

Impact Morning 2019

Year 7

Key characteristics: Collaborative, Motivated, Problem Solver, Reflective

Key themes: mental health, wellbeing, stress, anxiety, pressure

Year 7 Impact Day- Positive Wellbeing

Aim:

1. To understand the importance of being happy and healthy
2. To challenge perceptions on mental health and wellbeing
3. To consider strategies to manage stress and anxiety

Students will discuss what is meant by mental health and explore the different things they can do to promote positive wellbeing. They will look at what makes them happy and what can increase their happiness. Throughout the day, they will explore issues related to body image and how the media and photoshopping may distort their ideals of what they should look like. Students will also get the chance to participate in activities that make them happy and teach them about stress management. These can include games, exercise team building, sports, aerobics, happiness yoga, meditation, and arts and crafts.

Year 8

Key characteristics: Collaborative, Motivated, Problem Solver, Reflective

Key themes: Physical health, diet, positive well being

Year 8 Impact Day- FIT4LIFE

Aim:

1. To understand the importance of physical activity
2. To understand a balanced nutritious diet brings many benefits
3. To consider an exercise and diet regime students and their families can follow

Students will start the day listening to an inspiration talk from a former/current athlete/professional sportsperson about the path they took and the importance of fitness and diet. They will then complete a variety of activities throughout the day such as a Joe Wicks HIIT routine and learn how to balance out their diets. They will cover a range of diet related issues such as hidden sugars and Type 2 diabetes to understanding the nutrients in their food.

Year 9

Key Characteristics: Reflective, Resilient, Questioning

Key themes: British Values, Respect, Responsibility, Choices

Year 9 Impact Day- Gun and knife crime

Year 9

Overview of the morning

The impact this morning should have on Year 9's is to make them aware of personal safety and the safety of others. Through choices and a lack of thinking/ understanding a lot of people have found themselves in situations that can involve someone getting harmed. The morning will make students acknowledge the different paths that people can take and that it is down to simple decision making and the right choices based on morals. This should give students insight into how these situations arise and help them to reflect on their own beliefs and question their values now. It also will help provide information into the justice system and the consequences of the actions taken. The Glen Banks presentation will be made to the whole year group, as will the presentation from the police. The other 2 hours will be spent in form time as workshops to question the information received that day and as a tool to reflect and share ideas in different activities.

Year 10

Key characteristics: Motivated, Curious, Reflective, Questioning

Key themes: Careers, the future, personal strengths

Topic- Careers

Aim:

- 1) To allow students to gain knowledge of careers in a wide variety of fields
- 2) To understand the importance of people skills and confidence at the workplace
- 3) To understand how to prepare for an interview and practice interview technique

Students will start the day by attending a motivational talk by a guest speaker. They will then use the rest of the morning improve their employability skills by working on their CV's and reflecting on their own strengths and weaknesses. They will have the chance to meet and speak to employers from a range of career paths to help inspire and develop their knowledge of industry and the wider world. Students will also spend some time learning about interview techniques that will help them prepare for life after Ousedale.