

# Macmillan Academy

## Developing a Culture of Emotional Resilience

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# A whole academy tiered approach

1. Core offer to all students
2. Academy based interventions
3. External agency interventions

## A 'whole academy' 3 tiered approach

### 1. Universal offer

We believe that equipping all of our students with a strong sense of worth and promoting emotional wellbeing must be embedded in the academy culture.

- **'PSHEC'** – whole academy coordinated programme to develop self esteem and promote positive relationships with SRE, inclusive of Global Perspective lessons, broadcast and academy campaigns
- **School food focus** - improving nutrition to support health, learning and behaviour
- **Outdoor learning** - courses aimed at team building and developing resilience
- **Year 10 health day** – with a focus on preparation for year 11 and strategies for coping with exam stress
- **Staff and student library** – topics including emotional health , personal development and understanding the growth mindset
- **Futures mind set** - and improving confidence in the workplace – internal and external work experience, external speakers and tutorial skills programme
- **Post 16 health day** - visitor, careers programme and counselling service
- **Small tutor group sizes** – enabling more focus on all inclusive approach and PSHEC discussion
- **Assembly programme for all years** - year 11 focus on relieving stress and strategies for resilience
- **Meditation break drop in** - year 11 - RS teacher trained in holistic therapies

## Tier 2: academy interventions

- **Sky Living for sports** - year 10
- **'This Girl Can'** - post 16
- **'Wonder why space' art therapy workshops** – year 11
- **Developing resilience break time sessions** – year 11
- **'Grit & Rock'**

## Tier 3: pastoral team

- talking therapies
- CAMHS
- REACH referral programme - Middlesbrough 'Head start' offer



## **WHY DID I TAKE UP A WORLD RECORD ENDURANCE CHALLENGE? TO **INSPIRE** YOUNG WOMEN.**

With my challenge I wanted to inspire girls – like my eight-year-old daughter Freya – to take up mountaineering and outdoor activities, which are fantastic ways to develop leadership, perseverance and self-confidence.

That's why I have launched a charity – GRIT&ROCK – to encourage inner city teenage girls to challenge themselves, increase self-confidence and help those in deprived areas develop love for active lifestyle.

## **Tier 2 intervention: Grit & Rock**



September  
2016

Masha  
inspires the  
girls and 25  
sign up for  
'Grit and rock'

targeted  
students - low  
confidence in  
PE, enrichment  
and academic  
achievement



Oct- Dec 2016

15 students  
achieved  
their NICAS 1  
'National Indoor  
Climbing Award  
Scheme'





Jan - Feb 2017

## Enrichment

- nutrition for climbing
- cooking
- creative therapy
- 'focus on resilience'

14 students confirmed for the trip to Chamonix



# Next for 'Grit & Rock'

## **March – April 2017**

- high ropes sessions - students will complete challenges
- interval fitness in the academy gym
- map reading, navigation techniques, first aid and camp craft skills

## **May 2017 expeditions**

- 1 day on the North York Moors
- 2 day expedition in the Lake District

## **June 2017 - Chamonix**

5 days of mountaineering and challenges

# Measuring the impact

- 'AQR' an international organisation have developed psychometric testing on mental toughness
- students completed an online survey in October 2016 at the beginning of the project
- Masha confirmed the initial data demonstrate a low amount of resilience and mental toughness from the targeted students

**'Can resilience or grit gained on the 'hill' be transferred to a classroom context?'**