



# Finish with a Flourish

A meaningful time for both staff and students to engage in an activity that makes them feel good. The aim is to develop the mental strength of individuals and help our community to flourish together.

# What will it include?

## Whole School Flourish Approach

Week 2 Wednesday P5 Y7-Y10

- Approximately 6 sessions over a term of 12 weeks for 3 terms

*This means you will take part in 3 activities throughout the academic year*

- Choice is critical-  
Creative, challenge or physically active



# Benefits of being creative, challenged and physically active?

3

ways we use creativity as coping mechanisms to control our emotions:

1. a distraction tool
2. a contemplation tool
3. a means of self-development to face challenges

Opportunity to flourish through;

- ✓ open communication
- ✓ developing life skills
- ✓ developing physical wellbeing
- ✓ establishing healthy hobbies



Leading to the following benefits;

- ✓ developing relationships
- ü bringing the community together
- ü increasing self esteem
- ü improving mood and regulating emotions
- ü improving social relations

# The activities 2022/ 23



Year 7

<b>Photography</b>	<b>Sign Language</b>	<b>Photography</b>
<b>Niddventure Bushcraft</b>	<b>Rugby</b>	<b>Niddventure Biking</b>
<b>Trail Running</b>	<b>History Focus</b>	<b>Baking</b>
<b>Chess</b>	<b>Pewter casting</b>	<b>Girls Touch Rugby</b>
<b>Scratch coding</b>	<b>Handball</b>	<b>Equine studies</b>
<b>Hama beads</b>	<b>Dance</b>	<b>Race for life</b>
<b>Music</b>	<b>Jewelry Making</b>	<b>Scrabble</b>
<b>Drama</b>	<b>Lego</b>	<b>Music</b>
<b>Yoga</b>	<b>RASBERRY PI Coding</b>	<b>Drama</b>
<b>Japanese</b>	<b>Community volunteering</b>	<b>Terrariums</b>
<b>Dance</b>	<b>Music</b>	<b>Coloring with numbers</b>
<b>Christmas Crafts</b>	<b>Drama</b>	<b>Gardening</b>
<b>Y7 ENVIRONMENTAL CLUB</b>	<b>Coloring with numbers</b>	<b>Y7 ENVIRONMENTAL CLUB</b>
	<b>Therapeutic Story Writing</b>	
	<b>Y7 ENVIRONMENTAL CLUB</b>	

Year 8		
Photography	Sign Language	Photography
Bushcraft	History Focus	Holiday Spanish
Netball	Fitness	Bushcraft
Trail running	Pewter casting	Baking
Chess	Handball	Metal Sculpting
Scratch coding	Hama Beads	Girls Touch Rugby
Hama Beads	Jewelry Making	Equine studies
Music	Lego	Race for life
Drama	RASBERRY PI Coding	Scrabble
Yoga	Community volunteering	3D printing
Rugby	Music	Music
Bike	Drama	Drama
Christmas Crafts	Coloring with numbers	Terrariums
	Farm flix	Coloring with numbers
	Board Games	Japanese
		Gardening
		Hama Beads
		Advanced History Studies

## Year 9

Pewter casting	D of E	Rugby
Boys Handball	History Focus	Bushcraft
Jewelry Making	Fitness	Rounders
Trail running	BAKING	Metal Sculpting
Chess	Candle-making	Girls Touch Rugby
Scratch coding	Hama Beads	Equine studies
Coloring with numbers	Stem Ambassadors	Race for life
Music	Lego	Scrabble
Drama	Community volunteering	3D printing
Netball	Music	Music
Baking	Drama	Drama
Hama beads	Farm flix	Terrariums
Christmas Crafts	Board Games	Coloring with numbers
Advanced History		Holiday Spanish
		Gardening
		Hama Beads
		Advanced History Studies

Year 10

<b>Pewter casting</b>	<b>History Focus</b>	<b>Advanced History Studies</b>
<b>Boys Handball</b>	<b>Baking</b>	<b>Rounders</b>
<b>Jewelry Making</b>	<b>Candle-making</b>	<b>Metal Sculpting</b>
<b>Trail running</b>	<b>Hama Beads</b>	<b>Pioneering</b>
<b>Child development</b>	<b>Stem Ambassadors</b>	<b>Equine studies</b>
<b>Advanced History</b>	<b>Lego</b>	<b>Race for life</b>
<b>Coloring with numbers</b>	<b>Community volunteering</b>	<b>Scrabble</b>
<b>Music</b>	<b>Music</b>	<b>3D printing</b>
<b>Drama</b>	<b>Drama</b>	<b>Music</b>
<b>Hama Beads</b>	<b>Farm flix</b>	<b>Drama</b>
<b>Baking</b>	<b>Board Games</b>	<b>Terrariums</b>
<b>Senior Student Leadership Team</b>	<b>Gym / Swim</b>	<b>Coloring with numbers</b>
<b>Christmas Crafts</b>	<b>Sign Language</b>	<b>Gardening</b>
<b>Gym/ swim</b>		<b>Hama Beads</b>
		<b>Gym/ Swim</b>

