



Step Up Day 1 – Tuesday 6th October 2020

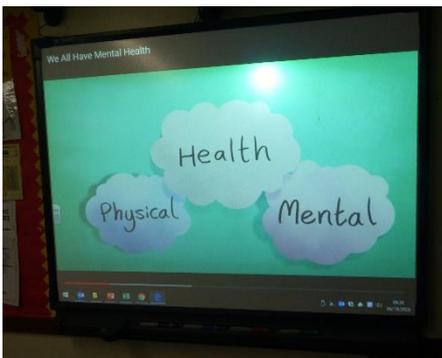
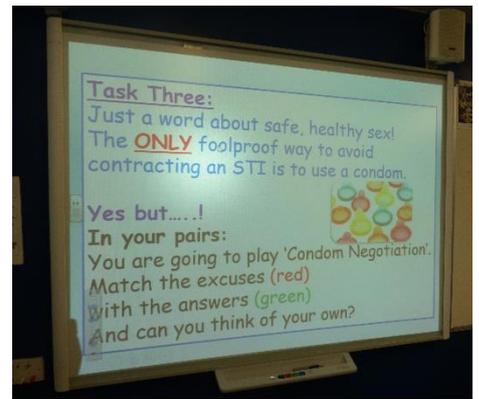
Huntcliff pupils enjoyed their first socially-distanced Step Up day of this academic year within their bubbles. Each year group had a variety of sessions designed to fill the gaps left by lockdown last term, with the aim of covering the topics the pupils had identified as needing to be revisited.

Here is a summary of some of the activities that took place:

Year 11 Year 11 spent the day mostly preparing for their next steps. They were given guidance on writing CVs and personal statements for applications and got advice on how to approach interviews. They were lucky enough to have 2 visiting speakers to contribute to their sessions. Kaylie Dixon from HETA gave them a presentation on apprenticeships and Samantha Robinson from John Leggott College explained about life at the college and she linked up virtually with other staff and students from the college for a most engaging session. North Lindsey College also provided materials for an introduction to the facilities, courses and activities that they offer. This year group also got the opportunity to do some work on well-being with a mindfulness session for the promotion of good mental health and a workshop on self-checking for signs of cancer. There was also a period of “revisit” for year 11 to refresh their study skills after their enforced break from regular learning. All in all, the pupils found the sessions valuable, citing the interview preparation sessions as particularly interesting.



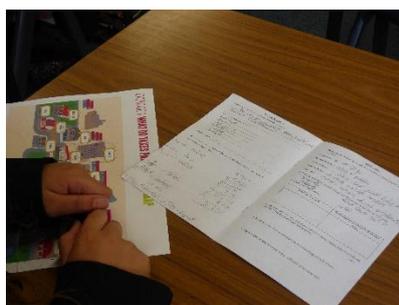
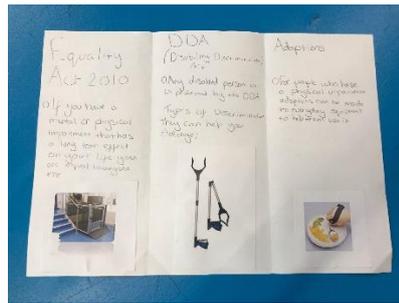
Year 10 The year 10 pupils spent their day thinking about aspects of **Health** and **Relationships**. They explored the impact on people’s lives of gambling, drugs, pornography and loss and looked at how to deal with related issues. They considered healthy relationships and how to recognise when a relationship might not be good for them in the “Mates, Dates, Loves and Hates” lesson. There were 2 sessions on different aspects of mental health – stress and coping strategies – in order to promote their own well-being and that of the people around them. Reproductive health, fertility, pregnancy and contraception were discussed in a pregnancy and parenting presentation. Overall, the mental health workshops were the most appreciated of the sessions.



Year 9 Pupils in year 9 were thinking about **Health**. Their day consisted of sessions considering the physical and other effects of smoking & vaping, illegal drugs and alcohol and how to deal with peer pressure. They also investigated issues of mental health related to self-esteem and explored the notions of bullying and banter and when this becomes a problem. A session entitled “Sex- your decisions” helped the students to understand the issues of sexual pressure and gave them an insight into the laws relating to consent, exploitation and abuse. All of the topics were well received and the pupils found the information on illegal drugs particularly valuable.



Year 8 The year 8 pupils had a mixture of topics to explore ranging from CPR, accidents & emergencies and lifesaving to “Tax & Budgeting” with all sorts in between! They learned about the potential dangers of online gaming and about ratings on video games so they can be safe when playing. They explored careers and thought about their how their personality types might lead them to their dream (or nightmare!) jobs. In the session about hate crimes the pupils developed their understanding of British values and considered the consequences of hate crimes on perpetrators and victims. A final lesson on disability awareness gave the year 8s a very full and varied day with the CPR sessions being particularly well received.



Year 7 Year 7 were investigating safety online among their topics today, and they also thought about healthy online relationships. Health was a major area for focus for the younger pupils, with healthy lifestyles, healthy eating and health & prevention being their other sessions. During the course of their busy day they got to make healthy snacks and to consider the importance of good personal hygiene. This was year 7's first taste of a Huntcliff Step Up Day and there were lots of excited faces around.



Well done to all our students and thank you to all the staff.