



Step Up Day 2 – Tuesday 1st December 2020

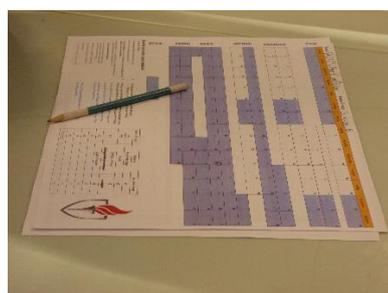
December arrived with a bang at Huntcliff as we kicked off Advent with our second Step-Up Day of the school year. Like the day we had in October, Covid restrictions meant that we couldn't invite guests into school, as we would have liked to do, but we still managed to get some external providers to deliver "virtual" sessions to engage our learners.

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

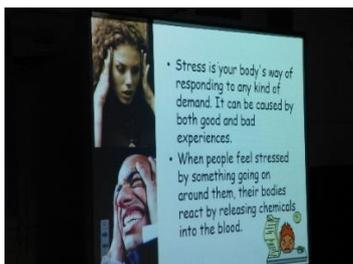
Year 11 Year 11 were taking some decisive steps into their futures today by applying to colleges. Their applications will be followed up by interviews with the colleges they have applied to. In order to prepare them for this, every student had an individual mock interview, face to face with a member of Huntcliff's associate staff. Our thanks go to all the staff involved. The pupils found the experience quite nerve-racking but very valuable as they now know what to expect when they are interviewed for jobs, apprenticeships, university or college. They were all happy to be given feedback when they finished so they know what they did well and what they can improve the next time they are faced with an interview situation. Some of the year 11s that might not have previously considered going to university took part in Bishop Grosseteste University's First Steps programme which was delivered over Teams by Craig Ferguson. They got to see how anybody can consider university, regardless of their background. John Gibbins from Linc Higher also delivered a university-themed session online. He helped the pupils to set up their own "University of Kirton", thinking about what they would like a university to offer. The 3rd external guest for year 11 was inspirational speaker Paul Hughes who spoke to them about his journey from difficult beginnings as a bullied, dyslexic schoolboy to a successful member of the SAS and now a businessman with responsibility for several companies. He told the students to follow their hearts and to work hard to reach their dreams. This aim was encouraged by Mr Clayton who showed them how to prepare for their exams at the end of this year with revision timetables



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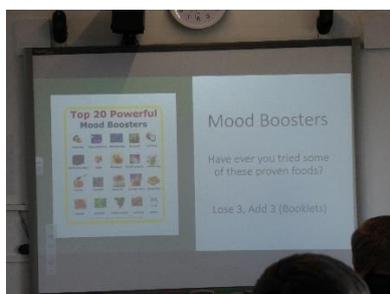
Year 10 Some of year 10 also took part in Bishop Grosseteste University's First Steps programme, delivered again by Craig Ferguson over Teams. For their "Building my Skills" session, the pupils learned about the career journey of Vicki Cross of Acis. They then considered how their own career pathways might develop. Once the pupils have found a career they will be faced with the minefield of having to pay taxes. So, they took part in a session designed to give them an understanding of tax, National Insurance and their social responsibilities. To help them maintain their well-being, the year 10s also did a session on sleep to understand the benefits of good sleep and to learn strategies to promote healthy sleep routines, and a session on mental well-being by understanding the effects of stress and how to deal with stressful situations.

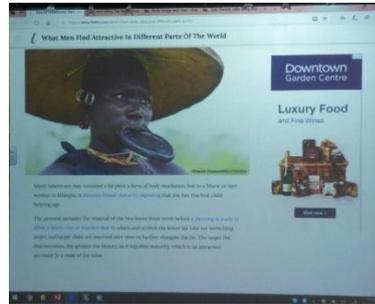
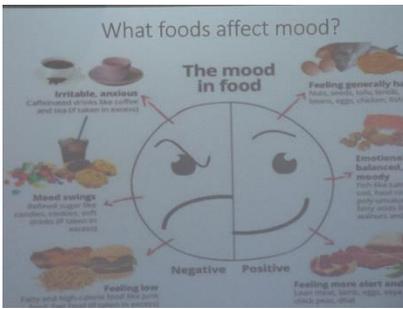


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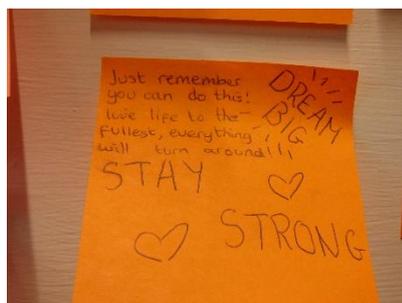
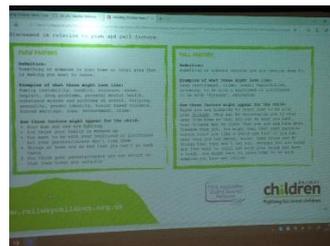


Year 9 Some students in year 9 had the opportunity to work (virtually) with Baasit Siddiqui from TV's Gogglebox as he delivered his "Let's Pitch It" programme. This gives the students an insight into using digital media and designing media concepts. The rest of the day was divided into sessions on well-being and on looking at political systems. They learned about how the monarchy and Parliament co-exist in one lesson and they developed their understanding of the UK voting system and different parties in the other. Their well-being lessons were based on body image, healthy eating and harassment. In the body image session they were given an understanding of how the reality of physical appearance may be distorted by media influences and the effect it can have. They looked at how mood can be affected by food and what foods they can eat to help combat stress. Finally, they explored what constitutes online sexual harassment and how to report it.

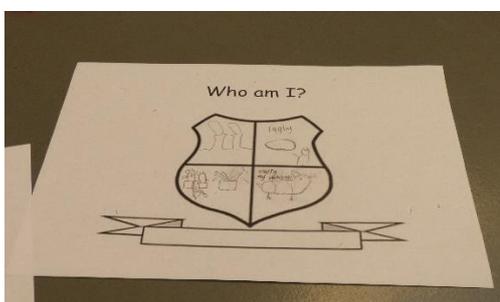




Year 8 Year 8 also explored the idea of how media portrayals can affect a person's view of their own body image. They learned how to get advice and support when it is needed. They did a further exploration of mental health in their **Well-being** session and looked at how mindfulness can help them to cope with anxiety and stress. In another session they discovered that some mental health issues can lead some children to run away and they explored why children run away and what risks exist and what safe places there are. As part of their **RSE** programme, the year 8s also looked into the notion of consent. They were given a greater understanding of what the term means and how to determine whether or not consent has been given. Their final unit of the day was about vaccinations. This topic is particularly pertinent in current times, so it is important that pupils understand what vaccinations are, how they are trialled and how they can make informed decisions about them. It all proved a bit much for one student who was overcome at the thought of vaccinations and required first aid assistance, but at least that pupil will remember the day they learned about the importance of protecting a nation's health!



Year 7 Year 7 also did some **RSE** work on this Step-Up day. They were finding out about physical and emotional changes that happen in puberty and understanding how to manage the changes they might be experiencing and where they could seek support if they need it. They also explored what constitutes a healthy relationship and how they can make positive contributions to the relationships they develop. In their **Mental Well-being** session, they looked at how thoughts can affect feelings and, in turn, how those emotions can affect the physical body. In the Citizenship section of year 7's day, the pupils looked at British values and thought about their attitudes to them and they thought about the environment and how litter affects it. They considered their own behaviours and how they may have an impact on the world around them.



It was a really fun and positive day. Well done to all our students and thank you to all the staff.