

# Assembly

## Friday 10<sup>th</sup> May

### 2024

CHALLENGE. AMBITION. RESPECT. EQUALITY  
*Believe you can achieve!*

## INTRODUCING ARTICLE 24

### Mental Health Awareness Week

Mental Health Awareness Week occurs every year in May and is an ideal time for us all to think about mental health, tackle stigma, and discuss how we can create school environments that protect our mental wellbeing.

The week is based around a different theme each year, and previous themes have included nature, kindness, and body image. It is hoped that as many people as possible will have conversations about mental health and the everyday things that can affect it.

Our mental health clearly links to Article 24 of the CRC but, if you think about it, many of the other rights that children and young people are entitled to, also contribute to good mental health.





## EXPLORING MENTAL HEALTH

What do you need for positive mental health?

**Have a think and write down some answers.**



# EXPLORING MENTAL HEALTH

## Did you think of these?

- Understanding the different types of emotions you have.
- Knowing that it is usual and ok to have times when you might feel sad or worried
- Learning different ways to look after your mental health
- Having a trusted adult to speak with about your feelings.
- Making sure you exercise regularly.
- Making sure you have a healthy diet.
- Spending relaxation and fun time with friends and or family.
- Taking part in hobbies or activities that you enjoy.
- Being involved in activities to help others.
- Limiting screen time or access to other online platforms.
- Health care – being able to see a doctor, nurse or counsellor if you need to.
- Being able to enjoy all your rights.



# REFLECTION

[VIDEOS | CAMHS Resources \(camhs-resources.co.uk\)](https://www.camhs-resources.co.uk)

Find somewhere quiet and give yourself time and space to think about the following:

Everybody has mental health - all the time! Most people have times when their mental health is not as good as it is at other times.

Education about health and wellbeing is part of Article 24.

- ❑ What have you learnt recently about your own mental health?
- ❑ What have you learnt about supporting the mental health of others?
- ❑ How do the other rights you enjoy support your mental health and wellbeing?



# Improving writing – what are YOU focussing on?

- Quantity
- Spelling
- Handwriting
- Sequencing
- Punctuation
- Conjunctions
- Presentation
- Grammar (the words we use and the order they are in – the rules!)



How is it going?

# What are Meta Skills?

“Meta-skills are innate, timeless, higher-order skills that create adaptive learners and promote success in whatever context the future brings.”

## Meta-skills

Self-management	Social Intelligence	Innovation
<b>Focusing</b> 	<b>Communicating</b> 	<b>Curiosity</b> 
<b>Integrity</b> 	<b>Feeling</b> 	<b>Sense-making</b> 
<b>Adapting</b> 	<b>Collaborating</b> 	<b>Creativity</b> 
<b>Initiative</b> 	<b>Leading</b> 	<b>Critical thinking</b> 

Skills Development Scotland  **My World of Work**

Explore your career options  
[myworldofwork.co.uk](http://myworldofwork.co.uk)

# Developing your Meta Skills.

## What have you been working on this week?

- Communicating
- Listening
- Feeling
- Leading learning
- Asking questions
- Being curious
- Thinking for yourself
- Being creative
- Teamwork
- Collaborating
- Using your imagination







# Wider Achievement

## You are a Star!



### Meta Skills

- Initiative
- Self-belief
- Focus
- Responsibility
- Resilience

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# Wider Achievement You are all Stars!



Bikeability sessions and  
Cricket tasters



Meta Skills - resilience, initiative, self-belief, motivating self and others, teamwork!



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# You are a Star!

## Over and Above “Challenge” Awards



P1a – Alice Boyanova for challenging herself with RWI spelling words and hold a sentence.

P1b – Malia Farquhar for challenging herself to do more than her success criteria in writing.

P1c – Marcus Devine for sounding unknown words when writing about the life cycle of a frog.

P1c – Reggie Hunter for challenging himself during the Boccia sessions to try some new and tricky games.

P2a – Stephanie Ezemoyne for challenging herself to use spelling rules in her writing.

P2b – Hope Anderson for challenging herself with RWI speed words.

P3a – Oscar Galloway for challenging himself to stand up and present a fantastic personal talk with a PowerPoint presentation to an audience.

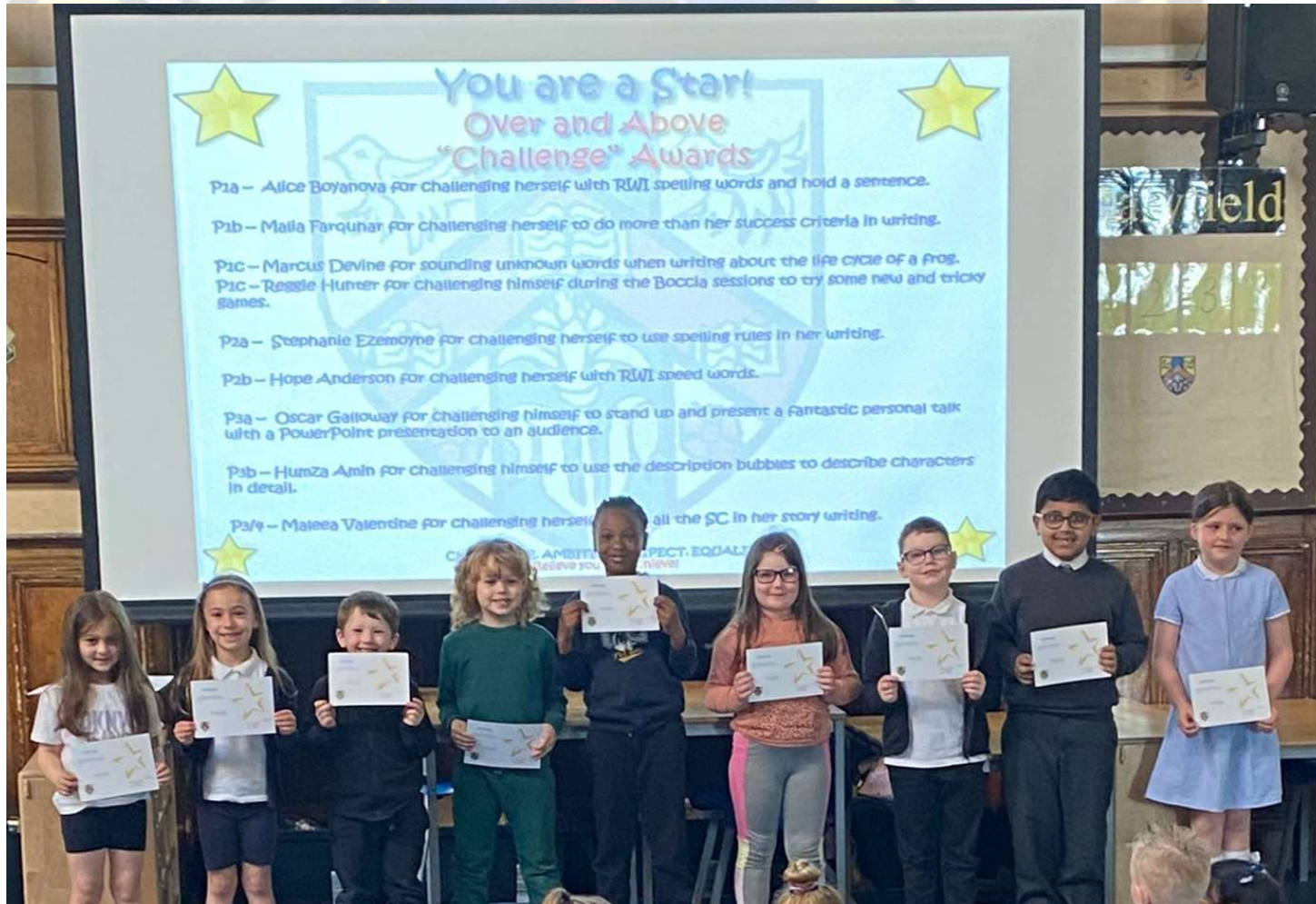
P3b – Humza Amin for challenging himself to use the description bubbles to describe characters in detail.

P3/4 – Maleea Valentine for challenging herself to use all the SC in her story writing.



# You are a Star!

## Over and Above "Challenge" Awards





# You are a Star!

## Over and Above “Challenge” Awards



P4 – Xander Prouse for really challenging himself to do his maths work.

P5a – Umar Mohammed Mubarak for challenging himself in all areas of the curriculum and always trying to improve his skills.

P5b – Huzaifah Hanif for challenging himself to develop his leadership skills in PE

P6a – Kasim Tanveer for having resilience to challenge himself to keep cycling even after an injury!

P6b – Ewan Glenn for challenging himself in his bikeability sessions.

P6c – Hasan Anwar for challenging himself to ride his bike safely on the road.

P7a – Ghazal Ibrahim for overcoming challenging situations and challenging herself in her learning.

