Development Newsletter



Through our Personal Development Curriculum, we aim to *educate, inform, and equip students with the knowledge and skills to become healthy, safe, and respectful young adults who are equipped for life and work in modern Britain.*



**Positive Relationships**

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**Health and Wellbeing**

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**Living in the Wider World**





In a survey that was sent out to parents/carers, we were so pleased to see that **88.7% of parents strongly agree/agree that it is important that the school delivers an age related PSHE/RSE curriculum.**

**74.2% of parents strongly agree/agree that The Westgate School keeps them informed of the PSHE and RSE programme that is delivered to their child.**

**62.9% of parents strongly agree/agree that they know where they can find out information about The Westgate School's PSHE and RSE programme.**

**We aim to ensure that parents and carers have access to all relevant information. Please refer to the details below for information on where to find details about the PSHE/RSE programme of study:**



Our School [School Life](#)

### **On the school website:**



Visit our school website to access the PSHE/RSE curriculum overview, explore sample lessons, and review the PSHE/RSE policy.

Click on the blue icon on the left to direct you to the school website.



British Values

Student Leadership Programme

Example PSHE Lessons

### **Parent/Carer videos:**

We're embarking on a new approach to enhance parental engagement within the Personal Development Curriculum. To make vital information accessible to all parents and carers, we're requesting our guest speakers to create videos. These videos will cover workshop details and offer valuable "top tips" on supporting your child in this aspect of the curriculum. Please click on the image to the left to access this part of the school website.



## Newsletters:

**We distribute newsletters to parents and carers every half term, where we detail comprehensive information about our PSHE/RSE curriculum and important details concerning upcoming events. Click on the blue icon below to direct you to the newsletters page on the school website.**



westgateschool.official

Follow

Message

124 posts

163 followers

21 following

The Westgate School, Slough

High School

Education

@wg6thform

#EquippedForLife | #BetterNeverStops

forms.office.com/Pages/ResponsePage.aspx?id=e-FoW\_nlnkawz77U-5f5W9jypXVyl85KlbaqZQRiuTBI

POSTS

TAGGED

### My Sixth Form Story

"I am an internal student who has been at Westgate from Year 7 all the way to Year 12, completing A-Levels this summer. For many, Sixth Form can be overwhelming. However, support from teachers has ensured that all Sixth Formers have a smooth sailing journey. I am currently studying Maths, Business and Psychology and aspire to work in the Finance Industry. Working and Future Career plans is a struggle for many, but the Sixth Form Leadership Team has made sure all individuals were provided with the necessary support to complete their UCAS applications or even alternatively supporting students who don't want to go to university via degree apprenticeship applications. Transitioning from GCSEs to A-Levels was intense as the workload had massively increased. Despite this, I found that as these were 3 subjects, I was passionate about with teachers who valued their students that the transition process was much easier."

During my time at Sixth Form, I have made multiple memories that won't be forgotten. Firstly, the Thorpe Park trip was one for many as the students were given a break from exam stress and had the opportunity to bond with friends. Another notable mention was the Royal Academy Trip which allowed all Sixth Form students to gain a hands-on experience on what it is like to be a university student which was crucial as these are the next steps into our student life. In Year 12 the school also attended the A-Level Careers Fair which provided multiple insights into the various fields that students can get into accompanied with advice from professionals in those industries. This was a massive support for students who were struggling to find the right career path for them."

