

## **The Milestone School Personal Development Strategy**

At its core, the Personal Development curriculum at The Milestone School promotes the cultural, spiritual, moral, physical, psychological, and social development of all our pupils, with the goal of deepening their knowledge and broadening their horizons. Relationships and Sex Education, Personal, Social and Health Education, SMSC (Social, Moral, Spiritual and Cultural Education), Physical Education and CEIAG (Careers Education, Information, Advice and Guidance) all fall within Personal Development. Our curriculum encourages pupils' understanding about their individuality, their cultural development, diversity in our world and local communities. It engenders understanding, acceptance, and respect, including British values and the Protected Characteristics.

The Milestone School, in partnership with families, has a vital role in preparing children and young people to negotiate the challenges and opportunities of an increasingly complex world. This presents many positive and exciting opportunities, but also challenges and risks. Personal Development deals with real-life issues affecting our children, families and communities. It is concerned with the social, health and economic realities of their lives, experiences and attitudes including relationships. It supports pupils to be healthy (mentally and physically), safe (online and offline) and equipped to thrive in their relationships and careers.

Parents' and families' support is important to the success of our Personal Development programme. Pupils are encouraged to talk about the curriculum with their parents and families.

### **Impact – Why is Personal Development Important?**

- It contributes to physical and mental health and wellbeing, encouraging individual responsibility for health
- It contributes to the safety and protection of our children and young people, from staying safe online to understanding risks associated with drugs and alcohol and knowing the law surrounding these topics
- It contributes to the information young people need to help them develop healthy, nurturing relationships of all kinds, and know boundaries within the law
- It promotes independence, resilience and responsibility — preparing children and young people for future roles as parents and employees, and to make a positive contribution to society in whatever way they are able to
- It supports employability by developing the personal and social skills demanded by commerce and industry
- It supports pupils to be critical consumers of information and develops the skills to identify misleading news or views on social media and elsewhere

### **Implementation – How is Personal Development taught?**

As a school, we operate a whole school approach to Personal Development and appropriate topics are explored during emotional check-ins, through Thrive approaches, Physical Development lessons, Physical Education lessons, PSHE lessons, RSE lessons, Careers Events, at lunchtimes, enrichment activities, Interventions and assemblies.

The Milestone School curriculum enables pupils to make progress towards their individual EHCP outcomes and provides a wide range of enriching activities. We provide opportunities to nurture, develop and stretch pupils' talents and interests.

Each Department has a rolling programme of topics which enables pupils to build on prior knowledge and develop new skills. These topics are designed to maximise Personal Development by providing opportunities to expand on these experiences and give pupils an age-appropriate understanding of healthy relationships.

Pupils are encouraged to eat healthily during lunch and snack times and maintain an active lifestyle during Physical Education lessons and at playtimes. We know how much children value playtimes. They are such a crucial opportunity for children to develop socially, building friendships that may last a lifetime. We have invested in a wide range of equipment to support the children to play active and stimulating games, and support OPAL (Outdoor Play and Learning). Occasionally these activities are led or modelled by adults.

#### **At our school we:**

- provide a Thrive approach
- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain relationships
- promote self-esteem and ensure children know that they count
- encourage children to be confident and embrace what makes them unique
- help children to develop emotional resilience and to manage setbacks
- promote an active and healthy lifestyle

#### **Mental health and wellbeing**

The Milestone School is committed to supporting the emotional health and wellbeing of our pupils. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's responsibility and we all have a role to play.

#### **Pupil Voice**

The Milestone School has an active school council made up of elected pupils from each class in Middle and Senior Departments. Each class elects a school councillor to represent them. Our school council meets every month to discuss how to make The Milestone School and our local and wider community a better place.

In the year 2022-23, our council achieved the following:

- Organised a Cake Sale in aid of the Pied Piper Appeal which raised £225
- Organised a Christmas Shoe Box Appeal for children in Ukraine
- Led on working towards the Eco-Schools Award, including organising litter-picks

#### **Support for Learning**

The Support for Learning team work closely with our pupils, families and staff to ensure behaviour and pastoral needs are supported as effectively as possible. The team aims to build positive relationships with all of our pupils, particular those who may have experienced or are experiencing challenges in their lives. Over time, by providing regular encouragement and a consistent approach, our pupils develop their ability to self-regulate and maintain high levels of resilience and self-esteem.

## **Interventions**

The Milestone School runs multiple Intervention groups which are led by experienced and qualified staff, including external professionals. Pupils identified as needing additional support are referred for appropriate, specific interventions. Individual outcomes are identified and monitored to ensure progress is made. Pupils who are CiC, PCiC, FSM, have been identified as having ACEs or who have suffered a recent trauma, are prioritised for these groups. Interventions include: Lego Therapy, Play Therapy, Sensory, Music interaction, OPAL, individual swimming sessions and OPAL.

## **Planned events**

Activities to support Personal Development are built into The Milestone School Curriculum, and include:

- A pupil focussed PSHE Curriculum
- Ensuring pupils make good progress against EHCP outcomes
- Promoting the school ethos
- Developing a specific ethos in each class
- A wide variety of careers activities and work experience
- Following the Preparation for Adulthood guidance
- Providing a variety of specific Interventions (sensory, Lego, play-based therapy, play-rangers, OPAL)
- Supporting and promoting the School Council
- Participation in the Special School football league
- Working with The Roses Theatre, Tewkesbury to create a pupil-led performance
- Participation in the G15 Celebration concert at Gloucester Cathedral
- Developing the Wheelchair Pushers award
- Links with mainstream primary and secondary schools, providing opportunities to nurture, develop and stretch pupils' talents and interests.
- Electing School Prefects
- Taiko drumming groups
- Sports events arranged with external groups such as rugby, visits by Gloucester City players
- Class, department and whole school trips
- Residentials
- "Design a School Dinner" competitions
- Participation in national events such as Red Nose Day, Children in Need, Book Week
- Family assemblies
- Activities which support the wider school community, such as WEBS, parent coffee mornings, outreach, Enrichment Groups, Stay & Play