

**Step Up Day 5 Monday 24<sup>th</sup> June 2019**

**Year 10 Finance, Food-mood & Teenage Cancer Day 24.06.19**

Y10 have completed a range of activities today:

**Session 1 Finance for Kids:** Year 10 had a guest delivering this session who ensured students understood a range of key terms within banking: deposits and payments; savings; budgets, assets and liabilities; investments and passive income; expenses and how these can be fixed and variable.



**Session 2 Natwest Bank:** this was delivered by a guest from the Natwest. Students were informed about the types of bank accounts and in particular student accounts. Additionally they looked at internet banking and security so students have a greater understanding in preparation for moving into adulthood.

**Session 3 Food for emotional health:** Students participated in a practical session looking at the link between food which can enhance brain development and activity and how to prepare healthy food.



**Session 4 Teenage Cancer Trust:** Year 10 had a guest delivering this session who explored the signs and symptoms of teenage cancer. Students were made aware of how to check for signs and get help.

**Session 5 Household finances:** Year 10 had a session looking at how to run a household financially. This focused on salary, tax, bills and debt.



Statements – following today's session:	Strongly Agree	Agree	Disagree	Strongly disagree
<b>Finance for Kids:</b> I have a greater understanding of the key terms associated with banking – savings, budgets, assets, liabilities etc.	77%	22%	1%	
<b>Finance for Kids:</b> I have a greater understanding of investments and passive income.	24%	68%	8%	
<b>Natwest Banking:</b> I have a greater understanding of the types of bank accounts available including student accounts	43%	44%	13%	
<b>Natwest Banking:</b> I have a greater understanding of internet banking safety and security.	44%	43%	13%	
<b>Chartwell's Food &amp; Mood:</b> I have a greater understanding of a healthy diet which improve brain development and activity.	62%	33%		5%
<b>Chartwell's Food &amp; Mood:</b> I have a greater understanding of how to prepare and cook healthy foods.	61%	34%		5%
<b>Teenage Cancer Trust:</b> I have a greater understanding of the signs and symptoms of teenage cancer.	65%	34%		1%
<b>Teenage Cancer Trust:</b> I have a greater understanding of how to check for signs of potential problems and how to get help.	48%	52%		
<b>Household Lesson:</b> I have a greater understanding of the how to run a household financially.	44%	53%		3%
<b>Household Lesson:</b> I have a greater understanding of the key terms associated with running a household – salary, tax, bills, debts.	47%	50%		3%

## Year 9 Careers Day 24.06.19

Y9 have completed a range of employability skills today:

**Session 1 Team building and problem solving:** Year 9 had students from North Lindsey College delivering a range of tasks designed to develop the students' ability to work as a team, communicate and problem solve. These tasks included: Respirator minefield; Ski task; memory game; jerry can task; pipe challenge; tyre flip task. Students had to take it in turns leading and working as a team to complete the various challenges.



**Session 2 Employability – Work Experience and future skills audit:** we discussed with students our decision to reinstate work experience as part of our careers programme. The students will be self-canvassing for a placement as part of the process. We discuss the ten reasons why work experience is beneficial and look at the self-canvassing form that will need to be completed.



**Session 3 Employability – the world of work:** look at what the world of work might look like in 2030 and what skills the students will need. Students decide which of the employability skills are most important and conduct some activities designed to help them practise some of the skills they will need.

**Session 4: Employability Tim Corlett:** Students thought about what success looks like to them in relation to their futures and forming good habits and what changes they can make to be successful. This was an excellent session delivered by a guest.



### **Session 5: Inspirational Speaker – Nathan**

**Arnold:** Nathan is an ex footballer. Nathan talked about how your background does not need to determine your future and you are free to take life in any direction. He talked about resilience, compassion, the need to be your own unique self and kindness. Nathan talked about overcoming barriers and achieving your goals.



The feedback for the sessions was incredibly positive:

Statements – following today’s session:	Strongly Agree	Agree	Disagree	Strongly disagree
<b>Nathan Arnold:</b> I have a greater understanding of the overcoming barriers as a result of the presentation.	58%	38%	4%	
<b>Nathan Arnold:</b> I have a greater understanding of the how to achieve my goals.	50%	44%	6%	
<b>Employability Goal Setting (Tim Corlett):</b> I have a greater understanding of how to sequence my goal setting and changes needed for GCSE	33%	63%	4%	
<b>Your future (Tim Corlett):</b> I have a greater understanding of my strengths and weaknesses	37%	54%	9%	
<b>Your Communication (DB/SL):</b> I have a greater understanding of how the world of work is changing and the skills and knowledge to deal with this.	37%	56%	7%	
<b>Your Communication (DB/SL):</b> I have a greater understanding of how to use this knowledge and develop communication skills	30%	62%	6%	2%
<b>Review and Work experience (PH):</b> I have a greater understanding of what the expectations are for work experience	43%	54%	3%	
<b>Review and Work experience (PH):</b> I have an opportunity to reflect upon the careers activities undertaken this year	33%	62%	5%	
<b>Team problem solving (NLC):</b> I have a greater understanding of the skills required to solve problems	47%	48%	5%	
<b>Team problem solving (NLC):</b> I have a greater understanding of the skills involved in working as a team	46%	44%	8%	2%

## Year 8 Citizenship Day 24.06.19

Y8 have completed a range of session today based around Citizenship:

**Session 1 Citizenship – take the test:** Year 8 attempted to answer the questions posed in the national Citizenship test to give them an understanding of what those who might wish to live in the UK have to know. They were surprised that they knew very few of the answers!

