HIGHAM LANE
NORTH ACADEMY

Family Guide to Personal Development at HLNA

Helping children grow into confident, kind, healthy and independent young people



What does personal development mean?

Personal development in schools is about helping children grow not only academically but also socially, emotionally and personally.

It focuses on developing the skills, values, attitudes and confidence children need to become happy, healthy, responsible and independent individuals.

In simple terms, **personal development is about helping children become the best version of themselves, both inside and outside the classroom.**

It is just as important as learning English, Maths and Science because children need more than academic knowledge to succeed in life.

Personal development helps children to...

- understand and manage emotions
- build positive friendships
- develop confidence and self-esteem
- respect themselves and others
- make sensible decisions
- understand right and wrong
- develop independence and resilience
- stay safe and healthy
- understand different cultures and beliefs
- prepare for adult life

The areas personal development covers

Social development

This teaches children how to interact positively with others.

- Share and take turns.
- Work as part of a team.
- Listen to other people's opinions.
- Show kindness and consideration.
- Resolve disagreements peacefully.
- Develop healthy friendships.



A child learns how to share resources, work with classmates and include others in playground activities.



When a child loses a game, they learn to manage their disappointment rather than becoming angry or giving up.

Emotional development

Understanding feelings and managing them in healthy ways.

- Recognise emotions such as happiness, anger, sadness and frustration.
- Express their feelings appropriately.
- Develop self-control.
- Manage disappointment.
- Ask for help when they need it.
- Develop resilience when things become difficult.

Moral development

This is about understanding right and wrong and developing positive values.

- Honesty.
- Respect.
- Fairness.
- Responsibility.
- Empathy.
- Tolerance.
- Understanding the consequences of their actions.



A child understands why telling the truth, apologising and treating others fairly are important.



Physical development and healthy lifestyles

This encourages children to look after their bodies and understand healthy choices.

- Healthy eating.
- Physical activity and exercise.
- Personal hygiene.
- Sleep and rest.
- Physical and mental wellbeing.
- Keeping themselves safe.

Cultural development

Children develop an understanding and appreciation of the world around them.

- Respect different cultures and traditions.
- Understand different beliefs and backgrounds.
- Appreciate diversity.
- Challenge stereotypes and discrimination.
- Be respectful members of society.





Preparation for life beyond school

As children grow older, personal development also prepares them for adulthood.

- Financial awareness
- Informed decisions
- Online safety
- Careers and aspirations
- Relationships education
- Independence and life skills
- Rights and responsibilities

Personal development prepares children for life beyond the classroom.

How our school supports personal development



Personal development is built into many aspects of school life, not just lessons. Here are some of the ways we support our children every day.

Assemblies	Values, respect and responsibility
PSHE lessons	Health, relationships and wellbeing
Group work	Communication and teamwork
School trips	Independence and confidence
Sports activities	Teamwork, resilience and discipline
School council	Leadership and decision-making
Reading and discussions	Empathy and understanding
Clubs and performances	Confidence and discovering talents
Classroom responsibilities	Accountability and independence

How families can help

Parents play a very important role because children's personal development happens both at school and at home.
You do not need to be a teacher to support your child's development. Everyday activities and conversations can make a big difference.

1

Encourage independence

- Allow your child to dress themselves.
- Encourage them to organise their school bag.
- Give them small responsibilities at home.
- Let them try solving problems before stepping in.

2

Develop emotional intelligence

- Talk about feelings.
- Encourage your child to explain why they are upset.
- Listen without immediately judging.
- Help them find positive ways to manage difficult emotions.

3

Teach kindness and respect

- Encourage polite behaviour.
- Teach them to respect differences.
- Explain the importance of sharing and helping others.
- Discuss how their words and actions affect people.

4

Build confidence

- Praise effort rather than just achievement.
- Encourage them to try new activities.
- Allow them to make mistakes.
- Celebrate small improvements.

5

Teach responsibility

- Give them age-appropriate household tasks.
- Encourage them to take responsibility for their belongings.
- Explain the consequences of their choices.
- Teach them to apologise and put things right.

6

Encourage healthy habits

- Promote regular exercise.
- Encourage healthy eating.
- Establish good sleeping routines.
- Discuss online safety and screen time.



What families can expect from us

We will provide opportunities for children to develop beyond academic learning.

Our Personal Development programme will:

- Help children feel safe, valued and included.
- Teach children about healthy relationships.
- Promote positive behaviour and mutual respect.
- Support mental health and emotional wellbeing.
- Teach children how to recognise risks and keep themselves safe.
- Provide opportunities for leadership and responsibility.
- Encourage participation in sports, arts and extracurricular activities.
- Prepare children for the challenges of adult life.
- Support children with additional needs so they can participate.



In England, Ofsted considers personal development and wellbeing as part of its inspection framework. Its expectations include a coherent programme that runs through the curriculum and wider school experiences.

Academic development and personal development		
Learning to read and write	→	**Developing communication skills**
Learning Maths	→	**Developing problem-solving in everyday life**
Learning Science	→	**Developing curiosity**
Passing examinations	→	**Developing confidence**
Acquiring knowledge	→	**Developing values and attitudes**



The aim is to develop the whole child, not just a child who achieves good grades.

Simple ways to support personal development at home



Cooking together

develops independence, teamwork, responsibility and practical life skills.



Playing games

teaches patience, taking turns, following rules and managing disappointment.



Having meaningful conversations

talk about friendships, feelings, school experiences and challenges.



Giving children responsibilities

watering plants, tidying toys or helping with household tasks develops accountability and independence.

Important things parents should remember

- Every child develops at a different pace.
- Personal development is a continuous process, not something achieved overnight.
- Children learn through observation as well as instruction.
- Mistakes are opportunities for learning.
- Emotional wellbeing is just as important as academic achievement.
- Parents and schools should work together.
- Children need encouragement, patience, guidance and positive role models.

Useful resources

- **Department for Education – Relationships, Sex and Health Education guidance**

  Includes information about statutory guidance introduced in September 2026.

- **GOV.UK – The National Curriculum**

  Explains other areas of compulsory learning.

- **Ofsted – Education inspection guidance**

  Explains expectations around personal development and wellbeing.

Preparing children for life

Personal development is about preparing children for life, not just preparing them for examinations.

We want children to leave school with more than qualifications. We want them to be confident, kind, respectful, emotionally healthy, resilient and independent.

Educating a child is not just about what they know; it is also about who they become.

Parents and schools working together can help children thrive.