



West Kirby
Grammar School

Personal Development Newsletter

Jan 2025

The Personal Development Curriculum Spring 1

As a part of your child's education at West Kirby Grammar School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme within their Personal Development lessons.

Teaching Relationships and Sex Education (RSE) and Health Education is our legal duty, and the government provides guidance which we must comply with.

Personal Development is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

The table opposite summarises the key learning for this half term.

All Personal Development teaching takes place in a safe learning environment and is underpinned by our school ethos and values. We work together to raise awareness and respect all viewpoints.

As a school, we are committed to working in partnership with parents. If you would like to find out more or discuss any concerns, please do not hesitate to contact Mrs Kimber on kkimber@wkgs.net.

You are also more than welcome to contribute to our Personal Development curriculum by sharing some topics or discussion points that you feel should be covered.

Exploring who I am

Y7 Celebrating us as individuals
Wellbeing and resilience
Strengths and Skills
Managing change

Aspirations – the world of work and careers

Y8 What are my interests?
Superhero CVs
Challenges and rewards of work
Creating the life you want
What does success mean to me?

Aspirations – the world of work and careers

Y9 What are my skills?
What comes after school?
Deciding what to choose at KS4
Working and earning and managing your money
Health and Wellbeing
Appearance Ideals
Internal and external impacts on self esteem
Media Messages
Confronting comparisons
Banishing Body Talk
Unhealthy coping strategies – self harm and eating disorders

Relationships

Y10 Consent
Pornography
Relationship Abuse
Types of intimate relationships
Pressure, persuasion and coercion

Relationships

Y11 The role of intimacy and pleasure
Fertility and the pathways to parenthood
Forced Marriage
Honour based violence
The changing face of masculinity

Underpinning
The Academic



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WKGS Futures

**A programme to future proof
career choices**

We are launching the WKGS Futures programme. This is a school initiative where current students hear the career experiences of former students, parents or members of the local community. The talks will cover all professional backgrounds.

The goal of this programme is to give our students valuable insight and have genuine impact upon with their career choices. It is our goal to represent all business sectors.

Please discuss the value of this programme at home and encourage your child to participate in this opportunity, **we expect all students to attend two talks over an academic year.** They will have the opportunity to sign up in advance.

If anyone would like to deliver one of these talks, or has a contact who would, that would be great! Please email kkimber@wkgs.net

Any support would be much appreciated.



This term, some of our guest speakers will be discussing:

- **Being a National Sales Manager for RedBull**
- **Working as a forensic psychologist**
- **Being a business owner**
- **Working for Disney**
- **Being a Solicitor**

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WKGS Futures

'A spotlight on' - Catering and Hospitality

Spotlight on Careers

This Spotlight on Careers series shines a light on skills for today and tomorrow. In a new 45-minute format, available on demand, these inspirational episodes help students future-proof their careers

Episode 1 - Catering and Hospitality

A Recipe for Career Success

In this episode celebrity maitre d'hotel Fred Sirieix and Chef Tom Kerridge explain what the sector means to them and why they chose it as a career. We speak to new entrants who share their experiences and offer top tips to consider when starting out.

We outline routes into the industry from college courses through to apprenticeships and our industry partners Springboard and the UK Hospitality Group, share their insights into the latest industry trends and the variety of roles on offer, from joining large established brands, through to starting your own business.

<https://worldskillsukevents.org/ondemand/register>



If you are looking for more support discussing careers and further education options at home, the links below have useful tips and information:

[Careers Advice for Parents](#)
[- Youth Employment UK](#)
[About Us | Helping Young People Get The Best Start](#)
[| WorldSkills UK](#)
[Parents Advice for Career Conversations - Talking Futures](#)

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WKGS Debates



During form time this half term students will be exploring the themes covered in personal development with some debate questions focussed on:

- Self love is more critical than love from a partner
- Love should be the primary reason for getting married
- Academic or career success is more important than happiness
- We should work to live not live to work
- All body types are celebrated in the media
- Monogamy is only a societal construct and is unnatural



Enrichment

Our enrichment has expanded once again with the addition of a Dungeons & Dragons (D&D) club and a computing club!

