

Personal Development (PD) Programme Outline: Helena Romanes School

The PD programme at Helena Romanes School is fundamentally designed around the school's core values: Ambition, Kindness, Respect, Resilience, Broad mindedness, and Independence. The goal is to cultivate well-rounded students equipped with the character and skills necessary for future success in education and life.

The Benefits of an Extracurricular Programme

Participation in the extracurricular schedule is essential for character development. These activities provide a practical context to embody the school values. They specifically foster:

1. **Ambition and Independence:** By encouraging students to initiate projects and aim for high personal standards.
2. **Kindness and Respect:** By requiring collaborative effort, empathetic communication, and appreciation for diversity.
3. **Resilience and Broad mindedness:** By challenging students to overcome obstacles, manage complex tasks, and engage with new ideas or community roles.

Sample PD Activities

Specific PD activities reinforce these values:

- **Create a personal portfolio or CV:** Demonstrates **ambition** for the future and **independence** in professional planning.
- **Cook a meal for your parents/carers on a special occasion:** Expresses **kindness** and **respect** for family and primary relationships.
- **Help to organize a school event:** Builds **Resilience** through problem-solving and fosters **broad mindedness** when coordinating different groups.
- **Learn a new skill (e.g., to play chess or complete a Rubik's Cube):** Requires focused effort, significantly developing **Resilience** and intellectual **Ambition**.
- **Take part in National Citizen Service (NCS) or Go without chocolate or sweets for a week:** These challenges promote commitment, self-control, and **resilience**, alongside developing **broad mindedness** regarding societal contribution.

The cumulative effect of these extracurricular and personal challenges ensures that HRS students leave with a robust set of values and experiences.

How does it work?

Students are encouraged to take part in these activities over the course of years 7 to 11 with the aim of completing at least 90% of the activities by the end of Key Stage 4. They provide evidence of these activities to their form tutors and record them in a booklet kept at school. Currently this is in place for years 7 to 10. Students are recognised for their efforts in assemblies and by issuing certificate at key points (30%, 60% 90% completion)

The full list of 100 Things:

Ambition	Kindness	Respect	Resilience	Broad mindedness	Independence
Be an entrepreneur: Turn £10 into £100	Act as an official buddy/coach/mentor for a younger student	Achieve over 95% attendance at school for a term	Complete a bike/road safety course	Attend a local fair or carnival.	Attend a bonfire night celebration.
Be creative in public: build a snow or sand/beach sculpture or perform a piece of drama/music on stage	Avoid using plastic for a week	Be on time to lessons for a month	Crack a code, or write your own	Go to the theatre, a place of worship, an art gallery, a museum AND a public library	Attend a school disco or prom.
Complete an escape room challenge	Be a vegetarian or vegan for a week	Be open minded when learning of other cultures, religions and points of view.	Go 48 hours without a screen	Listen to and question an elected official/minister	Climb a mountain
Complete at least three days of work experience	Clean a car for someone	Become a school prefect	Go hiking in a national park like the Lake District or Peak District.	Meet, question and shake hands with a famous poet or author or a member of the armed or emergency services	Create a revision plan for your GCSEs
Cook on a camp fire	Complete 10 hours volunteering at a charity shop/hospice/food bank/homeless shelter/soup kitchen or other community service	Help tidy the school by litter picking	Hold an animal that really scares you	Pay your respects: Visit and reflect at a War Memorial site, eg the National Arboretum	Go on a school trip abroad.
Create a personal portfolio or CV.	Cook a meal for your parents/carers on a special	Help to organize a school event.	Learn a new skill: e.g. to play chess or complete a Rubik's	Take part in National Citizen Service	Go without chocolate or sweets for a week

