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| | First Year 2022-2023 | |
| | 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 Ilam Hall Residential School Council Elections World Mental Health Day | Form Activities aim to 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 Thursday 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 aim to 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 aim to 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 aim to 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 aim to 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 aim to 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 2022-23 Regular Activities: Homework collection; Health and Safety; Bulletin notices; Year Gatherings; Lower School Assemblies; Private reading | |
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| 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 aim to 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 Friday 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 |
| Autumn 2 Events: Anti-Bullying Week Remembrance Day | Form Activities aim to 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 aim to 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 |
| Spring 2 Events: Founder's Day | Form Activities aim to 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 aim to 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 |

| | Third Year 2022-23 Regular Activities: Homework collection; Health and Safety; Bulletin notices; Year Gatherings; Lower School Assemblies | |
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| 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 aim to 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 Friday 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 aim to 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 aim to 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 aim to 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 aim to 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 – record of achievement | <ul style="list-style-type: none"> Enthusiasm Curiosity Grit Social Intelligence Community Ethos |