

## **PD Days – Frequently Asked Questions**

### **What is a PD Day?**

A PD Day is a 'Personal Development Day'. This is a day where we address elements of the PSHE, RSE, Citizenship, SMSC, British Values and Futures & Aspirations curriculum. We cancel the scheduled lessons for that day and each year group has a carefully planned day looking at a range of topics.

### **How many PD Days are there?**

We have 4 PD Days each year and additionally we have FCC Day. FCC Cultural Celebration Day is similar in structure but focused on celebrating diversity in our community and across the world.

### **What topics might be covered?**

An example of some of the topics that students may cover:

<b>Citizenship:</b> <ul style="list-style-type: none"><li>• Democracy and justice</li><li>• Rights and responsibilities</li><li>• Identities and diversity</li><li>• Taking action</li></ul>	<b>PSHE - Economic Wellbeing and Financial Capability:</b> <ul style="list-style-type: none"><li>• Economic understanding</li><li>• CV writing</li><li>• Managing a budget</li></ul>
<b>PSHE – Personal Wellbeing:</b> <ul style="list-style-type: none"><li>• Personal identity</li><li>• Healthy lifestyle</li><li>• Positive relationships</li><li>• Mindfulness and resilience</li></ul>	<b>SMSC – Spiritual, Moral, Social and Cultural:</b> <ul style="list-style-type: none"><li>• Developing their sense of self</li><li>• Considering what is right and wrong, and the consequences of actions</li><li>• Local, national and global communities</li><li>• Awareness of culture and the role it plays</li></ul>
<b>RSE – Relationships and Sex Education:</b> <ul style="list-style-type: none"><li>• Sexually transmitted diseases</li><li>• Contraception</li><li>• Consent</li><li>• Healthy Relationships</li></ul>	<b>Futures &amp; Aspirations:</b> <ul style="list-style-type: none"><li>• Careers</li><li>• Employability Skills</li><li>• Setting targets</li><li>• Revision Skills</li></ul>

### **How will I know what my child is going to be taught?**

We send a message out to families to let them know what lessons their child will have that day. This way these important topics can be addressed in further conversations at home.

### **Who teaches these lessons?**

FCC teachers run the vast majority of the lessons, but we do also access outside speakers when possible. This could include the School Health Nurse team for example but also magistrates, and external speakers discussing their own personal experiences.

### **What are the timings of the day?**

Generally speaking, the school day will run exactly as it normally would. It is rare for us to change lesson or lunch times for example. The school day would start and finish as it does on any other day.

### **What should my child wear to school on PD Days?**

All students should wear school uniform on these days. Notifications will be sent out if your child needs to wear or bring PE kit.