St Paul's Catholic School

Personal Development PD/PHSE & RSE Themes Overview 2025-26

Date & Pastoral theme	Year 7	Year 8	Year 9	Year 10	Year 11
3/9	Respect & Form agreement	Our Mission Statement	Study skills	Making Progress	Growth Mindset- Resilience
10/9 Suicide	Year 7 Saints Day Prep	Career Activities	Core values	RSE Authentic Freedom	Growth Mindset-
Prevention Day 17/9 Care for Creation	Our Mission Statement	RSE Created and	Mutual respect Core values	RSE Self Image	Perseverance UCAS Prep
month		Chosen	Democracy	Ĭ	·
24/9 Diversity Week Challenging stereotypes	Democracy	RSE Appreciating differences	RSE Love people, use things	RSE Beliefs, Values and Attitudes	UCAS Prep
1/10 Black History Month	Year 7 Saints Day	Black History	Black History	RSE Parenthood (Personal relationships)	PS16 Assembly
8/10	Democracy- Year Council elections	RSE Feelings	RSE In control of my choices	RSE Pregnancy & Abortion (Life cycles)	RSE Self-worth
15/10 Careers week	Careers	Careers	Careers	Careers	Careers
Half Term Holiday					
29/10	One World	One World	One World	One World	PS16 Statements
5/11 Remembrance	Discipleship Mission	Discipleship Mission	RSE Fertility and Contraception	Discipleship Mission	RSE Addiction
12/11 Anti Bullying	Anti -bullying	Anti-bullying	Anti-bullying	Anti-bullying	RSE Eating disorders
19/11 Interfaith Week	Interfaith dialogue	RSE Before I was born	Core values Rule of Law	RSE Abuse	Revision Techniques
26/11 County lines awareness week	RSE Who am I?	RSE Tough relationships	Core values Respect of culture and faith	RSE Solidarity	Mock exams
3/12	RSE Changing bodies	RSE Assessment	RSE Commitment and marriage	RSE Healthy Relationships - consent	Mock Exams
10/12 Human Rights Day	RSE Healthy inside and out	RSE Think before you share	Vaping	RSE Assessment	RSE Fertility
17/12	Christmas activities	Christmas activities	Christmas activities	Christmas activities	Christmas activities
Christmas Holidays					



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7/1	SCHOOL	ACTIVITY	DURING	PHSE	****
14/1	RSE Where we come from	RSE A Wider world	Finance	Personality Profile	RSE Pornography
21/1	RSE Family & Friends	Character Education Temperance	Finance	CV Writing	RSE STI's
28/1 Holocaust Remembrance Day	Holocaust Education	Holocaust Education	Holocaust Education	Holocaust Education	Holocaust Education
4/2	RSE Assessment	Propaganda	Human rights and responsibilities	Drug & Alcohol awareness	RSE Coercive Control
11/2	Internet Safety	Internet Safety	Internet Safety	Internet Safety	Internet Safety
Half Term Holiday					
25/2	Lent CAFOD Campaign	Options	RSE Understanding consent	Testicular & Vaginal health	Racial Justice
4/3	What are British (Core) values?	Options	RSE Human rights and wrongs	Employment rights and responsibilities	FGM Awareness
11/3 Internation	RSE Living in the wider	Options	Core values Individual	RSE Babies (S1)	RSE Truth & Lies 1
Women's Day	world		liberty		
18/3 National CSE Day	RSE My life on screen	Options	RSE Assessment	RSE Babies (S2)	RSE Truth & Lies 2
25/3 Alcohol & Drug	Wellbeing- cards	Prevent	Young People and	Drug & Alcohol	Revision Preparation
awareness			crime	awareness	
Easter Holidays					
15/4 Stress awareness month	Autism Awareness	Autism awareness	Autism Awareness	Autism Awareness	Revision Preparation
22/4	Connected by kindness	Gangs – managing the risks	Extremism versus legitimate protest	Revision techniques	Revision preparation Drug & Alcohol awareness assembly
29/4	Mental Health loneliness	RSE The trouble with Max film (S1)	Career Activities	Mock Exams	Celebration Mass Prep
6/5	Healthy life mouth health	RSE The trouble with Max film (S2)	Career Activities	Mock Exams	Revision and Exams
13/5 Mental Health	Wellbeing – cards	Mental Health	Mental Health	Mental Health	Revision and Exams
awareness		Activities	Activities	Activities	



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20/5	Gratitude	Recycle Challenge	Knife free	Finance – the Economy	Revision and Exams
Half Term					
3/6	Spelling Bee	Spelling Bee	Spelling Bee	Finance – making decisions in the economy	Revision and Exams
10/6 Refugee week	Refugee Awareness	Refugee Awareness	Revision Techniques	Refugee Awareness	Revision and Exams
17/6	Spelling Bee	Inside out & reflections	Mock Exams	WOW Week Prep	
24/6	Prep for Activities Day	Prep for Activities Day	Prep for Activities Day	WOW Week	
1/7	Healthy life exercise	Career Activities	Social media and body image (Dove)	WOW Week analysis	
8/7	Form activities	Form activities	Form activities	Form activities	
	Year 7 Retreat Days Yr 7 Retreat to The Briars	Year 8 Retreat Days	Yr 9 Health Fair Yr 9 Retreat to The Briars	WOW week Yr 10 Health Fair	

☐ Relationship & Sex Education (RSE) — using Ten Ten Resources 'Life to the Ful	l' ☐ Physical Health
☐ Careers and aspirations	☐ Friendships and Anti bullying
☐ Finance	☐ Diversity and Prejudice
Mental Health and emotional wellheing	☐ Personal safety risk management & Media Influer

☐ Care for our common home (Laudato Si')