



Fellowship NEST 2025



Area: Personal Development
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GROWING: growing larger or greater over a period of time

BLOSSOMING: becoming more successful and confident

FLOURISHING: developing in a healthy and vigorous way, especially as the result of a particularly congenial environment

The Parable of the Mustard Seed: Mark, Chapter 4, verses 30-32

Personal development is an integral part of our school ethos. It is reflected in our school vision of Grow, Blossom and Flourish and is embedded within our school values. We want to teach child to leave the school feeling confident, unique and proud.

Our aim is to teach children how to navigate through life safely, happily and healthily. Children are growing up in a world that is constantly changing and it is the duty of all the staff at school (in partnership with the parents) to teach the children transferable life skills. We teach children about the world around them, relationships, emotions, reproduction and health, as well as transferable skills to help with being members of British society. We consistently promote the British values and our school values and these are deeply rooted in all that we do.

Personal Development is **FLOURISHING** in our schools because...

The Fellowship of All Saints Kirkby Overblow and North Rigton Schools teach personal development in a wide range of ways throughout the children's school lives. For example:

- it is taught in discrete lessons;
- it is taught with cross-curricular links in other lessons, such as English, physical education and religious education;
- staff members consistently model how to be a good citizen who uphold the school values;
- collective worship is an opportunity to enhance our personal development (whole school and special visitors);
- participating in Mini Medics workshops to learn basic first aid;

- participating in road safety workshops led by the British Horse Society;
- learning through a core citizenship thread in KS2;
- regular e-safety units in computing and Collective Worship;
- celebrating positive learning attributes with weekly Yellow and White Ribbons;
- celebrating uniqueness and differences through the books we choose to read to and share with our children;
- delivering an array of before and after school clubs;
- considering well thought through transitions throughout the school and beyond;
- focusing on mental and physical health;
- having an active school council at both sites;
- celebrating different languages, cultures, religions and underrepresented groups;
- ensuring we have Mental Health First Aiders in both schools;
- through the use of the Zones of Regulation;
- having wellbeing areas in both schools (outdoor classroom/reflective garden);
- delivering outdoor activity trips including residentials and spirituality links to Born of the Forest and Kith Homestead;
- supporting children with their wellbeing through JustB interventions.

Personal Development Fellowship Flowchart:



Personal development offer

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Physical development	Active learning approach used across all curriculum areas.						
	Outdoor Discovery Classroom with forest school resources. Resources for outdoor learning in a range of subjects including maths, literacy, art, science and geography.						
	PE Advocate across the Fellowship. Expert advice given to class teachers.						
	Sporting Influence competitions weekly.						
	Clubs including multi-sports, dance/zumba, football, tennis, hockey.						
	Experience days focusing on a particular sport e.g. rugby, archery, skipping, tchoukball.						
	Visit to St Aidan's for sports coaching.						
	Links with Harrogate Town including pupil/parent/staff visits to a match and opportunity to play on pitch.						
	Specialist dance teacher delivering lessons across school.						
	New outdoor play area.						
	Termly visits to Born of the Forest						
	Visit Stockeld Park to explore the trail, maze and hive as well as taking part in storytelling and workshops						
	Daily access to the outdoor area where children have greater opportunities to develop their gross motor skills						
	Daily fine/gross motor programmes as a whole class activity – Dough disco / Squiggle while you Wiggle						
	Designated fine motor provision areas with engaging resources the children						

	can interact with and develop their skills during choosing time				
	Walks around the village				
	Whole School walks to Almscliffe Crag				
				Residential weeks in year 5 and 6 give pupils an opportunity to take part in a range of physical activities. e.g. canoeing	
Mental well being	Collective Worship centred around our school vision, values, spirituality and wellbeing				
	Grow Blossom Flourish Curriculum				
	Fellowship approaches to self-regulation and mindfulness (Zones of Regulation)				
	An approach to behaviour which embodies ‘a visible consistency and visible kindness’. Restorative Practice embedded across school Belonging is a school priority				
	Online safety awareness constantly supported. Online safety newsletters to parents. Coffee and Connect parent sessions embody key topics such as Online Safety and SEND.				
	Trauma Informed Practice embedded.				
	Weekly meetings for staff with a wellbeing check in focus on pupils across the schools: Headteacher, Assistant Headteacher/Attendance Managers/DSLs/SENDCo/ Class Teachers.				
	Worry box station – children can anonymously log their worries and concerns and feed to the worry monster. Checked weekly and any concerns addressed.				
	Wellbeing area accessible to all children, children can identify feelings and complete different wellbeing activities.				
	Taking part in Mental Health week				
	Previous involvement in Phunky Foods project with Trinity University exploring healthy eating, food waste and packaging				
Cultural capital	Collective Worship develops awareness of local, national and global issues.				
	Visits from community figures such as the fire service, dentists, police.				
	Fund raising and awareness of local concerns e.g. Food bank Advent Calendar				
	Collective Worship - linking to values – promoting cultural capital and aspiration				
	Cultural experiences for our children. Twice yearly visit to theatre Whole School visit to Harrogate Pantomime Year 5 and 6 watch the St Aidan’s Musical production				
	KS1 visit to the Hepworth Gallery				

	Taking part in village art exhibitions/Final Flourishes
	Responding to local and global issues as advocates of change.
	Visits to Ripon Cathedral and York Minster to take part in themed workshops
	Links with Harrogate theatre – drama groups and performance at theatre
SMSC and British Values	Collective Worship centres around values and topical issues such as Black History Month
	School Council
	Spotlight Pupil Voice
	All Y6 pupils given Advocate responsibilities. e.g. Values Advocates
RHE	PSHE lead across the Fellowship to develop the overview of the LTP and to support those teaching PSHE and RHE
	Parents consulted over the new RHE policy. Pupil voice also taken into consideration. Website updated.
	Parents issued RHE learning focus in advance of the lessons starting so that they can support at home too.
	Appropriate resources used to act as a stimulus to help the children understand the real impact.