



PERSONAL DEVELOPMENT NEWS

Nothing but the best

19th July 2024

The final week of the academic year 2023/24 has been another busy but successful one. The week has been a really positive one with lots of reflections, thankyou's and celebrations. A fantastic uplifting end to another great year in which students have progressed both academically and as people.

THE BIG EVENT: CELEBRATION

This week we have been focussing on celebrating success. Students started the week in tutor time reflecting back on all of the amazing community projects that tutor groups have been working on. They then reflected on their own successes throughout the year. Considering the 5 ways to wellbeing strand of "give" they wrote thankyou messages to their peers on stars, reflecting on the wonderful friendships and support that they have with each other. Thank you notes were then written to show their appreciation to staff in school for all of their hard work and commitment. The week ended with a whole school assembly celebrating the amazing achievements of our students throughout this term and this academic year.

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

We have done lots of "giving" this week and will be reaping the rewards of positive mental wellbeing. We now encourage students and their parents/guardians to continue to use the 5 ways to wellbeing over the Summer break to help them to feel good.



- Aspirational
- Community Centred
- Inclusive

MAKING MEMORIES WITH SCHOOL TRIPS



This week year 9 and 10 students enjoyed a thrill-seeking day at Blackpool Pleasure Beach. It was a nice sunny dry day but some students fell victim to Valhalla the indoor log flume and were soaked!



Year 7 also went to The Anderton Centre and enjoyed problem solving, archery and XL paddleboarding. The highlight of the day for many was jumping off the jetty into the reservoir- they were very brave!

REWARDS: ATTENDANCE



On Thursday two tutor groups had a treat which involved the final lesson off timetable enjoying some fun activities together as a well done reward for good attendance and improving attendance. Attendance to school is directly linked to progress and something all students should endeavour to do is attend school each day.

HOUSE COMPETITION:

