

RESILIENCE PROGRAMME 2023 - 2024

	<u>Year 8</u>	<u>Year 9</u>	<u>Year 10</u>	<u>Year 11</u>	<u>Year 12</u>
<u>Term 1</u>	<ul style="list-style-type: none"> • Year 8 Induction Programme • Road Safety – presented by Translink • Internet Safety training delivered by PSNI • Mental Health Awareness • Familyworks Counselling • Anti-bullying workshop – session led by Prefect Team • What is Mental Well-being? – led by AMH • Self-confidence and self-esteem workshop • Study Skills seminar 	<ul style="list-style-type: none"> • Year 9 Induction Programme • Familyworks Counselling • Internet Safety – delivered by PSNI • Mental Health Awareness • Anti-bullying workshop – lesson led by Prefect Team • Self-confidence and self-esteem workshop • Study Skills seminar 	<ul style="list-style-type: none"> • Year 10 Induction Programme • Familyworks Counselling • Internet Safety Training – delivered by PSNI • Mental Health Awareness • Anti-bullying workshop – lesson led by Prefect Team • Study Skills seminar 	<ul style="list-style-type: none"> • Year 11 Induction Programme • Familyworks Counselling • Internet Safety training delivered by PSNI • Mental Health Awareness • Anti-bullying workshop – lesson led by Prefect Team • Study Skills seminar 	<ul style="list-style-type: none"> • Year 12 Induction Programme • Prefect/Mentor Coaching (delivered by Head of Pupil Well-being) • Familyworks Counselling • Internet Safety training delivered by PSNI • Mental Health Awareness • Anti-bullying workshop - lesson led by Prefect Team • After school support clinics • Suicide presentation – PIPS • Study Skills seminar
<u>Term 2</u>	<ul style="list-style-type: none"> • ‘Good Manners Matter’ series • Familyworks Counselling • Self-worth delivered by Made for More training • Vaping awareness seminar • Prefect Mentor Support • Stammer NI Awareness • ‘Your Digital Footprint’ – Made for More • ‘Provoking Thought’ Action Mental Health 	<ul style="list-style-type: none"> • ‘My Mental Health’ (6-week programme – led by Head of Pupil Well-being) • Familyworks Counselling • Prefect Mentor Support • Self-worth delivered by Made for More training • Vaping awareness seminar • ‘PASS’ mentoring scheme • ‘Your Digital Footprint’ – Made for More 	<ul style="list-style-type: none"> • ‘Love for Life’ – Healthy relationships • Alcohol and Drug Awareness presented by Made for More • Familyworks Counselling • ‘Chelsea’s Choice’ – SBNI • Prefect/Mentor Support Resilience Programme, 4 sessions delivered by LLW Department • Vaping awareness seminar • ‘Your Digital Footprint’ – Made for More 	<ul style="list-style-type: none"> • Alcohol and Drug awareness workshop • “My Mental Health” Programme – 3-week programme led by Head of Pupil Well-being • ‘PASS’ mentoring scheme • Vaping Awareness seminar • After school support clinics • Familyworks Counselling • Vaping awareness seminar • ‘Your Digital Footprint’ – Made for More 	<ul style="list-style-type: none"> • Alcohol and Drug Awareness workshop • After school support clinic • Familyworks Counselling • Vaping awareness seminar • Suicide Prevention training • GamCare workshop • ‘Your Digital Footprint’ – Made for More
<u>Term 3</u>	<ul style="list-style-type: none"> • Study skills and examination support, sessions delivered by Head of Year • Familyworks Counselling • Study Skills seminar • Pupil Well-being Day 	<ul style="list-style-type: none"> • Bloom – 6-week course on Resilience • Study skills and examination support sessions, delivered by Head of Year • Familyworks Counselling • Study Skills seminar • Pupil Well-being Day 	<ul style="list-style-type: none"> • Study skills and examination support sessions, delivered by Head of Year • Familyworks Counselling • Study Skills seminar • Pupil Well-being Day 	<ul style="list-style-type: none"> • After school support classes • Coursework Clinics • Familyworks Counselling • Study Skills seminar • Pupil Well-being Day 	<ul style="list-style-type: none"> • After school support classes • Coursework Clinics • After school support clinic • Familyworks Counselling • Study Skills seminar • Age of Consent workshop • Pupil Well-being Day