



West Kirby  
Grammar School

# Personal Development Newsletter



## Personal Development Curriculum Autumn 2

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](mailto: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.

### 7 Aspirations – The world of work and Careers

Who am I?  
Exploring work and career possibilities  
What is a career?  
What is an entrepreneur?

### Aspirations – the world of work and careers

What are my skills?  
What comes after school?  
Deciding what to choose at KS4

Working and earning and managing your money

### 9 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

### Health and Wellbeing

Anxiety  
1 Screening and self-checking  
1 Organ Donation  
Cosmetic and Aesthetic procedures - How to evaluate the evidence

### Exploring who I am

How I present myself online  
8 The impact of social media of self esteem  
Building resilience  
Managing social influences

### 10 Health and Wellbeing

Self-Evaluation  
Self-Motivation  
Healthy Routines  
Work-Life Balance Mindset  
Targeted Advertising and your data

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# WKGS Futures

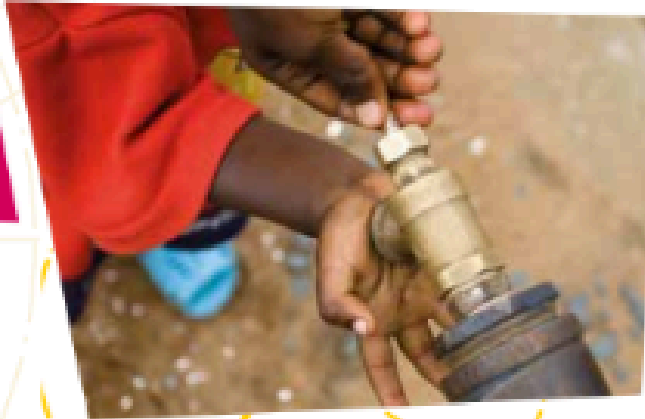
‘A spotlight on’ - Engineering



## What is an engineer?

Engineers use their creativity and problem-solving skills to improve the design and performance of everything we use today and to develop the products and processes of the future.

Engineers are currently tackling some of the world's most pressing problems. From dealing with cyber security and maintaining clean energy supplies to finding sustainable ways to grow food, build houses and travel.



## Why choose engineering?

- 1 Engineers are in high demand and it's one of the fastest growing sectors
- 2 Like doctors and lawyers, professionally registered engineers are well respected and well paid
- 3 Engineers get to be creative, practical and innovative
- 4 There are exciting opportunities to make a difference in the UK and all over the world
- 5 It's one of the few career options that spans every sector, from sport to space



## Engineers at all levels are in demand



There is a **high demand for engineers in the UK** – in fact engineering is one of the most in demand jobs globally. From apprentices to technicians; graduates to postgraduates – engineers are needed at all levels, in a wide range of sectors.

Between now and 2024, we expect over **2.5 million job openings** to arise in the engineering sector, in addition to many more jobs requiring engineering skills in other sectors. Engineering represents around **20% of total UK employment**.

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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## What are the employment prospects for engineers?

Engineering is one of the most in demand jobs globally. A recent survey found that 92% of engineering undergraduates were working or pursuing further study 6 months after graduating.

Around a quarter of a million UK workplaces now offer apprenticeships – over a 50% increase in the last 5 years.

## How much do engineers get paid?

The average starting salary for engineering and technology graduates is around £26,000, which is approximately 20% higher than the average starting salary for all graduates.

With experience, average salaries can be between £35,000 and £90,000 with specialist roles and Chartered Engineers at the higher end of the scale. Many engineering employers also pay apprentices well above the statutory rate.



## Where do engineers work?



The engineers of today are found in modern design offices, high tech research and development laboratories and out in the field (for example a stadium, a hospital, an airport, underground or at sea).