	occasion		Cube		
Get a part time job	Devise and lead a sponsorship campaign	Help your teacher to set up the lesson	Learn to navigate: complete an orienteering course or Bronze Duke of Edinburgh	Visit a botanical garden like Kew Gardens.	Join a school club or society.
Get technical: build and race a rocket car, write your own app or computer program, build a computer or robot	Get a first aid qualification	Join and support a community clean-up campaign	Learn to say hello and count to ten in 10 other languages	Visit a castle like Windsor or Edinburgh Castle.	Learn about different career paths.
Have an awesome story or poem you've written published	Help a friend who is struggling with their homework	Learn a new language.	Plant it, grow it, eat it – grow your own food	Visit a cathedral like Canterbury or York Minster.	Learn how to clean and polish your school shoes
Join a sports team like football, rugby, or netball.	Help at home: Tidy the kitchen & load the dishwasher/wash up every day for a month	Make a scrapbook or photo album to celebrate an event	Play a musical instrument to at least grade 3	Visit a farm or zoo.	Learn how to iron your clothes
Make a discovery: geocache, fossil, planet, something in a rock pool	Help clean up in the dining hall	Participate in a World Book Day event.	Spend a week without a screen	Visit a Holocaust Memorial or site, e.g. Auschwitz	Learn to budget and manage money.
Plan, shoot and edit a short film	Help the homeless: Choose to give 10% of your monthly income to a homeless charity	Represent the school in an external event, as a student guide, on open day, transition day or evening event	Study hard and reach your GCSE target grades in English and maths	Visit a local landmark or attraction.	Make your own lunch
Read out a passage in a foreign language.	Make a bee or bug hotel	Take part in a charity walk or run.	Swim in a lake, river or the sea	Visit a museum like the British Museum or Natural History Museum.	Put up a tent
Speak in public/give a presentation	Send a letter or postcard to a prisoner of conscience through Amnesty International	Visit a foreign city and speak the language	Try an extreme sport	Visit an art gallery like the Tate Modern.	Read a classic English novel.
Take part in a school sports day.	Write a letter to a teacher who has helped you	Write a letter to your future self.	Walk more than 30,000 steps in one day	Visit historical sites like Stonehenge or Hadrian's Wall.	Take part in a school play or musical.

Visit a local business/employer	Write and post a letter to a relative		Walk or cycle to school every day for a half term	Visit the Houses of Parliament	Travel by bus, train or tube using only the timetables to help you
Visit a University and attend a lecture				Vote: in a school election	Use a bunsen burner safely
Write a budget for your monthly income/expenditure and stick to it!					Keep your room tidy for a month

Those in green can be completed as part of the school's curriculum

Extracurricular Clubs Programme: Helena Romanes School

The wide range of extracurricular activities at Helena Romanes School is designed to ensure every student can develop skills and character beyond the academic curriculum. These clubs are the practical embodiment of the school's core values: **Ambition, Kindness, Respect, Resilience, Broad mindedness,** and **Independence.**

The Benefits of an Extracurricular Programme

Participation in the clubs schedule is crucial for holistic development. They provide a safe environment to build social capital and test personal limits, directly contributing to future success. Specifically, clubs foster:

- **Ambition and Independence:** Students strive to master a new skill (like in **Chess Club** or **Latin Club**) and take ownership of personal projects (**Tech Club**).
- **Kindness and Respect:** Collaborative activities like **Pop Choir, Samba,** and **Drama Club** teach cooperation, active listening, and supporting peers from diverse backgrounds.
- **Resilience and Broad mindedness:** Clubs challenge students to persevere through difficulty (**Doodle Club, Warhammer Club**) and explore complex, varied subjects (**Military History Club, Wordsmiths**).

Sample Club Activities

The diverse offering ensures broad skill development, reflecting our commitment to **broad mindedness:**

Club Example	Primary Value Focus	Description of Value in Action
Chess Club, Latin Club	Ambition, Independence	Striving for mastery and intellectual pursuit of challenging systems.

Pop Choir, Samba, Dance Club	Kindness, Respect	Working in synchronisation with others; valuing different cultural forms.
Warhammer Club, Games Club	Resilience, Independence	Strategizing, learning from setbacks, and exercising self-directed leisure.
Wordsmiths (Creative Writing)	Broad mindedness, Independence	Exploring diverse narratives and developing a unique voice.
Doodle Club, Tech Club, Drama Club	Resilience, Ambition	Overcoming creative blocks and delivering finished, self-driven projects.

Through these clubs, HRS students develop into confident, ethical, and highly capable individuals ready to face the complexities of life with **resilience** and **respect**.