

Long Term plan for Personal development time September 2022-2023

	Autumn one	Autumn two	Spring one	Spring two	Summer one	Summer two
Themes For Assemblies	FBV (Fundamental British Values) - Democracy School values Voting for Head Girl and sharing roles and responsibilities of school council, prefects, anti-bullying ambassadors and librarians. Black History Month Emotional well being Rights of creation Rights of Allah Charity fundraiser – Macmillan coffee morning Mawlid un-nabi Anti-bullying with links to Mental health Day	Anti-bullying week Remembrance Sunday Using Zikr to help cope with stress/anxiety mental health. Advice on Exam stress Importance of women's rights in Islam Christmas in Islam Rewards Assembly for End of Term	Holocaust Pride month Importance of Charity and education Children's Mental Health Week World Cancer Day Staying safe on the internet Grooming and CSE Peer on peer abuse Apprenticeship week International Day of Women and Girls in Science.	National careers week Maths in Islam, Importance of knowledge, Heaven lies beneath the feet of the mother, Staying positive and links to mental health Importance of Helping the oppressed Substance misuse and support	Social media in moderation Tolerance towards all Importance of family and keeping ties. Healthy diet; exercise, sleep, healthy mind. Ramadhan	Anti-bullying/E-safety/social Pride Month (June) Media dangers One British One Nation Day Healthy-being week Sports Day Science Exhibition Art exhibition Mental health workshop Healthy eating week Eid ul Adha
Suggested activities	Presentations from senior pupils. Speech from someone from Macmillan's Speech from NHS Healthy families Team on Tobacco/Vaping awareness	Presentations from different learners from different year groups.	Presentations from students, Speech by Al-Khair foundation,	Role-plays, Speeches, Student presentations. [Ceri Blackmore, 360° Substance Misuse Service for Young People & Families]	Students' presentations and speeches, Role plays Nasheed's	Presentations, exhibition mornings/afternoons Afternoon workshop for all years with mental health expert
Important dates	10 th Sept: World suicide prevention day 28 th September: Rabi-Al Awal begins 30 th Sept: Macmillan's world's biggest coffee morning October: Black History Month UK 8 th Oct: Mawlid Un-Nabi 10 th Oct World Mental Health Day 14 th Oct: National baking week	2 nd Nov: International stress awareness day 11 th Nov: Remembrance Day 13 th Nov: World Kindness Day 14 th -18 th Nov- Anti bullying Week 16 th Nov: International tolerance day 25 th Nov: International day for the elimination of Violence against women. 2 nd Dec: National Pollution Day 10 th Dec: International Human Rights Day/Animal Rights Day 25 th Dec: Christmas Day	Feb: Pride Month 27 th Jan: Holocaust Memorial Day 1 st Feb: International Hijab Day 6 th to 12 th Feb: Children's Mental Health Week 6 th – 12 th Feb: Apprenticeship week 11 th Feb: International Day of Women and Girls in Science 14 th Feb: Safer Internet Day	2 nd March: World Book Day 7 th – 12 th March: National careers week 8 th March: International women's day 10 th -19 th : March British Science Week 19 th March: Mother's Day 20 th March: International Day of Happiness.	9 th April: Easter Sunday 22 nd April: Stephen Lawrence Day 22 nd April: EID al-Fitr 23 rd April: St Georges day 15 th May: International Day of Families. 17 th May: International Day of Against Homophobia. 21 st May: World Day for Cultural Diversity	1 st June: Pride Day 5 th June: World Environment Day 8 th June: World Oceans Day 18 th June: Father's Day June: One Britain One Nation Day 26 th June: International Day in Support of Victims of Torture.

