

## Personal Development Sessions Rota - All years 2023 - 2024

Week commencing	Year 7	Year 8	Year 9	Year 10	Year 11
04/09/2023	Welcome Back	Welcome Back	Welcome Back	Welcome Back	Welcome Back
11/09/2023	The Keys to Hedingham School	RRS and the Road Ahead	RRS and the Road Ahead	Year 10 Transition	RRS and the Road Ahead
18/09/2023	The Keys to Hedingham School	The Road Ahead - Skills	LORIC (21st Century Skills)	Year 10 Transition	Study Skills
25/09/2023	The Keys to Hedingham School	Literacy	Literacy	Literacy	Next Steps/Career Pathway
02/10/2023	eSafety	eSafety	eSafety	eSafety	eSafety
09/10/2023	Black History Month	Black History Month	Black History Month	Black History Month	Black History Month
16/10/2023	Careers - LORIC	Careers	Careers	Careers	Careers
23/10/2023	Half Term	Half Term	Half Term	Half Term	Half Term
30/10/2023	Human/British/Community Values	Human/British/Community Values	Human/British/Community Values	Human/British/Community Values	Human/British/Community Values
06/11/2023	Healthy Relationships - Self Esteem	Healthy Relationships - Gangs	Healthy Relationships	Healthy Relationships - Positive	Careers - Economic well-being
13/11/2023	Anti-Bullying Week	Anti-Bullying Week	Anti-Bullying Week	Anti-Bullying Week	Anti-Bullying Week
20/11/2023	Literacy	Literacy	Literacy	Literacy	Literacy
27/11/2023	Healthy Relationships	Healthy Relationships - Balancing my life	LORIC Skills	LORIC Skills	Healthy Relationships
04/12/2023	LORIC Skills - Organisation	LORIC Skills	LORIC Skills	LORIC Skills	LORIC Skills
11/12/2023	Christmas Celebration	Christmas Celebration	Christmas Celebration	Christmas Celebration	Christmas Celebration
18/12/2023	RRS Expectations	RRS Expectations	RRS Expectations	RRS Expectations	RRS Expectations
01/01/2024	Healthy Relationships - Mental Health	Healthy Relationships	Healthy Relationships - Radicalisation	Healthy Relationships	Study Skills - The 6 Rs
08/01/2024	Literacy	Literacy	Literacy	Literacy	Study Skills - The 6 Rs
15/01/2024	Careers / Economic well-being	Careers / Economic well-being	Careers / Economic well-being	Careers / Economic well-being	Careers / Economic well-being
22/01/2024	LGBTQ History Month	LGBTQ History Month	LGBTQ History Month	LGBTQ History Month	LGBTQ History Month
29/01/2024	eSafety	eSafety	eSafety	eSafety	eSafety
05/02/2024	Healthy Relationships - Diet	Healthy Relationships	Guided Choice	RRS Expectations	Anti-Bullying
12/2/2024					
19/02/2024	Half Term	Half Term	Half Term	Half Term	Half Term
20/02/2024	Healthy Relationships - Media & Me	Healthy Relationships	Guided Choice	Healthy Relationships	Healthy Relationships
26/02/2024	Gender Equality	Gender Equality	Gender Equality	Gender Equality	Gender Equality
04/03/2024	Literacy	Literacy	Literacy	Literacy	Literacy
11/03/2023	Racial Equality	Racial Equality	Racial Equality	Racial Equality	Racial Equality
18/03/2024	Careers - Economic well-being	Careers - Economic well-being	Healthy Relationships	Careers - Economic well-being	Careers - Economic well-being
25/03/2024					
03/04/2024	Easter Break	Easter Break	Easter Break	Easter Break	Easter Break
10/04/2024	Easter Break	Easter Break	Easter Break	Easter Break	Easter Break
15/04/2024	Healthy Relationships	Healthy Relationships	Healthy Relationships	Healthy Relationships	Healthy Relationships
22/04/2024	Literacy	Literacy	Literacy	Literacy	Literacy
29/04/2024	Careers - Economic well-being	Careers - Economic well-being	Careers - Economic well-being	Careers - Economic well-being	Careers - Economic well-being
06/05/2024	eSafety	eSafety	eSafety	Careers - Economic well-being	eSafety
13/05/2024	LORIC Skills	LORIC Skills	LORIC Skills	LORIC Skills	LORIC Skills
20/05/2024	Anti-Bullying Week	Anti-Bullying Week	Anti-Bullying Week	Anti-Bullying Week	Exam Focus
27/05/2024	Half Term	Half Term	Half Term	Half Term	Half Term
03/06/2024	Healthy Relationships	Healthy Relationships	Healthy Relationships	Healthy Relationships	Exam Focus
10/06/2024	Careers	Careers	Careers	Careers	Exam Focus
17/06/2024	Literacy	Literacy	Literacy	Literacy	Exam Focus
24/06/2024	Celebrating Difference and Diversity	Celebrating Difference and Diversity	Celebrating Difference and Diversity	Celebrating Difference and Diversity	Exam Focus
01/07/2024	LORIC Skills	LORIC Skills	LORIC Skills	LORIC Skills	Exam Focus
08/07/2024	Numeracy	Numeracy	Numeracy	Numeracy	Numeracy
15/07/2024	Summer Safety	Summer Safety	Summer Safety	Summer Safety	Exam Focus