

## **Step Up Day 2 – Tuesday 1<sup>st</sup> December 2020**

Here is a brief outline of day 2 for each year group.

### **Year 7 – Citizenship & Healthy Relationships**

<b>Topics</b>
<b>Introduction to RSE</b>
<b>British Values</b>
<b>Litter &amp; Environment</b>
<b>Mental well-being 1</b>
<b>Healthy relationships</b>

#### **Y7 Session 1 – Introduction to RSE:**

This session looks at the physical and emotional changes that occur in young people during puberty and the impact this can have. They will be able to describe the physical and emotional changes that occur during puberty, identify ways of managing the changes that occur during puberty; explain where to seek advice and support about the changes that occur during puberty.

#### **Y7 Session 2 – British values:**

Students look at personal values and the British values fundamental to our society: democracy; the rule of law; individual liberty; mutual respect; tolerance of different faiths & beliefs. Students will consider stereotypes and their attitudes towards them. They will also be challenged by some of the national citizenship questions!

#### **Y7 Session 3 – Litter & Environment:**

Students will explore how litter affects the environment locally and around the world. They will explore other issues such as sustainability and the effects of plastic waste on oceans and rivers and wildlife. They will also look at sustainability in terms of fashion. An interesting look at the cost of our behaviours on the environment.

#### **Y7 Session 4 – Mental well-being 1:**

Students will look at how to talk about emotions accurately and sensitively using appropriate vocabulary. They will become aware of and distinguish between different emotions and feelings; recognise different emotions in other people; understand the physiological changes that go with different emotions.

#### **Y7 Session 5 – Healthy Relationships:**

Students will learn an understanding that relationships affect everything we do in our lives and that relationship skills have to be learnt and practised; understand that people have multiple roles and responsibilities in society and that making positive relationships and contributing to groups, teams and communities is important; understand that relationships can cause strong feelings and emotions.

## Year 8 – RSE and PSHE

<b>Topics</b>
<b>Consent</b>
<b>Mental well-being 1</b>
<b>Body Image</b>
<b>Running Away</b>
<b>Vaccination</b>

### **Y8 Session 1 Consent:**

Students will look at the issues around consent generally around a variety of situations where consent has or has not been given. We will use the 'cup of tea' analogy and how it can be used to explain consent accurately. They will explain whether consent has been given in particular situations and how they know this.

### **Y8 Session 2 Mental well-being 1:**

Students will examine types of mental ill health (dealing with anxiety) and strategies for coping. They will practise mindfulness and ways mindfulness can help our mental health to deal positively with anxiety and stress.

### **Y8 Session 3 Body Image:**

Students can identify where the pressures to look a certain way online comes from. They can make comparisons between what is considered the 'ideal' body image online and the actual reality. Students can propose effective strategies to help young people develop a healthy and positive attitude towards their body image. Students will know where they can go for advice and support with body image concerns.

### **Y8 session 4 – Running Away:**

Students will discuss what we mean by running away. They will explore the reasons some people run away from home. They will talk about the risks of running away and if it is safe to run away from home and identify safe people.

### **Y8 Session 5 - Vaccinations:**

Students will look at the upcoming vaccinations in Y8 for HPV and discuss the reasons why vaccines are offered in the UK. They will look at common vaccinations and the illnesses associated. They will look at the stages of preparing a vaccine and relate this to the current vaccines becoming available for Covid.

## **Year 9 – Citizenship and PSE**

<b>Topics</b>
<b>Political System 1 &amp; 2</b>
<b>Emotional links to healthy eating</b>
<b>Body Image</b>
<b>Forms of Harassment (RSE)</b>
<b>Let's Pitch it – Baasit Siddiqui (Goggle Box)</b>

### **Y9 Session 1 & 2 – Political system:**

Students will consider the development of the political system of democratic government in the United Kingdom, including the roles of citizens, Parliament and the monarch; The operation of Parliament, including voting and elections, and the role of political parties.

### **Y9 session 3 – Emotional links to healthy eating:**

Students will consider the impact of food upon their mood. They will reflect upon eating habits and look at healthier choices. Students will discuss diet in relation to supporting exam stress.

### **Y9 Session 4 – Body Image:**

Students will be using peer-to-peer discussion and activities, students discuss the impact of social media on body image and identify techniques for minimising stress that may arise from negative body image. They will discuss how they might manage any online stress, and understand the importance of asking for help when needed.

### **Y9 Session 5 – Forms of Harassment (RSE):**

Students will understand what constitutes online sexual harassment. They will recognise examples of online sexual harassment and understand the emotional impact online sexual harassment can have on those involved and how victims feel and how to support those who experience it. They will know how to report it.

### **Y9 Opportunity - Let's Pitch it – Baasit Siddiqui (GoggleBox):**

Baasit Siddiqui has worked with us for many years at Huntcliff and offers a series of workshops where students work in groups to plan, present and advertise a television/media show concept. The workshops will include planning, branding, collaboration, digital technology, communication & leadership. Students will listen to interviews with media industry professionals, summarise their key findings and present these to others to gain understanding of the importance of further education to succeed in the media industry. Baasit will share stories from his experiences. This will begin on Step Up day and other sessions will follow as on the 1<sup>st</sup> December Baasit will work virtually. We hope he may be able to attend the other dates if covid restrictions allow.