## What else can you do with engineering qualifications?

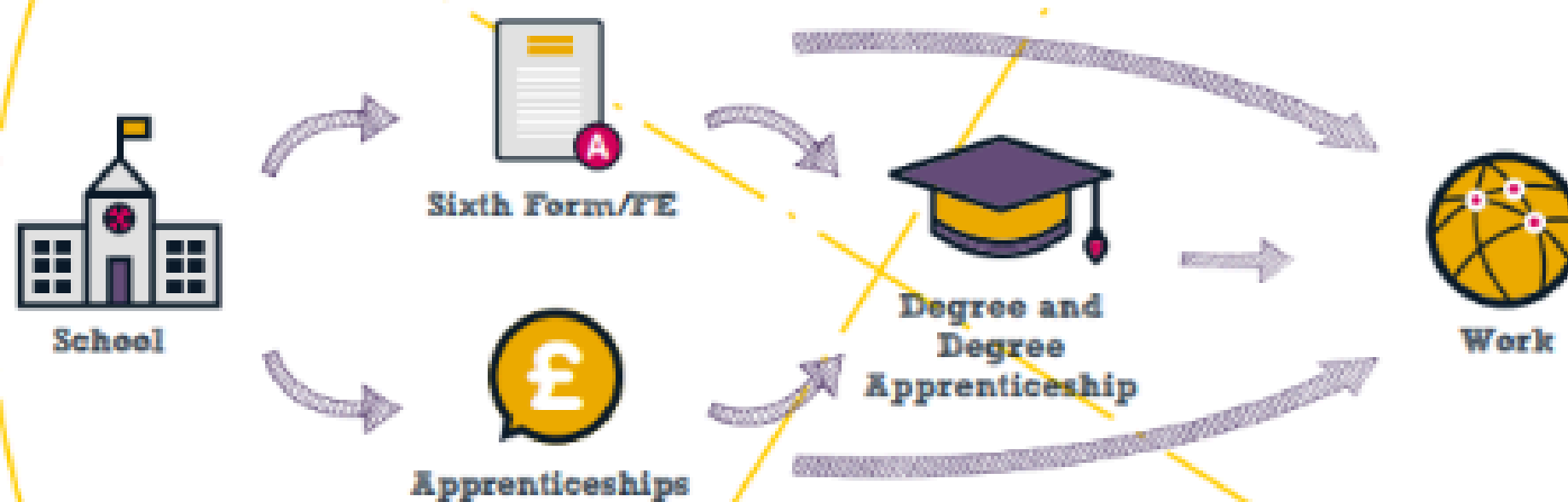


The skills that engineers develop are highly transferable. Numeracy, project management, teamwork, communication, IT, problem solving and the ability to be creative and analytical are very highly valued by employers from all sectors.

Engineering graduates can also be found working in finance, IT, teaching, project management and senior management roles in a wide variety of public and private organisations.

Data is taken from EngineeringUK 2018: The State of Engineering.