Other opportunities include a Cadet club and Photography club or students can learn the Ukulele! Many of these activities are led and run by our amazing Sixth Formers, actively participating in our culture and they form an integral part of our WKGS Way. The full timetable can be found on the next few pages.

Please remember that our expectation is for Years 7 to 9 to attend two clubs per week, while those in Years 10 to 11 are expected to attend one.

Registers will be taken to better support any students who are not meeting these expectations.

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Name of Extra Curricular Club/ Activity	Location	Description	Year Group	Day (Time 12:45 unless stated otherwise)	Name
A Level & GCSE History & Politics drop in	H1	Drop-in support for all GCSE & A-level students of History & Politics	Y10 - Y13	Wed (12.45-13.15)	Mrs Gaskin
A Level Biology Drop in	B18	Drop in for A level Biologists to seek help with topics/questions from members of staff	Y12 - Y13	Tues (13:15)	Biology Dept
A Level Chemistry Drop in	B22	An opportunity for A Level students to come along with any questions they have about their Chemistry learning or to seek support from A Level teaching staff.	Y12 - Y13	Wed (13:15)	Mr Woods
A Level Lunch lectures	B20	Y13 A-Level lectures	Y12 - Y13	Mon	Mrs Wakefield
A Level Maths Masterclasses	tbc	Year 12 run maths masterclasses for Year 5 primary schools	Y12	Monday (16:00 - 17:30)	Ms Myers
A Level Physics drop-in	D1	Drop-in support for all Y12 and 13 students of Physics	Y12 - Y13	Fri (13:00 - 13:45)	Ms Hill
A Level Psychology drop-in	S1	Drop-in support for all Y12 & Y13 students of Psychology	Y12 - Y13	Tues (13.10- 13.45)	Mrs Hughes
Art Club	G2		Y7 - Y9	Mon	Ms Cawley
Art Raise a Grade	G3	Afterschool support for GCSE and A level Art students.	Y10 - Y13	Wed (15:35 - 16:30)	Mrs Portbury
Badminton (GCSE)	Gym and Small Hall	GCSE Badminton - for only GCSE PE students	Y10 - Y11	Thurs	Mrs Chesworth
Book Club (Y7 - Y8)	Lower Library	To meet and discuss books.	Y7 - Y8	Mon (13:15)	Mrs Wright
Cartoon Club	G3		Y7 - Y9	Thurs (13:00)	Mr Stubbs
Chamber Choir	G9	Singing Music from 1600 onwards	All - Audition entry	Wed	Miss Keating
Chess Club	A12	Come and play chess. All levels are welcome.	Y7 - Y11	Thurs	Mr Myers
Classics Film Club	B8	Each week students are able to view films related to the Classical Civilisation course they are studying in B8 at 1.10pm with Mrs Conway	Y7	Tues (13:10)	Mrs Conway
Commons People - Politics Society	H1/H3 on rotation	We cover key political events with a slight focus on the UK and the US, and this year we are looking to run introductory sessions for those who may be new to politics, leading up to running a Model Parliament. Model Parliament is an exercise which involves each person or a small team forming a political party of their own, and taking part in structured debates as that party.	Y9 - Y13	Mon	Student Led
Composition Clinic	G6	How to write music/Support with composition	Y10 - Y13	Mon (13:00)	Miss Keating
Cricket Club	Tennis Courts	Fun Cricket club for experts right down to novices. Bring your PE kit, we'll play outside while the weather is good.	All	Wed	Mr Armstrong & Mr Sweatman
Crochet Club	B19	Suitable for beginners or confident crocheters! Knitters welcome too	All	Tues (13:15)	Mrs Butt & Mrs Simpson
Dance	Small Hall	Come along and learn some dances - from beginner to expert	All	Wed	Mrs Brown
DT GCSE NEA support	C3	NEA and exam support	Y11	Wed & Thurs lunch	Mr Ford
DT Seasonal Club - Product Design	C2		All	Tues (13:00)	
DT Seasonal Club - Textiles	C4	Design and make seasonal products	Y7	Tues	Mrs Duffey & Mr Ford
Duke of Edinburgh Drop In Support	B10	Open to all bronze, silver and gold students at school. We will run termly sessions for progress checks of the students' eDofE accounts and students may also drop in with questions. It will be run by Mrs Wright and the Year 12 Young Leaders	Y10 - Y12	Thurs (13:15 - 13:45)	Mrs Harris
Duke of Edinburgh Young Leader		Year 12 leaders supporting the delivery of DofE to all year groups	12	Thurs (13:15 - 13:45)	Mrs Harris