			15 th Feb: International Childhood Cancer Day ICCD 17 th Feb: Random Acts of Kindness Day	22 nd March: Ramadhan 23 rd March: World Maths Day 25 th March: International Day of Remembrance of the Victims of Slavery		15th July: World youth Skills Day. 28th June – 2nd july – Eid ul Adha
SPIRITUAL, MORAL, SOCIAL AND CULTURAL THEME (SMSC) AND FBV	Freedom of Choice, consequences of choice, respect, fairness, social responsibility. Being respectful to all; young, old, male, female, race, gender. Use appropriate language with all. Freedom of choice; freedom of thought; freedom of speech; freedom of association and the role of the media in such values. Building and maintaining good relationships with ALL.					
YEAR group Personal Development						
	Autumn one	Autumn two	Spring one	Spring two	Summer one	Summer two
Year 7	Emotional well being Transition to secondary school and friendships. [Alimah/PSHCE] World suicide [PSHCE] Queen Elizabeth II History [PSHCE] Do you live your Deen [Ilm2Ama] Compassion upon creation: Honouring the rights of others	Milad un-Nabi [Assembly] Identity faith and culture (PSH [Ilm2Ama]) Importance of knowledge in slam. [Alimah] Islam, My community, and Me [ilm2aml] National stress awareness day [PSHCE] Remembrance Day [History]	Benefiting the community [PSHCE, Alimah] [Pride Month] [Assembly/ PSHCE] Managing on- and off-line friendships. (Cit/PSHE) safer internet Day. Children Mental Health week [PSHCE] Resilience:	World Book Day [English - All] The risks of alcohol, tobacco, shisha pens and drugs. [PSHE/Alimah] National career week [Career – All subjects] Periods and Ghushl and importance of cleanliness in Islam. [Alimah] Physical health and body image/self-esteem.	Easter Sunday [PSHCE] Stephen Lawrence Day [PSHCE] Healthy Relationship: The several types of relationships, conflict resolution. Qualities and values in a relationship and the value of friendship.	Pride Day [PSHCE] Mental health and social media [PSHE] World Environmental Day [Alimah / PSHCE] Healthy body and healthy mind [Alimah / PSHCE] Preparation for exam week. Engagement in society:

[Ilm2Ama] Importance of understanding others' rights over you. (Alimah/ PSHCE) Fundamental British Values: [Assembly, voting to choose student leaders for Head girl, Prefect, Librarian, Antibullying Ambassador] Democracy and justice Citizens and Parliament Law and order The democratic process (Citizenship) British Values: [Assembly, voting to choose student leaders for Head girl, Prefect, Librarian, Antibullying Ambassador] Democracy and justice Citizens and Parliament Law and order The democratic process (Citizenship) Rabi-ul –Awwal [Assembly] Black History Month [History]	Compassion upon creation and following the Sunnah of Prophet: [World Kindness Day, Antibullying week, international world Tolerance Day, Elimination of violence against women Pollution Day] [PSHCE & Assembly] Developing presentation skills [PSHCE] National Pollution Day [Science] [International Human Rights Day/Animal Rights Day] [Assembly] 25th Dec: Christmas Day [PSHCE & Alimah [Assembly]	The importance of speaking up about an injustice. [PSHCE] Lesson to learn from the Holocaust: Holocaust Memorial Day [PSHCE & Assembly] International Hijab Day [Assembly] Apprenticeship week [Career – Ms Shamim] Random acts of kindness [Alimah] Safer internet Day [Computer Science]	On-line peer pressure. [PSHCE] Managing puberty and the issues of unwanted contact and FGM. [Science] International women day [PSHCE & Alimah] British science week [Science] Mother's Day [PSHCE] Happiness Day [PSHCE] Ramadhan [Alimah]	The role of parents/carers. [PSHCE] Eid ul Fitr [Alimah] Positive change in society [Alimah / PSHCE] Ramadhan Project Why parents/carers are given importance in Islam? [Alimah- CE] St Georges Day [R/E - History- CE] International Family Day [PSHCE & Alimah] Engagement in society: How can you make a positive change in society? [PSHCE] International Day Against Homophobia [PSHCE & Alimah] Celebrating Diversity:	conflict vs resolution [PSHCE] Islamic Law and English Law [Alimah/PSHCE] World Ocean Day [PSHCE] Father's Day [Alimah / PSHCE] OBON Day [Alimah / PSHCE] International Day Against the Victim of Torture [PSHCE]