## Year 10 – Citizenship and PSE

Topics
HMRC Tax
Sleep
Building my skills
Mental well-being
BGU Steps to Success

### **Y10 Session 1 – HMRC Tax:**

Students will learn 'Tax Facts', from HM Revenue & Customs (HMRC), a useful, introductory resource to support teaching about taxation in the UK. Students will learn through a series of animations, the mechanics of the UK tax system and the role of HMRC and how this relates it to their lives as teenagers.

### **Y10 Session 2 – Sleep:**

Students will learn what happens when we sleep, the benefits of having a good night's sleep and strategies to promote good quality sleep, including where to seek support. This is particularly important as many students are now spending increasing time late at night on forms of social media or gaming and in turn affecting their sleep patterns and emotional well-being.

### **Y10 Session 3 – Building my Skills:**

Students in Y10 have a four session programme to prepare them to meet employers and to start thinking about possible work experience and their future. The programme involves four guest speakers (some which may be virtual this year). Students then look at how to research for job ideas and the pathway, personal branding the importance of a positive social media profile, CV and letter of application and interview skills. This is the first session on researching career pathways. Vicki Cross from Acis will present.

### **Y10 Session 4 – Mental well-being:**

Students will learn about stress, what causes it and its effects and how to deal with it. Thus follows on from work done through form time last year and should support students with strategies to help manage stressful situations.

### **Y10 Session 5 – BGU Steps to Success:**

We have been working alongside Bishop Grosseteste university for many years and participated in their Steps to success programme. This has involved workshops in school as well as visits to the university, which will hopefully go ahead once we are allowed. The sessions will look at effective study in preparation for life at university.

## Year 11 – Careers Day 2

Y11 Step Up days 2 are based around careers education and preparing for the future and helping them make informed decisions. It is designed to support the information being presented during assemblies and the other opportunities given to students such as the one to one interviews that are ongoing with the local colleges. Students have also had the opportunity to meet face to face with Ruth Henderson our impartial careers adviser to look at an action plan going forward. Please encourage your child to talk these interviews through with you.

The window for applying to places for next year is now open and in full swing. Those looking for engineering (mechanical/electrical/welding & fabrication) etc with Heta is also open and students are being encouraged to start attending open evenings to find out as much as they can about their possible next steps. All local colleges have been in to assemblies to help students understand the different options open to them locally. This has included NLC, JLC, The Grimsby Institute, Lincoln & Gainsborough College and information on apprenticeships. And other providers such as the NLUTC.

<b>Revision Calendar</b>	<b>'Mock' Interviews</b>
<b>Inspirational Speaker Paul Hughes</b>	<b>'University of Kirton'</b>
<b>Applications to College</b>	<b>BG University Steps to Success</b>

### Y11 Session 1 – Revision Calendar:

Following on from the information evenings and revision work already hosted for Y11 this year, Mr Clayton will show students how to develop a revision schedule using a calendar mapped out for the time leading up to exams. Students can personalise this according to their own individual needs and after school schedule.

### Y11 Session 2 – Inspirational Speaker Paul Hughes:

Paul is a multi-lingual (Russian, Arabic and Pashto) former Royal Air Force Air-crewman and now Managing Director of his own Research Company. During his military career he predominantly served on operations that concentrated on the Middle East, North Africa and Afghanistan; His wide array of experiences coupled with a joie-de-vivre and an embracement of other cultures is truly inspirational. His life story is a powerful and emotional campaign to succeed. The talk encompasses his school years and the learning difficulties he had to his first few jobs and the subsequent experiences of working with people from other religions, races and sexual orientation; concluding with his career in the RAF, modern warfare, humanitarian aid, diplomacy, globalisation, social media and the lessons that life has taught.

### Y11 Session 3 – 'mock' Interviews:

Students will have the opportunity to put into practice the preparation done for interviews in the last Step Up day. Members of the support staff in our school from our Business manager to HR and 'new' staff will interview students to give them the experience of a 'live' interview. This compliments the virtual interviews already undertaken with the colleges and the face to face interview with Ruth. This is the perfect time to make mistakes and develop particular answers ready for the real interviews to come.

### Y11 Session 4 – 'University of Kirton':

This is an excellent session prepared for us by John Gibbins at Linc Higher. Using guidance worksheets and a range of real prospectus students will create their own higher education courses based on the things they are passionate about. The idea is to engage students in the variety of options available and the breadth of opportunities.

### Y11 Session 5 – BGU Steps to Success:

We have been working alongside Bishop Grosseteste University for many years and participated in their Steps to success programme. This has involved workshops in school as well as visits to the university, which currently won't be possible. The sessions will look at effective study in preparation for life at university.