

Harris Girls' Academy East Dulwich
Gold Healthy Schools Award

Health and Wellbeing Priority 1 (universal)

“To promote Personal Development, Safety and Welfare through developing the understanding of safe, healthy and equal relationships across our year 9 cohort.”



Planned Outcomes Health and Wellbeing Priority 1 (universal)

Measurable Outcomes	July 17	Target	Sept 18	Percentage shift from July 17
SRE lessons have helped students to understand consent 'quite a lot' or 'a lot'	18% 20/112	100% 112/112	100% 112/112	+456%
SRE lessons have helped students to understand 'resisting pressure' 'quite a lot' or 'a lot'	27% 31/112	100% 112/112	100% 112/112	+270%
SRE lessons have helped students to understand 'healthy relationships' 'quite a lot' or 'a lot'	38% 43/112	100% 112/112	100% 112/112	+163%

Impact of the Collaborative work with Bede House SHER Project (Safe Healthy Equal Relationships)

One year 9 volunteered the following at the end of her session;

"Thank you for coming to speak to us on this level, sometimes it's hard to talk about these things to older teachers, who don't really understand."



Planned Outcomes Continued... Health and Wellbeing Priority 1 (universal)

Measurable Outcomes	July 17	Target	Sept 18
Students know where to access advice and support around healthy, safe relationships	No baseline	100% 112/112	100% 112/112
Staff delivering SRE feel confident embedding and using the CWP resources and mental health and consent lessons from the PSHE Association	No baseline	100% 112/112	To be surveyed Spring 2019

Staff feel supported to deliver RSE

Quote from a Y10 coach on supporting RSE delivery:

'the staff who lead the PSHE curriculum are very supportive as well as knowledgeable. I know that they are a source of support should I need it beyond notes and supporting documents with PSHE. The student voice interviews that they conduct too are further testament to ensuring that the provision stays relevant and has an impact on our students'

Health and Wellbeing Priority 2 (targeted)

“To promote the Personal development, safety and welfare for our most vulnerable group of year 7 SEN pupils through supporting their emotional literacy and physical and mental health”



Literacy & Mindfulness Project

- Understanding what journaling is and how to do it
- Achievements and goals for the year and the future
- Creative writing
- Book Reading (Good Night stories for Rebel Girls)
- Each week reading a page from a chosen inspirational woman
- The group took a photo of themselves and write their own piece



“Creative Soul Photography” visit

Unexpected outcomes & impact

“Thank you for making me feel confident about my natural hair!”



Mindfulness exercises

What mindfulness is and paying attention

Mindful counting breaths

Mindful movements

Body scan

Mindful listening

Mindful walking



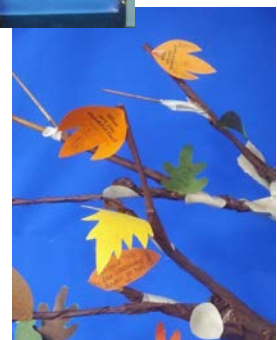


Feedback from Project Yogi

- This project uses mindfulness and literacy to help raise reading and writing skills. Most of the girls had very low reading levels and some behaviour issues as well.
- The project was able to provide a space for the girls to be supported and introduced to a different type of growth mind-set that allowed them to feel positive and confident enough to move forward and improve academically.
- They had a chance to work in a small group with similar students, where they were given praise and attention to help raise their self-esteem. The girls were enthusiastic about the mindfulness and it was something for them to look forward to. They really took pride in the work they did.
- At the end of the project I could see a difference in the behaviour and maturity of some of the girls. I definitely noticed an increase of confidence. The feedback from the girls was great, they felt that the Mindfulness had made a difference and helped them to feel more relaxed.

Impact Year 7 quote;

“This has made me very confident. I like how we did lots of writing exercises and seeing important women’s life stories. I also like meditation as it calms me. Before, I did not know how to be calm and at peace.”



Sustainability & moving forward

- Mindfulness Project with focus on Identity and improving behaviour
- SHER team have already been back in and completed the workshops with the whole of year 8 and booked in for our Post 16s
- Gender Action Award