

## **Step Up Day 5 – Wednesday 16<sup>th</sup> June 2021**

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

### **Year 7 – Keeping safe**

<b>Topics</b>
<b>Mental wellbeing – Bearded Fishermen (external guest)</b>
<b>Fire safety – Kieran Garner (external guest)</b>
<b>Assessing &amp; Managing risks</b>
<b>Dealing with Accidents &amp; Emergencies</b>
<b>Keeping safe outside school</b>

It is fabulous to be able to invite guests in to speak to Y7 about various topics. The Bearded Fishermen are a mental health awareness and suicide prevention charity. They help anyone who has mental health issues and suicidal thoughts to be stronger through support. The Bearded Fishermen will do a mental health session with the students and hopefully students will engage with the guests to find out how you might get involved with working for a charity. Fire safety is another external guest and Kieren looks at the various dangers around fire and how to stay safe. This will include what to do if you come across a small fire, what to do in an emergency, types of extinguishers and the use of smoke detectors etc. In the Assessing & Managing Risk session, students will recognise and understand a variety of risks and consider ways to manage these as safely as possible and know where to go for help if needed. Types of risks that will be discussed are seatbelts, sleep; not taking exercise; money, laws; safety; health risks etc. In the session on dealing with accidents and emergencies students will consider why it is important to learn first aid, understand their safety must come first and assess basic situations. They will go over how to make an emergency call and what to say. Finally, in keeping safe outside school they will look at the potential risks that children may find themselves exposed to at various times but particularly during the summer. This session will cover seatbelts, railway crossing, power cables, traffic and dangers in the home and how they can avoid accidents.

### **Y8 – PSE & RSE**

<b>Topics</b>
<b>Fire Safety</b>
<b>Developing Feelings (RSE)</b>
<b>Alcohol</b>
<b>Anti-social behaviour</b>
<b>Bullying or banter</b>

Fire safety is delivered by a guest speaker and Kieren looks at the various dangers around fire and how to stay safe. This will include what to do if you come across a small fire, what to do in an emergency, types of extinguishers and the use of smoke detectors etc. In Developing Feelings students will consider how relationships might contribute to human happiness and their importance in bringing up children; marriage and civil partnerships as well as the characteristics and legal status of other types of long-term relationships. For Alcohol, students will be learning about why young people may choose to drink, the risks associated with underage drinking and how to make safe choices around alcohol, as well as considering the units of alcohol. In the anti-social behaviour sessions, students will be able to correctly identify anti-social behaviour and common consequences for both the victim and the perpetrator. They should also consider the short and longer-term consequences and the legal implications for those who commit offences. Finally, in the Bullying v banter sessions students will consider in detail the issues around what is deemed as 'bullying' and how this is quite different from 'banter'. They will look at how things people say can be interpreted differently depending on the situation so they can distinguish between them. They will tackle a variety of scenarios.

## Year 9 – PSE, Careers & RSE

<b>Topics</b>
BGU First Steps Part 1
Catering Firm - Taylor Shaw (Employer engagement)
Catering/Food industry
Gambling
Loss
Relationships (abusive control)
Something not right – home office lesson plan KS3

The school's catering company, Taylor Shaw, are going to be delivering a careers workshop about professions within catering, which will be supported by some cooking skills development by Mr Bellamy. Some of the year group will have an opportunity to learn about going to university with a representative from Bishop Grosseteste University who will be presenting their First Steps to Study Programme (Part 1). The PSE topics of gambling and its associated problems, loss and how to deal with it, and abusive relationships will be covered and explored and the students are going to have a Home Office recommended lesson relating to domestic situations that might have arisen, as a result, of lockdowns and how to deal with them. The topic of loss is covered and for this, we use the specialist bereavement service resource, from Winston's Wish and any student who finds this topic challenging is free to step out. However, it is a PSE topic and part of life. The topic looks at how we can help ourselves, and others and strategies to support grieving.

## Y10 – PSE & Careers

<b>Topics</b>
<b>Employability Skills:</b> (Students will have 2 sessions from the list)
Aiming High – Katie Cawdron, Lincoln College
Creativity
Leadership – Sgt. James Shaw, RAF
Listening
Problem Solving – Sheryl Benson & Tracy Neal, NLC
Speaking – Lucy Randall, icaew
Staying Positive – Samantha Robinson, JLC
Teamwork - Sgt. James Shaw, RAF
<b>Interview Skills</b>
<b>Apprenticeships - HETA</b>
<b>Humber Festival of Skills – Virtual careers talks by Engie, Knapton Wright and RES</b>
<b>Something's Not Right – from The Home Office</b>

On our last Step Up Day in March, Y10 did a session on Employability Skills where they identified their strengths and weaknesses in relation to 8 skills. This time, they are going to do bespoke sessions designed to develop the 2 skills they felt were most in need of improvement. Many of these are delivered by external presenters with expertise in these particular skills. They will reinforce the idea of improving their employability by learning some interview techniques to help them with college, apprenticeship or job interviews next year. HETA will be delivering a session all about apprenticeships to extend their understanding of the concept and how to apply. Some pupils have expressed an interest in careers in sectors covered by employers that are delivering presentations as part of the Humber Festival of Skills, so they have been signed up to attend these virtual talks. Finally, the students are going to have a Home Office recommended lesson relating to domestic situations that might have arisen as a result of lockdowns and how to deal with them.