

	First Year 2025-26	
	Regular Activities: Homework collection; Health and Safety; Bulletin notices; Year Gatherings; Lower School Assemblies; Private reading	
Term	Autumn Term focuses on settling in to life at SGS: how to get involved, find your voice and build your character	
Autumn 1 Events: Clubs and Activities Sign-up Induction Activities School Council Elections World Mental Health Day	Form Activities may include:	
	<ul style="list-style-type: none"> Meeting the Lower School Friends SGS Expects: Care, Character and Community Grasping the Opportunity – how to get involved Friendship – in the real world and online Getting stuck into a book – the value of private reading (every Tuesday throughout the year) Study Skills: homework habits; organisation; learning how to use Frog Your Approach to Learning Grades – what are they and how do they work? 	<ul style="list-style-type: none"> Enthusiasm Curiosity Grit Social Intelligence Community Ethos
	Form Activities may include:	
	<ul style="list-style-type: none"> Co-curricular activities audit: what have you tried? Awards and Recognition at SGS Review of term’s academic and character strengths, and target setting The importance of a good night’s sleep Pupil-led form activities 	<ul style="list-style-type: none"> Enthusiasm Curiosity Grit Social Intelligence Community Ethos
	Form Activities may include:	
Term	Spring Term focuses on your personal development and the 5 character strengths: Enthusiasm, Curiosity, Grit, Social Intelligence and Community Ethos	
Spring 1 Events: Safer Internet Day	Form Activities may include:	
	<ul style="list-style-type: none"> New Year’s Resolution Bucket Lists Conflict resolution and emotional intelligence Am I a Good Friend? Study Skills: time management Online Safety focus: Safer Internet Day topic Responding to Approach to Learning Grades 	<ul style="list-style-type: none"> Enthusiasm Curiosity Grit Social Intelligence Community Ethos
Spring 2 Events: Founder’s Day	Form Activities may include:	
	<ul style="list-style-type: none"> Why should I watch/read the news? True Grit: developing resilience Online Safety focus: privacy settings and digital footprints Review of term’s academic and character strengths, and target setting 	<ul style="list-style-type: none"> Enthusiasm Curiosity Grit Social Intelligence Community Ethos
	Summer Term focuses on preparing for and reflecting on the exams, and celebrating achievements at the end of your First Year at Senior School	
Summer 1&2 Events: Exams for Lower School Sports Day Speech Day Music Festival	Form Activities may include:	
	<ul style="list-style-type: none"> Preparing for Exams – guide, revision lists and techniques Looking back to Primary School – what has changed? Feedback from and reflecting on exams A Guide to SGS – advice for the new First Years Is failure sometimes a good thing? Resilience activity SGS First Years Got Talent Rounding up the year – what did I achieve? 	<ul style="list-style-type: none"> Enthusiasm Curiosity Grit Social Intelligence Community Ethos

