

# Kendrick School Sixth Form



## Enrichment and Personal Development

Personal Development will take place once a fortnight in your form groups. An updated programme will be available at the beginning of each Term.

The ethos of the fortnightly enrichment period is to enhance and enrich your experience of being in the Sixth Form.

This will be achieved in two ways:

1. Some sessions will be workshop style with students working together in small groups of mixed Year 12s and 13s, to address an issue pertinent to that time. Often, the format will be Year 13 students mentoring Year 12 students through structured discussion. These sessions have previously been highly valued by students and they have recommended that these discussions are repeated. It is hoped that through these sessions students will offer mutual support and learn from each other.
2. Other sessions will be delivered by inspirational external speakers who are invited to the school to discuss matters that would not usually be covered by the academic curriculum. It is hoped that these speakers will broaden the students' perspective on life, challenge views and stimulate further discussion and debate.

## Sixth Form Personal Development and Enrichment Overview

Health and Wellbeing	Relationships	Living in the wider world	Learning Skills
<p>Alcohol Awareness</p> <p>Drugs Awareness</p> <p>Staying safe at Festivals</p> <p>Own health (breast examinations, staying healthy at university)</p> <p>Healthy outlooks on success</p> <p>Mental Health First Aid</p> <p>Exam anxiety</p> <p>Safe Drive (delivered by TVP)</p>	<p>Sexual Harassment</p> <p>Sexual abuse within established relationships</p> <p>Dealing with unwanted attention</p> <p>FGM</p> <p>Unplanned Pregnancy</p> <p>Sex and Sexuality in the media</p> <p>Contraception</p>	<p>Finance and budgeting</p> <p>Political Understanding and being an active citizen</p> <p>Cultural Appropriation</p> <p>Fake News and Critical Thinking</p> <p>UCAS guidance</p> <p>Apprenticeship guidance</p> <p>Interview Skills</p> <p>Careers guidance</p>	<p>Time management</p> <p>Note taking</p> <p>Procrastination</p> <p>Revision techniques</p> <p>How to reflect</p>
		<p>CV guidance</p> <p>LGBTQ+ History and Rights</p> <p>Black History Month</p> <p>Sixth Form Lecture Series</p>	