# Connecting Classrooms Project/ Environmental club

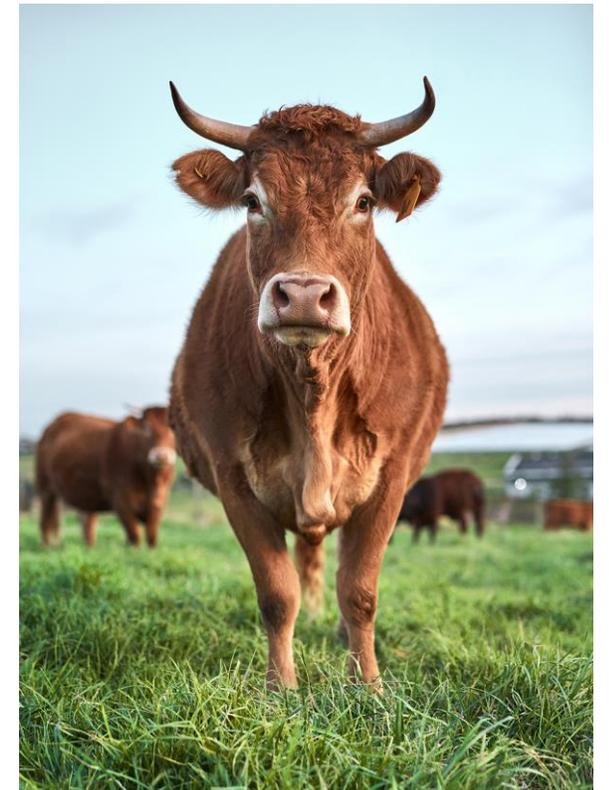
Nidderdale High School is leading a linking project between 7 Nidderdale schools and 7 schools in Kenya, East Africa. This project involves students from years 5-8. Students involved in this project will work with students from other schools to:

- Learn about Global issues like Climate Change and loss of biodiversity that affect us all.
- Learn about the 17 Sustainable Development Goals designed by the United Nations to encourage more sustainable use of the world's resources.
- Train to be a Forest Guide in an African Tropical Coastal Forest.
- Train to be a Marine Reserve Guide in a Mangrove forest and Coral Reef system.
- Develop a small business (a Social Enterprise Project) based in Nidderdale.
- Be ambassadors for Nidderdale High School when teachers from the Kenyan schools visit.
- Find out a lot about living and growing up and going to school in another country.



# Photography

- Improve your skills
- Learn how to take a great picture



# Trail Running

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- Develop Fitness
- Explore the local area
- Develop trail running skills
- Enjoy with others



# Community volunteering



# Chess

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- Play competitive games
- Learn how to play



# Scratch coding (Raspberry Pi)

- Learn how to code
- Learn advanced skills



# Hama Beads

- Relax
- Be creative
- Enjoy with people
- Develop co ordination





3D printing

# Dance

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- Learn new routines
- Improve fitness
- Have fun
- Be active
- Learn from your peers



# Baking

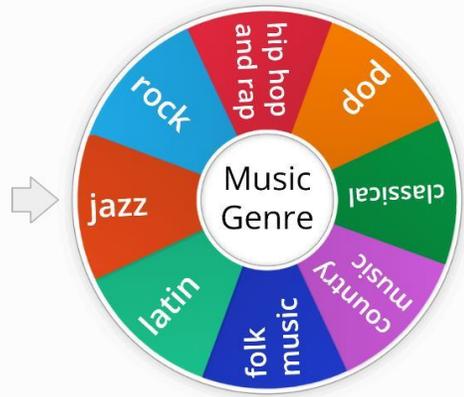


- Each week we will be making or baking a different treat.
- Generally for anyone who loves to be involved with the process of baking
- Having a flair for baking means knowing what flavours work well and being able to experiment successfully using your technical know-how.
- Bakers do require and develop specific skills e.g. organisation, attention to detail, coordination, patience and creativity are just a few.
- Creativity in baking can also be expressed through cake decoration, which can involve anything from brainstorming physics-defying cake structures to crafting elaborate sugar fondant flowers.
- It can take years to master some of the skills required however, it is always fun to practice whenever possible, especially when the result might be a beautiful, tasty treat.



# LEGO

- For problem solvers and innovative thinkers.
- For ALL year groups, bring a friend as there may be group work
- Each session will come with a new challenge!
- I'll bring the bricks; you bring your skills.