Name of Extra Curricular Club/ Activity	Location	Description	Year Group	Day (Time 12:45 unless stated otherwise)	Name
EcoClub (Student Council SubCommittee)	A3	To continue the dedicated work to maintain our proud Green Flag status as an Eco-School through being a member of an Eco Committee and deciding on environmental activities and trips to eco events. There will be an opportunity to be part of the Wirral-wide Eco Council working on environmental projects with other Wirral schools.	Y7 - Y13	Wed	Mr Houghton
English Revision	F4	Revision for GCSE English.	Y11	Thurs	Mrs Pinnington
EPQ Drop-In	B12	EPQ Drop-in session.	Y12 - Y13	Fri	Mrs Richards
Event Tech AV club	Main Hall Balcony	Lights camera sound for school events.	Y10 - Y13	Wed	Mr Heibel
Exploring Science	B16	An opportunity for students to plan and carry out exciting practical activities as a team.	Y8 - Y9	Tues (13:15)	Mr Woods
Football (Junior)	Front Field	Junior Football. Please get changed in the changing rooms and meet by the netball courts. You must bring shin pads and old trainers or astros or boots.	Y7 - Y8	Fri (12:50)	Mrs Chesworth
Football (Senior)	Front Field	Please get changed in the changing rooms and meet by the netball courts. You must bring shin pads and old trainers or astros or boots Takes places on the front field.	Y9 - Y11	Tues	Mrs Chesworth
Games Club	T2	A variety of games including board games, card games etc.	Y7 - Y11	Fri	Mrs Stanfield
GCSE Art Support	G3	GCSE coursework and exam support.	Y10 - Y11	Wed (15:35 - 16:30)	Mrs Portbury
GCSE Fine Art Support	G2		Y10 - Y11	Tues (12:45)	Mrs Cawley
GCSE Physics Drop In	D1		Y11	Fri (13:00)	Physics Dept
Gymnastics Club	Gym		Y7	Mon	Mrs McKenzie
Handball	Small Hall	For experienced players only please.	Y7 - Y10	Fri	Mr Price
Handball	Gym	Welcome to any from from beginner to experienced players.	Y7 - Y10	Wed	Mr Price
Handball after school	Sports Hall	Anyone welcome. Cost is £3pp per session please.	Y7 - Y10	Tues (19:30 - 20:30)	Mr Price
Handball weekend	Sports Hall	Anyone welcome. Cost is £3 -5pp per session please.	Y7 - Y10	Sun (17/18:00 - 19:00)	Mr Price
History Club	H1	Mixture of activities including crafts, films & Horrible Histories!	Y7 - Y11	First Tues of each Month (13:15)	Student Led
Islamic Society	B11	A club for Muslims and Non-Muslims to get together and discuss aspects of the religion.	All	Fri	Student Led
Italian Club	B6	This is a great opportunity to gain a new skill and explore Italian culture. Students wishing to attend should bring a packed lunch and try to eat before they come to the session. Grab bags are also available from the school canteen.	Y8 - Y9	Tues (13:00)	Mr M Pepe
KS4 Speaking Support (Fr/Ge/Sp)	B4	Students in Y10 and 11 will be invited to come to practise for their MFL speaking exams.	Y10 - Y11	Mon	Miss Partridge
Languages Club	B4	Take part in fun activities based around learning about languages and culture.	Y7 - Y9	Thurs	Mr Malhi
Library Assistants	Lower library		All	Mon (08:30)	Mrs Wright
Maths Mentoring	B12	Invite only mentoring sessions with KS5 students.	Y7 - Y10	Tues (13:15 - 13:45)	Mr Knight
Maths Team Challenge Club	A12	Aim is to work together as a team to solve interesting maths based problems. The problems can involve relays, crossnumbers, shuttles and other team activities.	Y7 - Y9	Fri (13:15)	Mrs Howell
Mindfulness club	T2	A relaxing and calm space with opportunities to colour, complete puzzles and chat amongst peers.	Y7 - Y11	Wed	Mrs Price
Model UN	H Block	We aim to provide information about the countries involved and have students act as delegates to debate international affairs.	All	Wed	Student Led
Music Club (KS3)	Music Dept	Play music.	Y7 - Y9	Thurs	Miss Anglesea