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					Cultural Diversity Day [PSHCE & Alimah]	
Year 8	Emotional well being World suicide prevention day [PSHCE] Queen Elizabeth II History [PSHCE] Resilience: Growth and fixed mindsets, mindset triggers and the power of practice. [PSHCE] Keeping safe 1: Alcohol and drug misuse and smoking. [PSHCE] Islamic Law & English Law [Alimah / PSHCE] Why alcohol and drugs are forbidden in Islam based on scientific facts? How to identify right and wrong? [Alimah / PSHCE]	Careers: Employability, qualities, skills, and values. How to access labour market information (LMI). [Science / PSHCE] Milad un-Nabi [Assembly] Knife crime awareness. [PSHCE] Managing peer pressure, developing assertiveness, and assessing risk. [PSHCE] National Baking week [Food tech] National stress awareness Day [Alimah / PSHCE] World Kindness Day [Alimah / PSHCE] Antibullying week [Alimah / PSHCE] International world Tolerance Day [Alimah / PSHCE]	Resilience: The role of chemicals in the brain to cause feelings. [Science & PSHCE] Coping with negative thoughts and learning from famous failures. [Ilm 2 Amal] Pride Month [PSHCE] Tackling racism and religious discrimination, promoting human rights. [Alimah / PSHCE] Rights and responsibilities in the community. Tackling age and disability discrimination. [Alimah / PSHCE] Children Mental Health week [PSHCE]	Mental health and emotional wellbeing, including body image. world Book Day [English] National career week [All] Privacy: The world of celebrity, celebrity right to privacy and our right to privacy. [PSHCE] Media advertising. [computer Science] British science week [Science] Mother's Day [Alimah / PSHCE] Happiness Day [PSHCE] Ramadhan	Easter Sunday [Alimah / PSHCE] Stephen Lawrence Day [Alimah / PSHCE] Healthy Relationship: Boundaries in relationships. Issues around unwanted pregnancy. Differentiation between Halal and Haram. Coping with change and loss. [Alimah / PSHCE] Evaluating value for money in services. [PSHCE] Eid ul Fitr [Alimah] Positive change in society [Alimah / PSHCE] Ramadhan Project	Pride Day [Alimah / PSHCE] Managing Money: Evaluating value for money in services. Risks and consequences. Making financial decisions. Earning Halal living [Maths / PSHCE/ Alimah] World Ocean Day [Science] Father's Day [Alimah / PSHCE] OBON Day [Alimah / PSHCE] International Day Against the Victim of Torture [Alimah / PSHCE] Resilience: Operation Resilient. Community. Governm

YEAR 9	Black History Month [History] Keeping safe 2: Road safety Introduction to basic first aid.	Elimination of violence against women Pollution Day [Alimah / PSHCE] International Human Rights Day/Animal Rights Day [Alimah / PSHCE] 25th Dec: Christmas Day [PSHCE]	Lesson from the Holocaust: Holocaust Memorial Day [PSHCE] International Hijab Day [Alimah] Online safety and digital literacy. [PSHCE] Random acts of kindness [Alimah & PSHCE] Apprenticeship week [Ms Shamim] Safer internet Day [Computer Science] How to control your emotions through meditation. [Alimah / PSHCE]	[Alimah] Healthy Relationship: Introduction to sexuality and consent. Positive relationships. Norms and stereotypes. Relationships and boundaries. Dealing with unwanted contact and issues around sexting. [Science / PSHCE]	[Alimah / PSHCE] St Georges Day [History] International Family Day [Alimah / PSHCE] International Day Against Homophobia [Alimah / PSHCE] Cultural Diversity Day [Alimah / PSHCE] ----- Preparation for exam week	ent, political parties, the courts. [Alimah / PSHCE] Resilience: In their shoes. Researching the life of Nelson Mandela. [PSHCE]