From the Head Students and Student Leadership Team



## Social media:

**By clicking on the tabs on our website, you can easily navigate to our Facebook, YouTube, and Instagram pages, where you'll discover details about upcoming events and information related to the personal development curriculum.**

**Click on the icons below to direct you to the relevant pages.**



**Should you wish to get in touch with us regarding the PSHE/RSE curriculum, please email our Curriculum Leader, Mrs Corby at [HWI@westgate.slough.sch.uk](mailto:HWI@westgate.slough.sch.uk)**

# 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: Celebrating Equality and Diversity
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: Celebrating Equality and Diversity
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: Celebrating Equality and Diversity
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: Celebrating Equality and Diversity
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: Celebrating Equality and Diversity
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: Celebrating Equality and Diversity
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: Celebrating Equality and Diversity

## ***Summer Term 1: Living in the Wider World (Citizenship and Community):***



**This PSHE topic delves into the concept of citizenship, emphasizing the rights, duties, and responsibilities of individuals within a society. Students explore what it means to be a citizen, discussing aspects such as respecting laws, participating in democratic processes, and contributing to the common good. Through case studies, role-playing exercises, and discussions on current events, students develop a deeper understanding of their role in shaping their communities and advocating for positive change. They also examine the importance of values such as honesty, empathy, and integrity in promoting a thriving and inclusive society. By fostering a sense of community and empowerment, this topic equips students with the knowledge and skills needed to become active and responsible citizens in their communities.**





# Assembly Schedule

**The Assembly Programme at The Westgate School aims to promote:**

***Our whole school values***

***PSHE themes***

***British Values, SMSC, and Citizenship***

***Safeguarding***

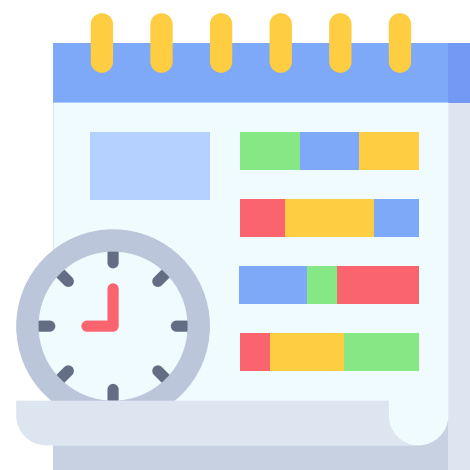
***National news, events and significant dates***

***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 are the assembly themes for the next half term:**

<b>Week</b>	<b>Assembly Topic</b>
<b>Week 1</b>	<b>Expectations and Standards</b>
<b>Week 2</b>	<b>Living in the Wider World: Community and Citizenship</b>
<b>Week 3</b>	<b>Stephen Lawrence Day</b>
<b>Week 4</b>	<b>VE Day</b>
<b>Week 5</b>	<b>International Day against Homophobia, Transphobia, and Biphobia</b>
<b>Week 6</b>	<b>Vaping Awareness Day</b>



# International Women's Day

To commemorate International Women's Day, our Student Leadership Team took charge of organising assemblies for our student body, delivering crucial messages on gender equality and inclusion. This year's theme, 'Inspire Inclusion', resonated deeply, with active participation from numerous staff members as well!

Diving deeper into the curriculum, our personal development sessions offer ample opportunities for students to delve into discussions surrounding protected characteristics. These sessions serve as vital platforms for fostering understanding and appreciation for diversity among our student community.



## The Big Legal Lesson



On the week commencing Monday 11th March, all students took part in 'The Big Legal Lesson.'

'The Big Legal Lesson' is a campaign to start a conversation about the law in schools and aims to engage with questions about what the law is, who has the power to change the law, and how these changes affect all of our lives.

The group behind the initiative is Young Citizens, an educational charity seeking to promote active citizenship in children and young people across the UK. It is also being backed by London law firm Mishcon de Reya and The Law Society.