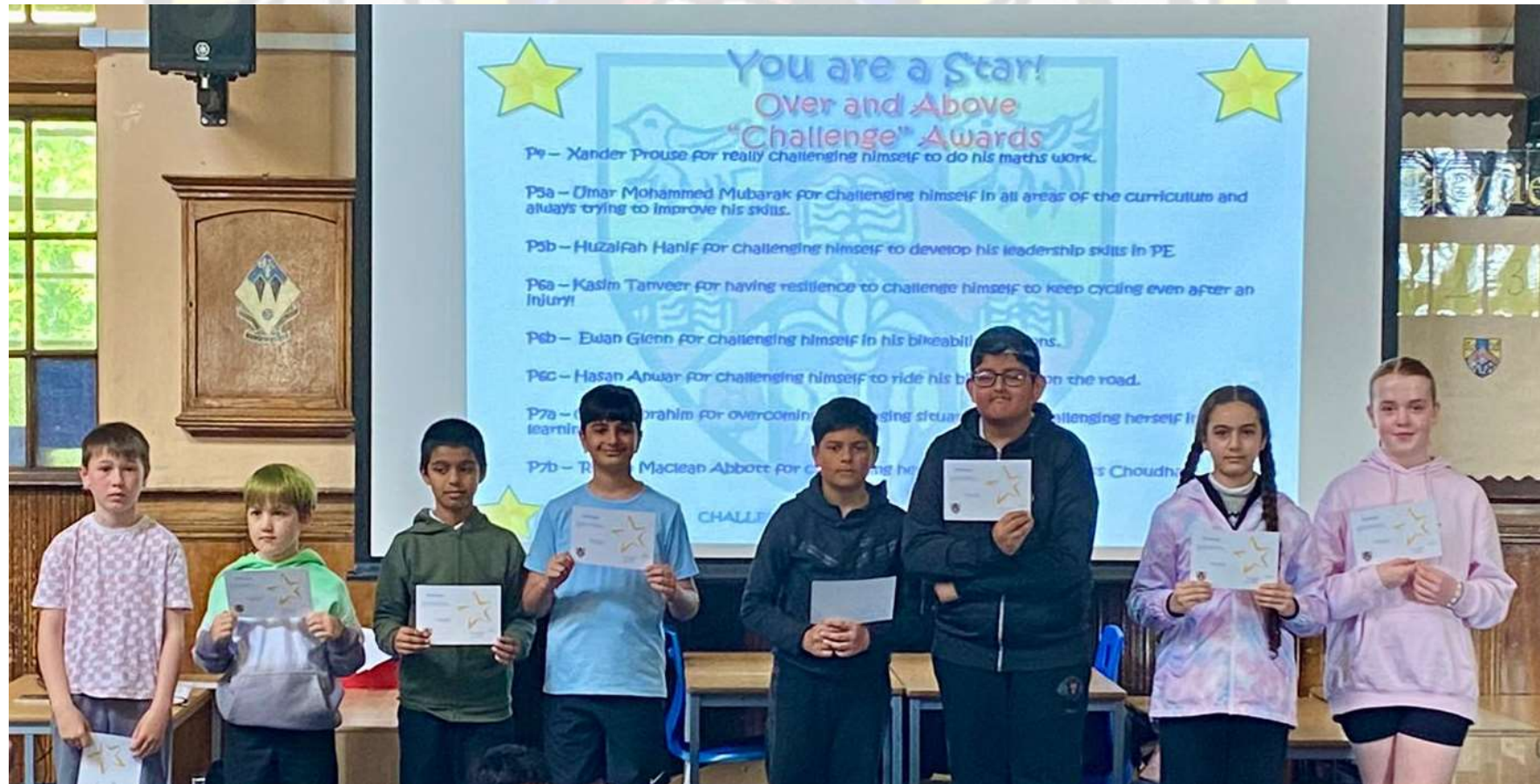
P7b – Rowan Maclean Abbott for challenging herself in maths with Miss Choudhary.

All P6 pupils - Bikeability awards



# You are a Star!

## Over and Above "Challenge" Awards



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A soccer ball is positioned behind a small wooden-framed chalkboard. The chalkboard has the words "FAIR PLAY" written in white, bold, capital letters. The scene is decorated with several colorful stars in shades of teal, red, magenta, cyan, orange, and green, scattered around the ball and chalkboard. The background is a plain, light-colored surface.

**FAIR  
PLAY**

**Friday 10th May- P6**

# Our values

- ▣ How can we live our school values?
- ▣ What can we all do to challenge ourselves, achieve further, respect others and self and ensure we allow everyone to be equal/embed equality in all we do?
- ▣ Next week the focus will be  
**'Ambition'**

