

Thoughts of the Day

"It was inspiring and fun at the same time. I also really liked the college."

"People here are very polite and lovely."

"I've learnt to make the best out of bad situations."

"I liked everything we did."

"Some things can bring you down, but nothing can keep you down."

"So many skills taught in such a short time, truly inspiring. Thank you."

"You can bounce back after anything no matter how big !!"

Conclusions

- Stakeholders felt that the Aim of the Day had been met. Many volunteers and the staff at St. John's College enhanced the event and contributed to its success.
**"It was a fabulous day, hitting all the right notes. It was thought provoking and inspiring in equal measure.
Watching the year 6 pupils begin to relax and interact with other year 6 children was just wonderful." (Volunteer)**
- The venue was perfect for the content of the day.
"I've had a really fun day but just being here at St. John's College in Cambridge University has been the best." (Year 6 child)

Feedback

- The timing of this event was dictated by the college calendar and school diaries.
- Those schools that availed themselves to the pre-conference materials provided by allyance felt better informed for the event.
- The wide choice of sandwiches was unexpected so we were unable to brief staff beforehand.
- We were very grateful to Saffiya Winter and Amy for stepping in at the very last minute to talk to the children about the collegiate system and student life.
- The workshop providers managed to engage even the most reluctant of participants.
"It was an absolute joy to be part of the day and the participants were absolutely fantastic!" (RPO)

Evaluation Report

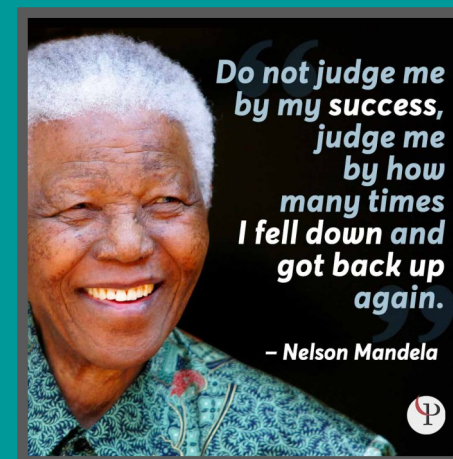
allyance

Building Resilience Conference for Year 6

Held at St. John's College, Cambridge

Aim of the Day

To give children an understanding of good mental health and resilience as part of their wellbeing at this important time of transition.



Comments from Year 6 soon to be Year 7

"If you think life is at its worst, never give up, keep on trying."

"I've learnt to believe in yourself and never give up."

"I've learnt that being resilient will make life the best it can be."

"You need to keep going no matter what the circumstances. Even if all seems bad don't give up."

Personal Development (Ofsted Handbook May 2019 for use in schools Sept. 2019 Paragraph 215)

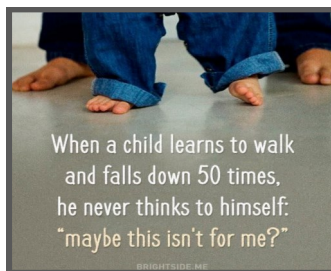
"Developing pupils' confidence, resilience and knowledge so that they can keep themselves mentally healthy."

Background

allyance is an in-school counselling social enterprise that supports a number of primary schools in South Cambridgeshire and recognises that schools play an integral part in early identification in children's mental health issues. Experience shows us that intervention work at an early stage helps prevent the escalation of some of these children's difficulties. In order to facilitate this the conference was developed to help a wider audience of children to build up emotional resilience at a time of transition.

Partners

- St. John's College, Cambridge
- ARM
- Royal Philharmonic Orchestra
- Nicky Darley
- Skillforce
- Blesma—Making Generation R



160 children (Year 6) from 4 primary schools in South Cambridgeshire took part in the event.

Each child was provided with a work booklet 'Caring for your Wellbeing', before the event to put the topic of mental health and resilience in context.

The day began with:

Opening remarks from Jenny Jones Chair of allyance and Ben Slade CEO Skillforce.

Afterwards the children attended 3 workshops.

At the end of the morning the children performed the songs they had written during their workshops

After lunch Making Generation R led an assembly.

To bring the conference to a close Saffya Winter, Access and Outreach Officer and Amy a student from St. John's College addressed the children about the collegiate system within Cambridge University and what student life is like at the college.

Please find attached a letter that each child received from an ex Cambridge University graduate now studying for his PhD at Stamford University, California who was asked to write a letter to his Year 7 self.

Workshop Providers

Blesma Making Generation R

Making Generation R led an assembly to help the children understand what it is to overcome adversity and promote how to be resilient.

Mick told his story of how he lost both legs in a railway accident.

Year 6 Comments

"My inspiration is Mick because he didn't give up and he had a lot of resilience."

"Mick was so inspiring, he made me cry."

Nicky Darley

Using the Dove Self-Esteem and Be Real Campaign where their aim is to help young people all around the world build positive body confidence and self esteem.

Nicky led a workshop on Body Image and advertising.

Year 6 Comments

"I have enjoyed the talk about advertising and how it's sometimes misleading."

"I learnt not to trust billboards."

Royal Philharmonic Orchestra

The RPO led a workshop which demonstrated how music and song can be used to express what resilience is. The following are the 2 songs the children created.

"When I'm down, I rise up, again.

Keep trying, keep going, to the end."

"I will never give up.

I am determined to be strong and tough, nothing can keep me down"

Year 6 Comments

"My favourite part had to be the music because we could really express ourselves and I had a lot of fun."

"I liked making our own song about resilience and adding instruments in I have never seen."

Skillforce

The Prince William Award is a pioneering character and resilience programme that draws on the expertise and skills of predominantly ex-Services personnel to help children from the age of six to dare to be their best.

The skillforce team led a workshop to help children from different schools work together to solve tasks.

Year 6 Comments

"I enjoyed the river bank challenge. It got us all confused."

"I enjoyed learning different teamwork strategies."

Thank you to all the workshop providers.