***"Be the change you want to see in the world"***  
***-Mahatma Gandhi***

# Events and Workshops

**This term, we were delighted to host Dwayne Jack from Roadlight, who conducted workshops on County Lines. Students responded excellently to the workshops, offering encouraging feedback. Here are a few comments from our students:**

***"I found it inspirational and informative."***

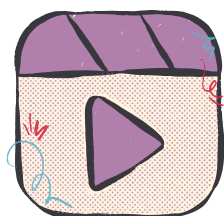
***"A unique workshop that was very informative."***

***"I learned a lot about the world and its laws. It was very helpful"***



**We're embarking on a new approach to enhance parental engagement within the Personal Development Curriculum.**

**To make vital information accessible to all parents and carers, we're requesting our guest speakers for Personal Development to create videos. These videos will cover workshop details and offer valuable "top tips" on supporting your child in this aspect of the curriculum. Please click on the image below to take you to the relevant page on the school website.**



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

# Upcoming Events and Workshops

During the week beginning 20th May, we're thrilled to host Artemi Sakellariadis, Director of the Centre for Studies on Inclusive Education, who will conduct workshops for our students on protected characteristics and fostering inclusivity within our community. This aligns perfectly with our upcoming PSHE topic centered on equality and diversity.



## UPCOMING EVENTS

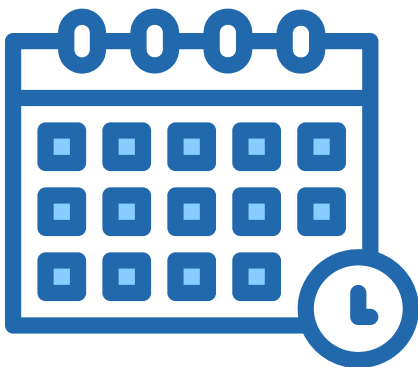
**Tuesday 9th May**  
**Year 12 Business Insight Day**

**Tuesday 18th June**  
**Year 8 Careers and Enterprise Workshop**

**Monday 1st July**  
**Year 7 SEGRO Futures Assembly**

**Wednesday 3rd July**  
**Year 10 Business Insight Day**

**Wednesday 10th July**  
**Year 10 Business Insight Day**

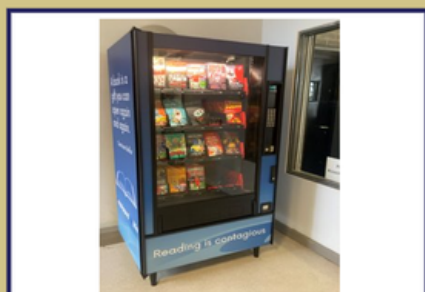






# Student Leadership

As a Student Leadership Team, these are just a few of the initiatives that we have introduced this term...



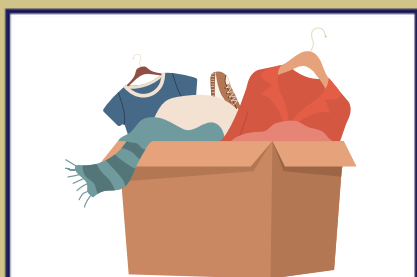
## Book Vending Machines

The Student Leadership Team have introduced a new initiative to **Promote Reading**. The new Book Vending Machine is located outside reception, and you can use your tokens to purchase a wide range of books from the machine.



## Suggestion Boxes!

To help students' voices be heard, the Student Leadership Team have made **Suggestion Boxes**. Each month there will be a designated topic and the opportunity for you to have your say.



## Westgate Spring Clean

The Student Leadership Team organised a Spring Clean for families to clear out anything they no longer wanted. We then went to donate these items to special charities. Thank you to everyone who donated.

Donations made to:

- Cancer Research
- Age UK
- Scope





# Student Leadership

...and these are some of the initiatives that we are currently working on...



## Dodgeball Club!

Following a recent survey sent out, we have been working on how to improve extra-curricular activities. We are now going to be introducing the **Dodgeball Club!** Find out more by checking out the extra-curricular timetable.



2024

January	February	March	April	May	June
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
July	August	September	October	November	December
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

## Diversity in the Curriculum!

To promote equality for all, the Student Leadership Team have been working on a calendar full of dates of special celebrations to **celebrate equality and diversity**.



TEACHERS  
VERSUS  
STUDENTS

## Positive Staff & Student Relationships!

We are working on **Staff vs Student games/competitions**, look out for them!

