

Year 10 Citizenship Day



Tuesday morning, 20th January, and the ear splitting cries of a baby could be heard around the Hall of LGGS!

Well if you would push a bottle so far into her mouth the neck snaps back, what do you expect? The whole of year 10 were attending a Citizenship day complete with robotic, crying baby girl. This prop was utilised by the **Pregnancy and Parenting Service**, led by Sarah Weekes, in a session relating to the problems faced by teen mothers. One pupil commented "Teenage pregnancy was the most relaxed and fun session. As well as being fun I learnt a lot and how hard life would be with a child. The talk also made me realise who I would tell and what I would do if I did get pregnant."



"Leavers pregnancy was interesting and I was really interested in learning about the different contraceptives. The PowerPoint made me realise how facts can be shocking about STIs and I am feeling safer now I know there are places to go just in case." (Year 10 pupil)

Following on from the ideas in the teen pregnancy session, another session was led by our own school nurse Anita Sloane and a colleague about the period following Year 11 exams and how young people sometimes put themselves at risk during this time.

The sessions reviewed ideas covered in Year 9 about STIs and discussed methods of contraception and where to go for help.

The morning health related sessions were rounded off by an enthusiastic team of educators from the **Hope UK charity**. They took on the task of demonstrating the dangers of binge drinking with lots of group activities and practical



Mindmaps

demonstrations. Did you know an egg will fry when put into alcohol?! How about hardening bread to demonstrate what can happen to your liver? Perhaps the most shocking part of the session was totting up how many units of alcohol added up when the pupils were asked what alcoholic drinks they would give someone

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for their birthday. One year 10 pupil said “The units work made you think!” Just before a well earned lunch, all the year 10 pupils had a chance to reflect on the morning’s activities by coming up with projects of their own. There were beautifully drawn posters on teen pregnancy, plans to film a hard hitting advertisement on the dangers of binge drinking, an upbeat song on wanting to get a friend to stop drinking and many more ideas. They also got a chance to try on some “beer goggles” to see how difficult a simple activity like walking around a

classroom becomes when drunk.

“I enjoyed the activity session as it was more of us doing our own thing.”

“Activity sessions were useful, going over what we had learnt.” (Two Year 10 pupils) Anyone for revision? The last two hours of the day were spent looking at thinking skills to help with note taking, revision, essay writing and thinking about answering any sort of question.

Pupils looked at eight types of thinking maps (with jazzy hand movements to match!) and how to apply them to any subject. This was teamed with a “frame” of reference activity to really help think about how others view a situation differently. Some reflections from pupils on this session were; “Useful in lots of different subjects”. “We never knew there

were so many techniques.” “I liked learning the maps and I will definitely use them. They are really useful and I think they will help me in studying.”

“Really helped in revision techniques.”

Overall, this was a very enjoyable day and the general feeling from year 10 was that it was useful and informative.

Thanks to Miss Hope, Personal Wellbeing Coordinator for her work in organising the morning sessions and to Mrs Sandbach for her work on mindmaps.