**Here's some for you.**

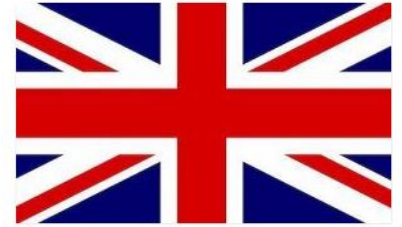
What was the last battle between Britain and France? (Battle of Waterloo)

During the reign of Charles II parts of London were destroyed by what? (Fire)

How often are general elections held in the UK? (every 5 years)

Who was the tribal leader who fought against the Romans? (Boudicca)

Who was voted the greatest Briton in 2002? (Winston Churchill)



**Session 2 Crime & Punishment:** Year 8 looked at mitigating circumstances and appropriate punishments and discussed the best ways to rehabilitate someone who breaks the law. They also considered different points of view within a community – Police, Teacher, Social Worker etc.

**Session 3 Team building:** Year 8 looked at how to build a community and the infrastructure – public services, laws, taxes and the importance of rights and responsibilities. Team work and listening skills play a huge part of this as they agree on points of view.

**Session 4 Random acts of kindness:** Following on from assemblies this week around tolerance, Y8 looked at how kindness can make you feel (both giving and receiving); discussions around how little acts of kindness can mean a lot and how to perform them. Hopefully as parents you might receive a random act of kindness in the not too distant future!

**Session 5 Rock Painting:** Year 8 looked at what a community is and how to encourage others to get outdoors and have fun.



Evaluations were again positive:

<b>Statements – following today’s session:</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly disagree</b>
<b>Crime &amp; Punishment:</b> I have a greater understanding of mitigating circumstances and appropriate punishment/rehabilitation	27%	65%	5%	4%
<b>Crime &amp; Punishment:</b> I have a greater understanding of different community points of view (Police, Teacher, Social worker etc)	29%	57%	11%	2%
<b>Desert Island:</b> I have a greater understanding of the infrastructure of a community – public services, laws, taxes etc	25%	53%	22%	1%
<b>Desert Island:</b> I have a greater understanding of the importance of rights and responsibilities	24%	58%	17%	3%
<b>Random acts of kindness:</b> I have a greater understanding of how kindness can make you feel (both when being kind and receiving kindness).	40%	54%	5%	1%
<b>Random acts of kindness:</b> I have a greater understanding of how little things can mean a lot and how to perform random acts of kindness	38%	54%	7%	1%
<b>Team building plane crash:</b> I have a greater understanding of team work and listening skills in agreeing within a group	30%	58%	8%	4%
<b>Team building plane crash:</b> I have a greater understanding of how to share my strengths and negotiate my point of view	28%	57%	11%	4%
<b>Rock Painting:</b> I have a greater understanding of what a community is.	39%	49%	2%	10%
<b>Rock Painting:</b> I have a greater understanding of how to encourage others to get outdoors and have fun.	41%	47%	2%	10%

## Year 7 Keeping Safe Day 24.06.19

Y7 have completed a range of session today based around keeping safe as we approach the Summer holidays:

**Session 1 Fire Safety Talk:** Students looked at the dangers of fire

**Session 2 Chartwell's:** Students looked healthy food to support mental wellbeing. This was supported by our catering company Chartwell's and Claire their nutritionist lead this session.



**Session 3 Sun & Water Safety:** Students looked at how skin can be damaged by long-term exposure to the sun and how to prevent this. They also discussed the risks involved in playing near deep water to make them think and stay safe over the holidays.

**Session 4 Drugs & Alcohol:** Students looked at the age and legal restrictions on a range of drugs (legal/illegal). They discussed at length the short and long-term effects.

**Session 5 Emotional health:** Students looked at what emotional health is and how to make changes to your daily living to ensure good mental health. They then looked at the effects of poor mental health and who to contact for help.

The evaluations for this day were as follows:

<b>Statements – following today's session:</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Disagree</b>	<b>Strongly disagree</b>
<b>Fire Safety presentation:</b> I have a greater understanding of the dangers of fires as a result of the presentation.	37%	59%	4%	
<b>Fire Safety presentation:</b> I will take greater care when involved in fire activities to ensure my safety and that of others.	37%	59%	4%	
<b>Sun and Water Safety:</b> I have a greater understanding of how skin can be damaged by prolonged exposure to the sun and how to prevent it.	57%	39%	4%	
<b>Sun and Water Safety:</b> I have a greater understanding of the risks involved in playing near deep water and to understand how trends in data have changed.	61%	35%	4%	
<b>Emotional Health:</b> I have a greater understanding of what emotional health is and how to modify daily living to ensure good mental health.	37%	55%	8%	
<b>Emotional Health:</b> I have a greater understanding of what the effects are of poor mental health and know who to contact if someone is in need.	39%	54%	7%	
<b>Chartwell's Food:</b> I have a greater understanding of how certain foods can promote mental well-being.	40%	53%	7%	
<b>Chartwell's Food:</b> I have a greater understanding of certain foods are better for the brain and promote a healthier lifestyle choice.	40%	53%	7%	
<b>Drugs &amp; Alcohol:</b> I have a greater understanding of the legality and age restrictions of several different drugs.	42%	57%	1%	
<b>Drugs &amp; Alcohol:</b> I have a greater understanding of the long and short term effects of legal and illegal drugs.	43%	56%	1%	