# Extra-Curricular

**In January, we launched our lunchtime extracurricular programme, and we're thrilled to see our students actively engaging in a variety of exciting opportunities, ranging from Junior Choir to the Entrepreneur Club. To view the extracurricular booklet and timetable, simply click on the blue icon located to the right.**



2023-2024

ARE YOU INTERESTED IN AN  
**EXTRA-CURRICULAR ACTIVITY?**



# Educational Visits



The Westgate School offers an extensive array of activities and educational visits that go beyond the standard curriculum. We highly encourage all students to fully engage in the diverse clubs and activities available. Exploring these opportunities often leads students to uncover new talents and develop interests.

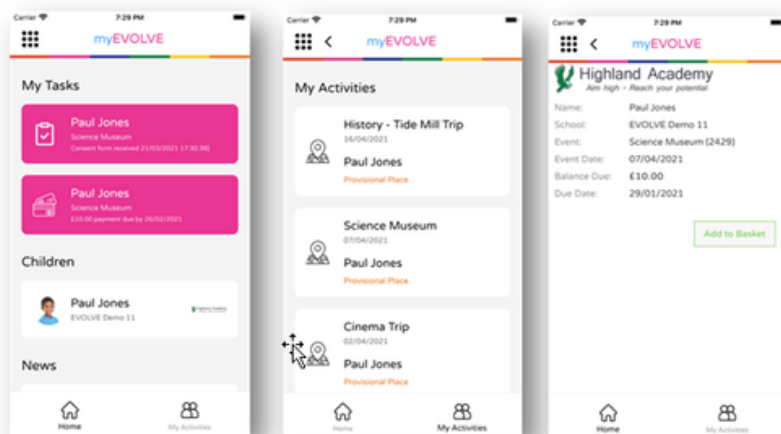
As part of this, our chosen system for managing Consent, Bookings, and Payments for educational visits, clubs, and activities is Evolve. We will email details of planned school trips, clubs, and activities and you can book/register your interest for an activity, make a payment, and grant consent... all in one, easy place.

## How does it work?

- 1) We will send an email to your registered email address when an activity is available, or consent is required.
- 2) You can view activity details via the secure link in the email.
- 3) You can book, grant consent, or make a payment via the secure link.
- 4) You can also create a free myEVOLVE account linked to your child(ren) by clicking on the icon below:



- 5) Download the myEVOLVE app via the AppStore or Google Play Store to browse future activities, view historical consent forms, payment receipts and bookings:



## What do I need to do?

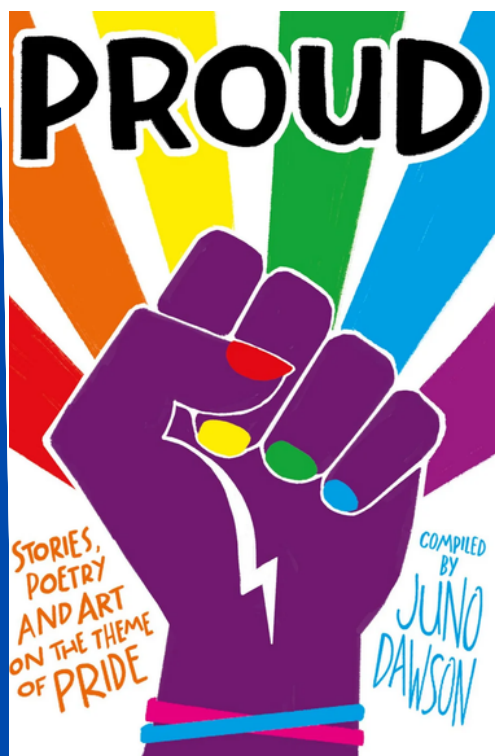
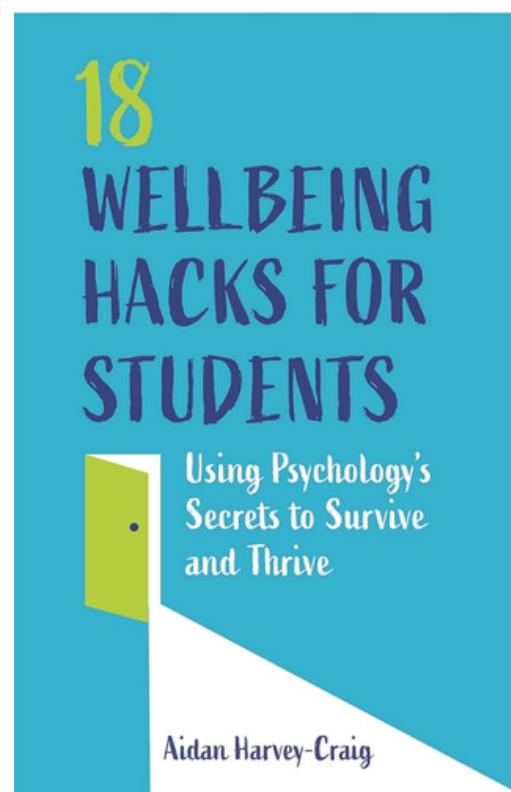
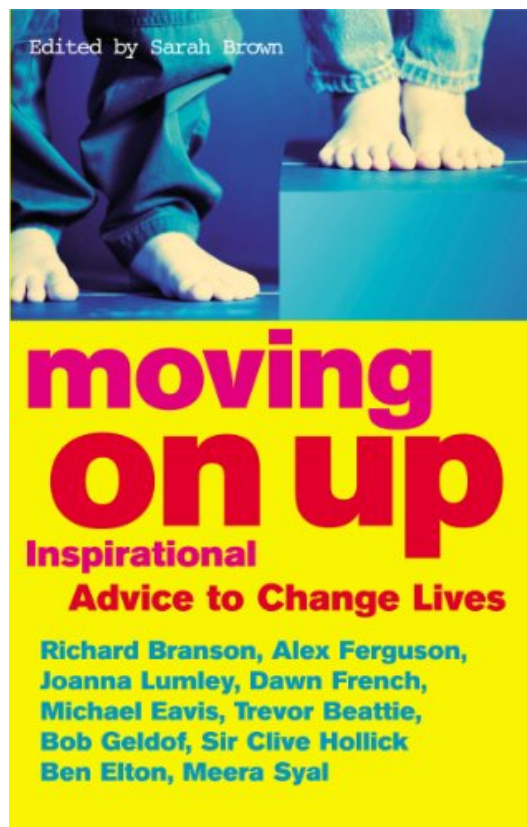
- Click the link above to create your myEVOLVE account.
- Enter the email address registered at the school as the student contact.
  - Follow the steps to create your myEVOLVE account.
- Download the myEVOLVE app from App Store or Google Play (optional)

## Support

Please direct all queries to Miss Augustus Lake, our Educational Visits Coordinator  
[SAL@westgate.slough.sch.uk](mailto:SAL@westgate.slough.sch.uk)



# Book of the Week



Students and staff at The Westgate School can explore our school library's diverse collection of books, all aligned with the Personal Development Curriculum.

Every week, we spotlight a "book of the week" focusing on different aspects of the curriculum, whether it's career exploration or celebrating diversity and equality.

Stay connected with us on social media for our latest recommendations!

# Careers Fair Feedback

## Student feedback

Was this a valuable use of your time?