## Getting into engineering



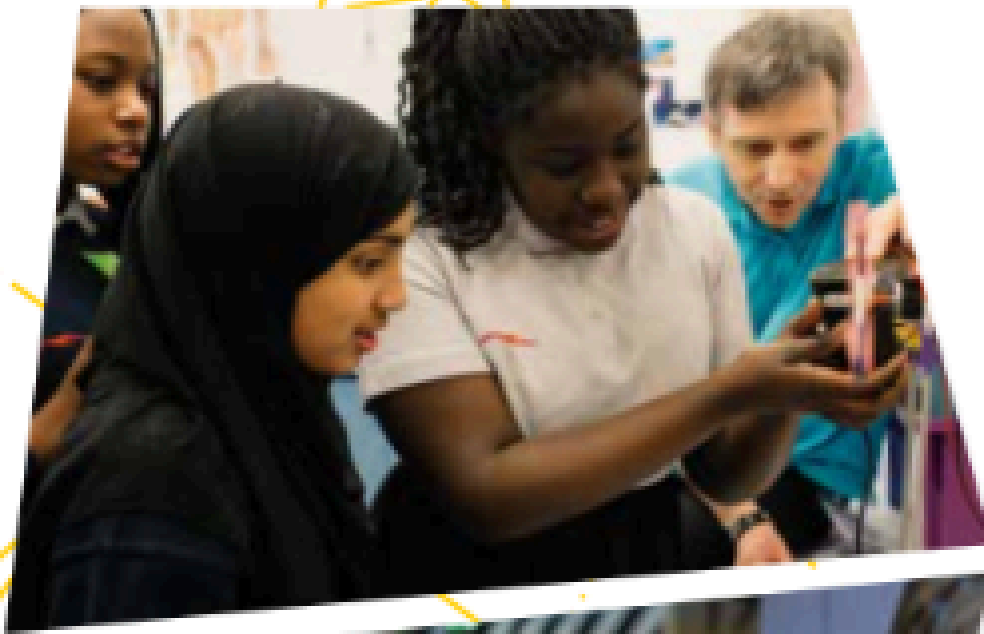
## How to spot a future engineer

Asking how things work, dismantling and re-assembling things, coming up with solutions to problems and making adjustments and improvements are skills and traits that are used in engineering.

If you notice young people doing any of these, it could be that a future in engineering beckons!

The Royal Academy of Engineering identifies certain 'habits of mind' associated with engineers:

- Curiosity
- Open-mindedness
- Resourcefulness
- Collaboration/teamwork
- Creative problem solving
- Ethical consideration



### WKGS Futures Talks

As part of our Careers and Aspirations programme we are planning a series of talks throughout the year focussed on futures – these will be delivered by Alumni, local and national employers and visionary TED talks. It will also be driven by predicted future needs within the job market (digital technology/ green industries/life sciences/ advanced manufacturing/ creative industries).

The vision of these talks is to create meaningful encounters with employers **and** visionaries – connecting students' passions and skills with an exploration of what their future could look like.

Students will be expected to attend one of these lectures a term. They will be delivered during lunch time. At the start of each half term a schedule will be launched on EduLink so student can sign up. The schedule of talks will also be shared with in these newsletters. They will start after Christmas

At the end of each term, there will be an opportunity to reflect on what they can take from each talk and how this fits into our community and culture (WKGS Way).



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## WKGS Debates



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

Entrepreneurship - can only rich people be entrepreneurs?

The impact of social media - is it in the best interests of teenagers to ban smart phones?

The pathways after secondary school - are apprenticeships as worthy as degrees?

Motivation - is intrinsic or extrinsic motivation better?



## Extra Curricular

Our extra curricular offer has grown yet again, with the addition of self defence and Judo Classes where students can enter as beginners or opt to support in the training and coaching of others, this experience can then be used as part of the Duke of Edinburgh qualifications.

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.

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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	Holly Jones and Izzy Rowlands
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 Stanfields
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
GCSE Support?	G3		Y7	Tues (13:00)	Mrs Portbury
Gymnastics Club	Gym		Y7	Mon	Mrs McKenzie
Handball	Small Hall	For experienced players only please	Y7 - Y10	Fri	Mr Price
Handball	Gym	Welcome to anyone 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)	6th form students & VG
Islamic Society	B11	A club for Muslims and Non-Muslim to get together and discuss aspects of the religion.	All	Fri	Laila Ibrahimova
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 Mahli
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	Mr Robinson and Holly Jones
Music Club (KS3)	Music Dept	Play music	Y7 - Y9	Thurs	Mrs 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	Mrs Anglesea
Music Club (KS5)	Music Dept	Play music	Y12 - Y13	Thurs	Mrs 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)	Mrs 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)	Mrs 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. S6	Y7 - Y8	Fri	Millie Rice Oxley
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 Orr
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 competition	All	Mon	Mr Ford
Rock Band	G9	Play in a rock band	All	Mon (13:00)	Mrs 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	Mrs 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).	Ms 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	TBC		All	Thurs (13:15)	Ms McVey
Student Council Sub Committee - Well Being	TBC		All	Thurs (13:15)	Mr Young
Textiles "Raise a grade"	G4	So Miss Troake can 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	Mrs Anglesea
Wirral Big Band	Drama Studio	Big Band for all pupils on the Wirral - Edsential Music Service	All	Thurs (17:00 - 19:00)	Mrs 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 - 13	Tues (13:15)	Max McGinn
Cadet Club	Small hall		Y9 - Y13	Thurs (13:15)	Max McGinn
Film Club	Drama		ALL	Tue & Fri 15.35	Sophie Fludger
Self Defense	Small Hall	Fully certified FA and coach delivering these sessions	ALL	Tues 12:14 & 15.35	Peter
Dudo	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	Peter