

Personal Development Sessions Rota - All years 2022 - 2023

| Week commencing | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 |
|-----------------|--|--|--|--|--|
| 05/09/2022 | Welcome Back | Welcome Back | Welcome Back | Welcome Back | Welcome Back |
| 12/09/2022 | The Keys To Hedingham School | RRS and the Road Ahead | RRS and the Road Ahead | Year 10 Transition | RRS and the Road Ahead |
| 19/09/2022 | The Keys To Hedingham School | The Road Ahead - Skills | LORIC (21st Century Skills) | Year 10 Transition | Study Skills |
| 26/09/2022 | The Keys To Hedingham School | Literacy | Literacy | Literacy | Next Steps/Career Pathway |
| 03/10/2022 | eSafety | eSafety | eSafety | eSafety | eSafety |
| 10/10/2022 | Black History Month | Black History Month | Black History Month | Black History Month | Black History Month |
| 17/10/2022 | Careers - LORIC | Careers | Careers | Careers | Careers |
| 24/10/2022 | Half Term | Half Term | Half Term | Half Term | Half Term |
| 31/10/2022 | Human/British/Community Values | Human/British/Community Values | Human/British/Community Values | Human/British/Community Values | Human/British/Community Values |
| 07/11/2022 | Healthy Relationships - Self Esteem | Healthy Relationships - Gangs | Healthy Relationships | Healthy Relationships - Positive | Careers - Economic well-being |
| 14/11/2022 | Anti-Bullying Week | Anti-Bullying Week | Anti-Bullying Week | Anti-Bullying Week | Anti-Bullying Week |
| 21/11/2022 | Literacy | Literacy | Literacy | Literacy | Literacy |
| 28/11/2022 | Healthy Relationships | Healthy Relationships - Balancing my life | LORIC Skills | LORIC Skills | Healthy Relationships |
| 05/12/2022 | LORIC Skills - Organisation | LORIC Skills | LORIC Skills | LORIC Skills | LORIC Skills |
| 12/12/2022 | Christmas Celebration | Christmas Celebration | Christmas Celebration | Christmas Celebration | Christmas Celebration |
| 19/12/2022 | RRS Expectations | RRS Expectations | RRS Expectations | RRS Expectations | RRS Expectations |
| 19/12/2022 | Christmas Break | Christmas Break | Christmas Break | Christmas Break | Christmas Break |
| 26/12/2022 | Christmas Break | Christmas Break | Christmas Break | Christmas Break | Christmas Break |
| 02/01/2023 | Healthy Relationships - Mental Health | Healthy Relationships | Healthy Relationships - Radicalisation | Healthy Relationships | Study Skills - The 6 Rs |
| 09/01/2023 | Literacy | Literacy | Literacy | Literacy | Study Skills - The 6 Rs |
| 16/01/2023 | Careers / Economic well-being | Careers / Economic well-being | Careers / Economic well-being | Careers / Economic well-being | Careers / Economic well-being |
| 23/01/2023 | LGBTQ History Month | LGBTQ History Month | LGBTQ History Month | LGBTQ History Month | LGBTQ History Month |
| 30/01/2023 | eSafety | eSafety | eSafety | eSafety | eSafety |
| 06/02/2023 | Healthy Relationships - Diet | Healthy Relationships | Guided Choice | RRS Expectations | Anti-Bullying |
| 13/02/2023 | Half Term | Half Term | Half Term | Half Term | Half Term |
| 20/02/2023 | Healthy Relationships - Media & Me | Healthy Relationships | Guided Choice | Healthy Relationships | Healthy Relationships |
| 27/02/2023 | Gender Equality | Gender Equality | Gender Equality | Gender Equality | Gender Equality |
| 06/03/2023 | Literacy | Literacy | Literacy | Literacy | Literacy |
| 13/03/2023 | Racial Equality | Racial Equality | Racial Equality | Racial Equality | Racial Equality |
| 20/03/2023 | Careers - Economic well-being | Careers - Economic well-being | Healthy Relationships | Careers - Economic well-being | Careers - Economic well-being |
| 27/03/2023 | Environmental Awareness National Earth Day | Environmental Awareness National Earth Day | Environmental Awareness National Earth Day | Environmental Awareness National Earth Day | Environmental Awareness National Earth Day |
| 03/04/2023 | Easter Break | Easter Break | Easter Break | Easter Break | Easter Break |
| 10/04/2023 | Easter Break | Easter Break | Easter Break | Easter Break | Easter Break |
| 17/04/2023 | Healthy Relationships | Healthy Relationships | Healthy Relationships | Healthy Relationships | Healthy Relationships |
| 24/04/2023 | Literacy | Literacy | Literacy | Literacy | Literacy |
| 01/05/2023 | Careers - Economic well-being | Careers - Economic well-being | Careers - Economic well-being | Careers - Economic well-being | Careers - Economic well-being |
| 08/05/2023 | eSafety | eSafety | eSafety | Careers - Economic well-being | eSafety |
| 15/05/2023 | LORIC Skills | LORIC Skills | LORIC Skills | LORIC Skills | LORIC Skills |
| 22/05/2023 | Anti-Bullying Week | Anti-Bullying Week | Anti-Bullying Week | Anti-Bullying Week | Exam Focus |
| 29/05/2023 | Half Term | Half Term | Half Term | Half Term | Half Term |
| 05/06/2023 | Healthy Relationships | Healthy Relationships | Healthy Relationships | Healthy Relationships | Exam Focus |
| 12/06/2023 | Careers | Careers | Careers | Careers | Exam Focus |
| 19/06/2023 | Literacy | Literacy | Literacy | Literacy | Exam Focus |
| 26/06/2023 | Celebrating Difference and Diversity | Celebrating Difference and Diversity | Celebrating Difference and Diversity | Celebrating Difference and Diversity | Exam Focus |
| 03/07/2023 | LORIC Skills | LORIC Skills | LORIC Skills | LORIC Skills | Exam Focus |
| 10/07/2023 | Numeracy | Numeracy | Numeracy | Numeracy | Numeracy |
| 17/07/2023 | Summer Safety | Summer Safety | Summer Safety | Summer Safety | Exam Focus |