	Emotional well being World suicide prevention day [PSHCE]	Careers: Understanding careers and links with future aspirations. What employers want: Skills for the 21st century and	Managing conflict at home and the dangers of running away from home. Pride Month [PSHCE]	Managing peer pressure in relation to illicit substances. world Book Day [English]	Preparation for exam week. Healthy relationships, consent, and the law. The risks of STIs and unprotected sex.	Pride Day [PSHCE] Democracy & FBV: Government, citizenship, the law. Understanding

	Queen Elizabeth II History [PSHCE]	recognising own skills and values. How to access labour market information (LMI). Legal limits and rights at work. Responsibilities at work. Online reputation.	Identity and protected characteristics. Tackling homophobia, transphobia, and sexism	Understanding and calculating Zakat [Alimah / PSHCE]	Issues around the portrayal of sex in the media and pornography [PSHCE]	community cohesion. How the government works and the voting system. [PSHCE]
	Making Healthy Choices: Work-life balance, emotional and physical wellbeing.	[Career]	Preparing for GCSEs [All Subjects]	Managing peer pressure [PSHCE]	Eid ul Fitr [Alimah]	Islamic Inheritance [Alimah / PSHCE]
	The importance of sleep.	World Hijab Day [Alimah]	Tackling Racism [Alimah/PSHCE]	Health and Cancer/Risk factors. What is cancer/heart disease and how to reduce the risk and the effects on family and friends [Science]	Positive change in society [Alimah / PSHCE]	
	Body image and social media, unhealthy (including eating disorders and self-harm) and healthy coping strategies.	Milad un-Nabi [ASSAMBLY]	Understanding Riba [Alimah / PSHCE]	National career week [Ms Shamim]	Ramadhan Project [Alimah]	World Ocean Day [Science]
	[Alimah / PSHCE]	National Baking week [Food tech]		British science week [Science]	St Georges Day [History]	Father's Day [Alimah / PSHCE]
	Internet Safety: Staying safe and managing relationships online (including issues around grooming, sexting, and explicit images).	National stress awareness day [PSHCE]	Children Mental Health week [PSHCE]	Mother's Day [Alimah / PSHCE]	International Family Day [Alimah / PSHCE]	OBON Day [PSHCE]
	[Computer Science/ PSHCE]	Preparing for GCSEs: Identifying learning strengths and setting goals as part of the GCSE options process [Ms Shamim]	Holocaust Memorial Day [Alimah / PSHCE]	International Day Against Homophobia [PSHCE]	International Day Against the Victim of Torture [Alimah / PSHCE]	
	Black History Month [History]	World Kindness Day Antibullying week [Alimah / PSHCE]	International Hijab Day [Alimah]	Happiness Day [PSHCE]	Cultural Diversity Day [All]	
		International world Tolerance Day [Alimah / PSHCE]	Random acts of kindness [Alimah / PSHCE]	Ramadhan [Alimah]		
			Safer internet Day			

		Elimination of violence against women [Alimah / PSHCE] Pollution Day [Science/ Alimah] International Human Rights Day/Animal Rights Day [Alimah / PSHCE] 25th Dec: Christmas Day [Alimah / PSHCE]	[Computer Science] Apprenticeship week [Ms Shamim]			
YEAR 10	Emotional well being Transition to Key Stage 4: Resilience. Study and learning habits. Health: Physical health, emotional health, mental health, and ill health. Tackling sti [Assembly / Aalima] Black History Month [History]	Careers: How to access labour market information (LMI). Rights and responsibilities in the workplace. Employment laws and protection against discrimination. Preparing Record of Achievement folders (CV writing, letter writing and personal statements). (Form time) [Career] World Hijab Day	Internet Safety: Online reputations [Computer Science] Tackling relationship: myths and expectations. Managing romantic relationship challenges, including break ups. [Alimah] Romantic and intimate relationships, consent.	Understanding diversity, tackling discrimination, challenging offensive behaviour. [PSHCE] World Book Day [English] Challenging extremism and radicalisation. [ASSEMBLY] Exploring the influence of role models. Drug and alcohol use in the media. Evaluating the social and	Understanding different families and learning parenting skills. Fertility and options including adoption, fostering and abortion [PSHCE] Managing change, family break down, grief and bereavement [PSHCE] Eid ul Fitr [Alimah / Eid Party]	Pride Day [Assembly] Preparation for exam week Understanding the causes and effects of debt. Understanding the risks associated with gambling. Finance and budgeting