	Second Year 2025-26	
	Regular Activities: Homework collection; Health and Safety; Bulletin notices; Year Gatherings; Lower School Assemblies; Private reading	
Term	Autumn Term focuses on raising the bar: how you can develop your character, get more involved and hone your study skills	
Autumn 1 Events: Clubs and Activities Sign-up School Council Elections World Mental Health Day	Form Activities may include:	
	<ul style="list-style-type: none"> • Target setting for Second Year, based on End of Year Reports • SGS Expects: Care, Character and Community • Study Skills – using Frog effectively • Self-esteem and assertiveness • Celebrating cultural differences • Online Safety focus: if it's unacceptable offline, it's unacceptable online • Presenting Skills: every Thursday throughout the year – pupil-led talks • Responding to the Approach to Learning Grades 	<ul style="list-style-type: none"> • Enthusiasm • Curiosity • Grit • Social Intelligence • Community Ethos
	Form Activities may include:	
	<ul style="list-style-type: none"> • Road, rail and firework safety • Preparing for creative and language subject options in Third Year • Study Skills: banking your knowledge • Online Safety focus: gaining and giving consent to share • Review of academic and character strengths, and target setting 	<ul style="list-style-type: none"> • Enthusiasm • Curiosity • Grit • Social Intelligence • Community Ethos
	Spring Term focuses on looking after your physical and mental health and resilience	
Spring 1 Events: Safer Internet Day Options Evening	Form Activities may include:	
	<ul style="list-style-type: none"> • Review of Half Year Report and targets • Choosing subject options • Study Skills: Managing stress and keeping on top of homework • Online Safety focus: Safer Internet Day topic • Responding to the Approach to Learning Grades 	<ul style="list-style-type: none"> • Enthusiasm • Curiosity • Grit • Social Intelligence • Community Ethos
	Form Activities may include:	
	<ul style="list-style-type: none"> • Study Skills: academic honesty and research skills • Developing a growth mind set • Self-esteem and body image – healthy eating • Risky Business – learning how to take, and manage, risks • Review of academic and character strengths, and target setting 	<ul style="list-style-type: none"> • Enthusiasm • Curiosity • Grit • Social Intelligence • Community Ethos
	Summer Term focuses on preparing for and reflecting on the exams, and celebrating achievements at the end of your Second Year	
Summer 1&2 Events: Exams for Lower School Enterprise Day Careers Day Sports Day Speech Day Music Festival	Form Activities may include:	
	<ul style="list-style-type: none"> • Exam preparation • Study Skills: time management during revision • Online Safety focus: step up and speak up – reporting issues • Reflecting on exam performance – what worked and what needs work • Rounding up the year – record of achievement 	<ul style="list-style-type: none"> • Enthusiasm • Curiosity • Grit • Social Intelligence • Community Ethos
	Form Activities may include:	

	Third Year 2025-26	
	Regular Activities: Homework collection; Health and Safety; Bulletin notices; Year Gatherings; Lower School Assemblies	
Term	Autumn Term focuses on looking ahead to GCSE Options and possible career choices	
Autumn 1 Events: Clubs and Activities Sign-up School Council Elections World Mental Health Day	Form Activities may include:	
	<ul style="list-style-type: none"> Report review and target setting based on Second Year report Study Skills: positive work habits and wider reading Self-esteem and assertiveness Risky Business Part 2: when risk-taking becomes harmful Online Safety focus: social media – breaking the habit and resisting peer pressure Responding to the Approach to Learning Grades Presenting Skills: every Thursday throughout the year – pupil-led talks 	<ul style="list-style-type: none"> Enthusiasm Curiosity Grit Social Intelligence Community Ethos
Autumn 2 Events: Anti-Bullying Week Remembrance Day	Form Activities may include:	
	<ul style="list-style-type: none"> Road, rail and firework safety GCSE Options introduction (HOY / FTs) Careers discussions and sessions The Middle School Handbook - researching the GCSE subjects Preparing for Options Evening Review of academic and character strengths, and target setting 	<ul style="list-style-type: none"> Enthusiasm Curiosity Grit Social Intelligence Community Ethos
	Spring Term focuses on choosing GCSE Options and developing the 5 key character strengths	
Spring 1 Events: Safer Internet Day Options Evening	Form Activities may include:	
	<ul style="list-style-type: none"> Review of December report and targets Individual discussions with FT about Options Online Safety focus: Safer Internet Day topic Careers room form times and drop-in sessions Responding to the Approach to Learning Grades 	<ul style="list-style-type: none"> Enthusiasm Curiosity Grit Social Intelligence Community Ethos
Spring 2 Events: Founder's Day	Form Activities may include:	
	<ul style="list-style-type: none"> Strong and supportive friendships - what makes a good friend? Mindfulness – being in the moment Online Safety focus: knowing the law Study Skills: thinking ahead to the exams - timetables and revision lists Thinking about Founder's Day - and using it well Review of academic and character strengths, and target setting 	<ul style="list-style-type: none"> Enthusiasm Curiosity Grit Social Intelligence Community Ethos
	Summer Term focuses on preparing for and reflecting on the exams, and celebrating achievements as a Lower School pupil	
Summer 1&2 Events: Exams for Lower School Sports Day Speech Day Music Festival	Form Activities may include:	
	<ul style="list-style-type: none"> Study skills: effective exam revision techniques Good stress and bad stress – what's the difference? Life in the Middle School - preparing for GCSE study Review of academic and co-curricular progress Rounding up the year and life in the Lower School 	<ul style="list-style-type: none"> Enthusiasm Curiosity Grit Social Intelligence Community Ethos