**YES: 94%**



As a result of taking part these percentages of participants agreed with the following statements:

**I am ready for the world of work and I understand what will be expected from me in the workplace.**

**BEFORE the event**



**45%**

**Scored themselves 6/10 or higher**

**AFTER the event**



**92%**

**Scored themselves 6/10 or higher**

Gatsby Benchmark 2	%
I am more aware of job opportunities in my local area.	73%
Gatsby Benchmark 3	
I have considered a wide range of options and raised my aspirations.	64%
Gatsby Benchmark 5	
I learnt new skills that I will be able to use in the working world.	48%
I have learnt from employers about the skills needed in the workplace.	72%
Gatsby Benchmark 6	
I have a better understanding of work environments.	80%
I have improved my understanding of career opportunities open to me.	65%
OTHER.	
I am more aware of my own strengths.	54%
I have improved my problem solving and creative thinking skills.	39%
I feel more confident about talking to people I have not met before.	52%
It has motivated me to do well at school.	69%

## Student and parent comments

*Thank you for setting up this event, I believe it was extremely helpful.*

*This widens our options and has given us a broader view.*

*If it wasn't for this career fair I probably wouldn't know as much about jobs now.*

*Brilliant event, lots to learn about. I am very keen to learn more about apprenticeships and the information here is excellent.*

*I had prior knowledge about my career choices however I learnt more today.*

*It is great that the school involves us in such events, a very worthwhile event.*





# Safeguarding Update

Dear Parents/Carers,

We trust you're well.

As we approach the Easter half-term break with the inevitable onset of chocolate eggs for many, ensuring the health and well-being of our students remains a top priority. Here are some specific initiatives, events, and resources related to healthy eating and living in the local area, including activities within Cippenham, to help you make the most of the break:

## Healthy Eating Tips:

**Encourage Balanced Meals:** Incorporate a variety of fruits, vegetables, whole grains, and lean proteins into your child's meals.

**Stay Hydrated:** Encourage your child to drink plenty of water throughout the day, especially during outdoor activities.

**Limit Sugary Snacks:** Minimise the consumption of sugary snacks and instead opt for healthier alternatives like fruits, nuts, or yogurt.

**Get Creative with Cooking:** Use this break as an opportunity to involve your child in meal preparation.

Experiment with new recipes and cooking methods to make healthy eating fun. Websites like <https://www.nhs.uk/healthier-families/> offer a wealth of resources, including healthy recipes, meal planning tips, and advice on maintaining a balanced diet.

## Physical Activity:

**Limit Screen Time:** Encourage outdoor play and limit screen time to ensure your child stays active and engaged during the break.

**Cycling Routes:** Explore cycling routes around Cippenham, such as the Jubilee River Path or the Grand Union Canal towpath. Cycling is a fun and active way for families to explore the outdoors together.

**Explore Local Parks:** Take advantage of the beautiful spring weather by visiting nearby parks for walks, bike rides, or picnics.

**Local Sports Clubs:** Check out sports clubs in Cippenham offering activities for children and families, such as football, cricket, or martial arts. Many clubs may offer taster sessions or special events during the half-term break.

**Family-Friendly Activities:** Look for local events or sports clubs offering activities happening in the local area during the half-term break, suitable for children and families. Some examples, taken from the Slough Information and Services Guide - <https://www.sloughfamilyservices.org.uk/> - include:

<https://www.kidzenterprise.co.uk/>  
<https://www.britwellyouthproject.org.uk/>  
<https://www.everyoneactive.com/>  
<https://www.getactivesports.com/>  
<https://www.armycadets.com/>



**Please note that while we have provided examples of initiatives, events, and resources available in the local area, it's important to note that this does not imply endorsement or preference over others. We recognise that there are numerous local businesses, community groups, and service providers offering valuable resources and activities related to healthy eating and living and we encourage parents/carers to explore all available options and resources within the community to find what best suits their family's needs and preferences.**

**Finally, please do continue to reiterate to your child to speak with a trusted adult or use [worry@westgate.slough.sch.uk](mailto:worry@westgate.slough.sch.uk) if they have any concerns or worries.**

**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**

**However, if you are in immediate danger, please 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 trust that you may find the suggestions offered helpful in fostering healthy habits and enjoyable experiences for your family during the half-term break.**

**Wishing you a happy and healthy Easter.**

**Kind Regards,  
The Safeguarding Team**