	[Alimah / PSHCE] Milad un-Nabi [Assembly] National Baking week [Food Tech] National stress awareness day [PSHCE] Preparing for Interviews: Mock Interview Day (more information will follow). [Careers – Ms Shamim] World Kindness Day Antibullying week [Power point / Posters] International world Tolerance Day Elimination of violence against women [Assembly] Pollution Day [Science] International Human Rights Day/Animal Rights Day [Power points/ Posters] 25th Dec: Christmas Day [Assembly]	[Alimah] Pride Month [PSHCE] British values, human rights, and community cohesion Children Mental Health week [PSHCE] Holocaust Memorial Day [Assembly / PSHCE] International Hijab Day [Alimah] Random acts of kindness [Alimah] Safer internet Day [Computer Science]	emotional risks of drug use. Addiction and the impact and health implications. Legal risks and where to seek help [ASSEMBLY] National career week [Career] British science week [Science] Mother's Day [Alimah / PSHCE] Happiness Day [PSHCE] Ramadhan [Alimah / Assembly]	Positive change in society [Alimah / PSHCE] Ramadhan Project [Alimah / PSHCE] St Georges Day [Assembly /PSHCE] International Family Day International Day Against Homophobia [Assembly/PSHCE] Cultural Diversity Day [All]	[Alimah/ PSHCE] World Ocean Day [Science] Father's Day [Alimah] OBON Day [Alimah / PSHCE] International Day Against the Victim of Torture [Alimah / PSHCE]
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YEAR 11	Emotional Wellbeing: Promoting self-esteem and coping with stress. [ASSEMBLY/Alimah] Learning and revision skills to maximise potential. Option choices post 16: Careers fair preparation and reflection (more details will follow). Application process, preparing for interview, post 16 destinations research. Black History Month [History]	Option choices post 16: How to access labour market information (LMI). Understanding the post 16 courses application process and plans beyond school. Careers: Completion of Record of Achievement folder (CV writing, letter writing and personal statements). World Hijab Day [Alimah] Milad un-Nabi [ASSEMBLY] National Baking week [Food Tech] National stress awareness day Preparing for job interviews: Employment rights and health and safety laws. Achieving a work/life balance. World Kindness Day [Alimah] Antibullying week	Personal values and assertive communication in relationships. Pride Month [Assembly] Tackling domestic abuse, honour-based violence and forced marriage. Children Mental Health week [Assembly] Handling unwanted attention. Holocaust Memorial Day [Assembly] International Hijab Day [Alimah] Random acts of kindness [Alimah] Safer internet Day [Computer Science]	Health and safety in independent contexts. world Book Day [English] Taking responsibility for health choices. National career week [Career/ All Subjects] British science week [Science] Mother's Day [Alimah] Happiness Day [ASSEMBLY] Ramadhan [Alimah] Issues around cosmetic and aesthetic alterations [Science]	Independent revision for GCSE examinations	Pride Day [Assembly] Study leave
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	[Assembly]	Preparation for exam week.			
	International world Tolerance Day				
	[Alimah/]				
	Elimination of violence against women				
	[Alimah / PSHCE]				
	Pollution Day				
	[Science]				
	International Human Rights Day/Animal Rights Day				
	[Alimah / PSHCE]				
	25th Dec: Christmas Day				
	[Alimah]				