Name of Extra Curricular Club/ Activity	Location	Description	Year Group	Day (Time 12:45 unless stated otherwise)	Name
Music Club (KS4)	Music Dept	Play music or practice.	Y10 - Y11	Tues	Miss Anglesea
Music Club (KS5)	Music Dept	Play music.	Y12 - Y13	Thurs	Miss Anglesea
Music Production and Studio Recording	Music Dept	Perform rock/pop music and recording it in the studio.	All	Wed (15:30 - 17:00)	Mr Pepe
Music Theory Club	G6	Learn ABRSM theory.	ONLY pupils who have instrumental lessons.	Fri (13:00)	Miss Anglesea
Netball (After School)	Netball Courts	Netball practice for anyone who enjoys playing netball and wants to improve their skills.	All	Tues (15:40 - 16:30)	Mrs Goodall
Netball (Senior)	Netball Courts	Netball practice for team players, GCSE students and anyone else who enjoys playing netball.	Y10 - Y13	Wed	Mrs Goodall
Netball (Y7)	Netball courts	Change immediately at lunchtime in PE changing rooms and gather on netball courts at 12:50pm. This club is for all abilities in Year 7, to learn new skills and be part of our teams.	Y7	Thurs	Mrs Hogan & Mrs Mckenzie
Netball (Y8 - Y9)	Netball Courts	Netball practice with lots of opportunities to represent the school in matches.	Y8 - Y9	Wed	Mrs Chesworth (Y9) & Mrs Goodall (Y8)
Orchestra	G9	Orchestra- group of instruments playing together.	All - ABRSM grade 3 or above	Fri (13:00)	Miss Anglesea
Origami Club	A12	A mindful club where we will make different origami shapes.	All	Thursday (13.15)	Mrs Peddie
Philosophy and Film	B20	Philosophy and Film.	Y11	Tues	Mrs Wakefield
Philosophy Cafe	B11	Philosophy discussion of key topics in relation to Alevel.	Y13	First Tues of each Month (15:40)	Mrs Lea-Thomas
Poetry by Heart	S6	Run by our Prefect for Oracy, Millie, this is an exciting and interactive club where you can read, write and perform high quality poetry, leading to a national competition next year. Supported by the English Department.	Y7 - Y8	Fri	Student Led
Pulse	B11	An opportunity to eat food, play games, make friends and learn about the Christian faith. Everyone is welcome!	Y7 - Y10	Fri	Mr Knight
Quiz Club	T2	Quizzes on various topics and themes each week.	Y7	Tues	Mrs Ohr
Reading Retreat	Lower library	To give students the space and time to read with no distractions.	All	Fri	Mrs Wright
Revision club - Y11	T2	Revision sessions open to Year 11 students to independently revise or gain study skills from a member of the Thrive team.	Y11	Thurs	Mrs Tinsley
Robotics Club	C3	Gain programming and engineering experience and compete at competitions.	All	Mon	Mr Ford
Rock Band	G9	Play in a rock band!	All	Mon (13:00)	Miss Anglesea
RS GCSE drop in and revision	B20	GCSE support.	Y10 - Y11	Thurs (13.15)	Mrs Wakefield
Running and Fitness	Gym	A variety of different fun running and fitness activities.	Y7 - Y11	Tues	Mrs Goodall
Saxophone Quartet	G6	Play Saxophone in an ensemble.	Audition only	Thurs	Miss Anglesea
Science Club	B16&B17	A club for Y7 students to explore Science through a wide range of exciting and creative practical activities.	Y7	Fri (13:15)	Mr Woods
Science Society	A6	Run by 6th formers and Dr Hill. Each week a student will give a presentation about a topic in science that interests them and sometimes a practical demonstration will be included. Have fun learning about the science of colour in nature, quantum computing, artificial intelligence, new materials that have been discovered. And share your enthusiasm for science.	Y9 - Y13	Thurs (13:00)	Dr Hill

