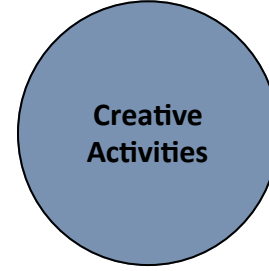
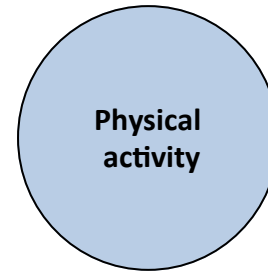
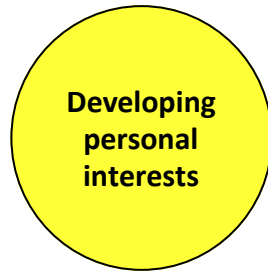
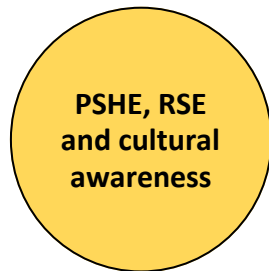


The SACTED Personal Development Curriculum



| | | | | | | |
|--|---|--|--|--|--|---|
| <p>Bespoke programmes of careers information, advice and guidance matched to individual need and underpinned by the Gatsby benchmarks.</p> | <p>Developing the skills, knowledge and attributes needed to live healthy, safe lives, and be able to be active, responsible citizens. Encourage them to value and appreciate a wide range of cultural experiences.</p> | <p>Developing personal interests sometimes leading to bespoke awards aimed at celebrating and validating individual achievement across the wider curriculum.</p> | <p>Encouraging students to take a proactive role in improving their mental health. Increasing self-awareness through psychoeducation and enabling them to develop a range of effective stabilisation strategies.</p> | <p>Opportunities for recreational and sporting activities that promote mental and physical well-being.</p> | <p>Engage, inspire and challenge students through opportunities to connect with a range of art forms, and creative activities. Encourage self expression and develop self esteem, resilience, social skills and a sense of belonging</p> | <p>Providing students with the skills and knowledge to manage their daily lives, promoting confidence, independence, choice and a sense of personal responsibility.</p> |
|--|---|--|--|--|--|---|

Individual IAG time with engagement mentor.
Online support, eg: kudos, National Careers and Apprenticeship Services
Accessing youth support services in students' local area
Reintegration support to return to education

PSHE
Culture group
Museum and art trips
Celebrations of festivals
Visiting speakers

AQA awards
ASDAN short courses
Arts Award
Individual projects
Online courses

Relationships group
DBT group
Sensory room
Aromatherapy
Horticulture
Canine Care dogs
Nurture farm
Puzzles and games
Forest schools
Singing

Adventure (Mersea outdoors centre and wall climbing)
Geocaching
Daily mile
Gym
Off site sporting activities
On site sporting activities

Art
Self Expression
Textiles
Dance
Music

Shopping
Cooking
Personal finance