Name of Extra Curricular Club/ Activity	Location	Description	Year Group	Day (Time 12:45 unless stated otherwise)	Name
Science Support and Mentoring (Y11)	B22	An opportunity to build your confidence with GCSE Science and gain essential revision tips and support ahead of the summer examinations.	Y11	Tues (13:15)	Mr Woods
Sing A long Karaoke	G9	Come along and sing.	All staff and All pupils	Tues	Miss Keating
Six Costume Design	G4	6 teams for 6 queens.	All	Wed	Ms Troake
Six Reherals	Drama	Rehearsals for SIX, school production.	All	Wed & Thurs (12:45 & 15:40)	Mrs Richards
Six: The Musical - Band Rehearsals	G6	Weekly rehearsal for auditioned band for production of Six: The Musical	All	Fri (13:00)	Mr Clarke
Social Justice	B11	Activities of community action, charity and social justice.	All	Wed (13:15)	Mrs Lea-Thomas
Space Design Club	D1	Engineering challenge and training for the UK Space Design Competition.	Y10- Y13	Tuesday (13.00)	Dr Hill
Strategy Games Club	A11	Various competitive games will be provided to challenge bright minds.	Y9 - Y10	Mon (13:15)	Mrs Littler
Student Council Sub Committee - Diversity and Inclusion	A2		All	Thurs (13:15)	Ms McVey
Student Council Sub Committee - Well Being	C1		All	Thurs (13:15)	Mr Young
Textiles "Raise a grade"	G4	Miss Troake will help and support you in developing and refining your work to a higher standard.	Y11	Wed (15:45 - 16:30)	Ms Troake
Trampolining (GCSE)	Main Hall	For GCSE PE students only.	Y10 - Y11	Mon	Mrs Hogan
Vox Vocal Group	G9	Choir	All	Wed	Miss Anglesea
Wirral Big Band	Drama Studio	Big Band for all pupils on the Wirral - Edsential Music Service.	All	Thurs (17:00 - 19:00)	Miss Anglesea
Ukelele	Music Praticce Room	Come along and learn or improve your Ukelele playing skills.	Y7 - Y8	Mon (13:15)	Student Led
Student Council: Student Wellbeuing	A2	Train as a Peer Mentor and work as a team to plan the use of a new sensory room in school.	ALL	Thurs (13:15)	Miss McVey
Student Council: Diversity and Inclusion	C1	Celebrate the individual - how can you work as a team to create a culture where who you are is truly enough.	ALL	Thurs (13:15)	Mr Young
Student Council: Charity		Take the lead on charity across the school and work with EduKids to launch year group fundraising.	ALL	Thurs (13:15)	Mrs Marley
Photography Club	Tech		Y9 - Y13	Tues (13:15)	Student Led
Cadet Club	Small hall		Y9 - Y13	Thurs (13:15)	Student Led
Film Club	Drama		ALL	Tue & Fri 15:35	Student Led
Self Defense	Small Hall	Fully certified FA and coach delivering these sessions.	ALL	Tues 12:14 & 15:35	Mr P Jones
Judo	Main Hall	Fully certified FA and coach delivering these sessions - Peter is DBS checked and can support students in grading and coaching towards DofE qualifications.	ALL	Fri 18:00 - 19:00	Mr P Jones
D&D Club	B17		ALL	Tues 13:00	Mr McClumpha