**Practice, play, perform or just come and appreciate!**

**Whether you play music, or just love to listen and talk about it,  
feel free to come along**

**You can bring your own instrument if you'd like, or make use of  
what we have in school**

Experience new genres  
of music

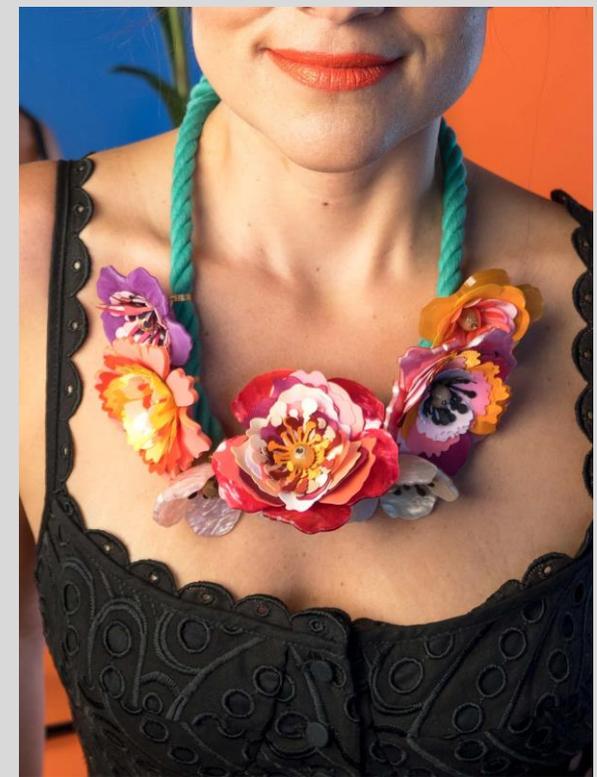
Experiment with new  
instruments and sounds

Play together with other  
people

Practice performance in  
front of other people

# Jewellery Design

- Initial research and looking at the work of jewellery designers
  - Mood boards/mind maps
  - Designing your product
  - Creative problem solving
    - Maquette making
  - Finding and using suitable materials
- Creating your final piece



Wood  
Management



# Bushcraft



Shelter Building

Fire making





# Handball



Improve your rugby skills,  
strength and fitness

Develop teamwork,  
determination, confidence and  
resilience whilst having fun



You will need  
your outdoor PE  
kit and football  
boots.

# 12 PHRASES IN JAPANESE

FOR BEGINNERS  
JAPANESEPOD101

こんにちは。  
(Konnichiwa.)  
Hello!

わかりません。  
(Wakarimasen.)  
I don't understand.

さようなら。  
(Sayōnara.)  
Goodbye!

すみません。  
(Sumimasen.)  
Excuse me.

お元気ですか。  
(O-genki desu ka?)  
How are you?

ありがとうございます。  
(Arigatō gozaimasu.)  
Thank you.

愛しています。  
(Aishite imasu.)  
I love you.

本当ですか？  
(Hontō desu ka?)  
Really?

ごめんなさい。  
(Gomennasai.)  
I'm sorry.

美味しいです！  
(Oishii desu!)  
It's delicious!

素晴らしいです！  
(Subarashii desu!)  
Awesome!

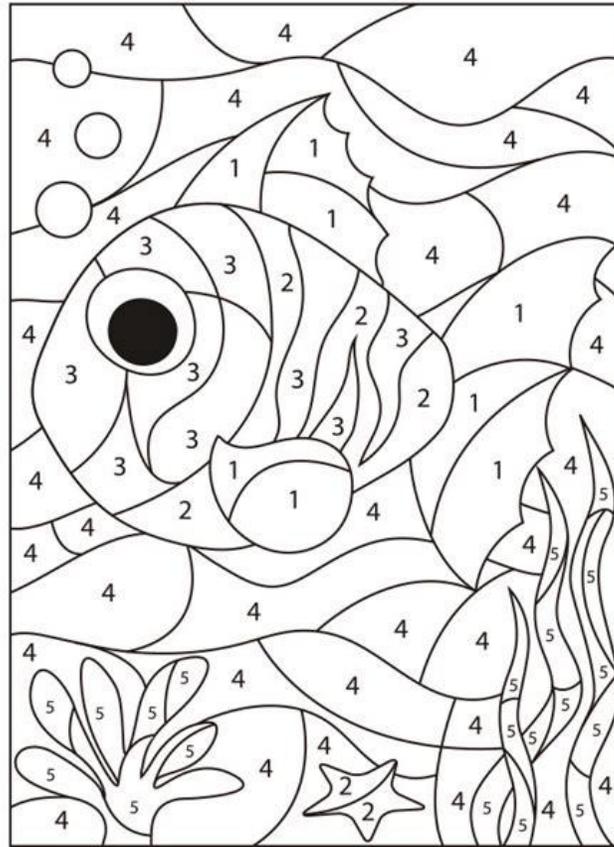
いくらですか。  
(Ikura desu ka.)  
How much is it?

# Japanese for beginners

# Colouring with number

- Relax
- Be creative

brother  
at your side





STEM Ambassadors make an impact by:

-  **Supporting learning:** help young people to understand the real world applications of their learning
-  **Illuminating careers:** showcase different roles and pathways into industry, raising awareness of important skills in the workplace.
-  **Raising aspirations:** help young people meet a wide range of inspiring role models, encouraging them to think about their future.

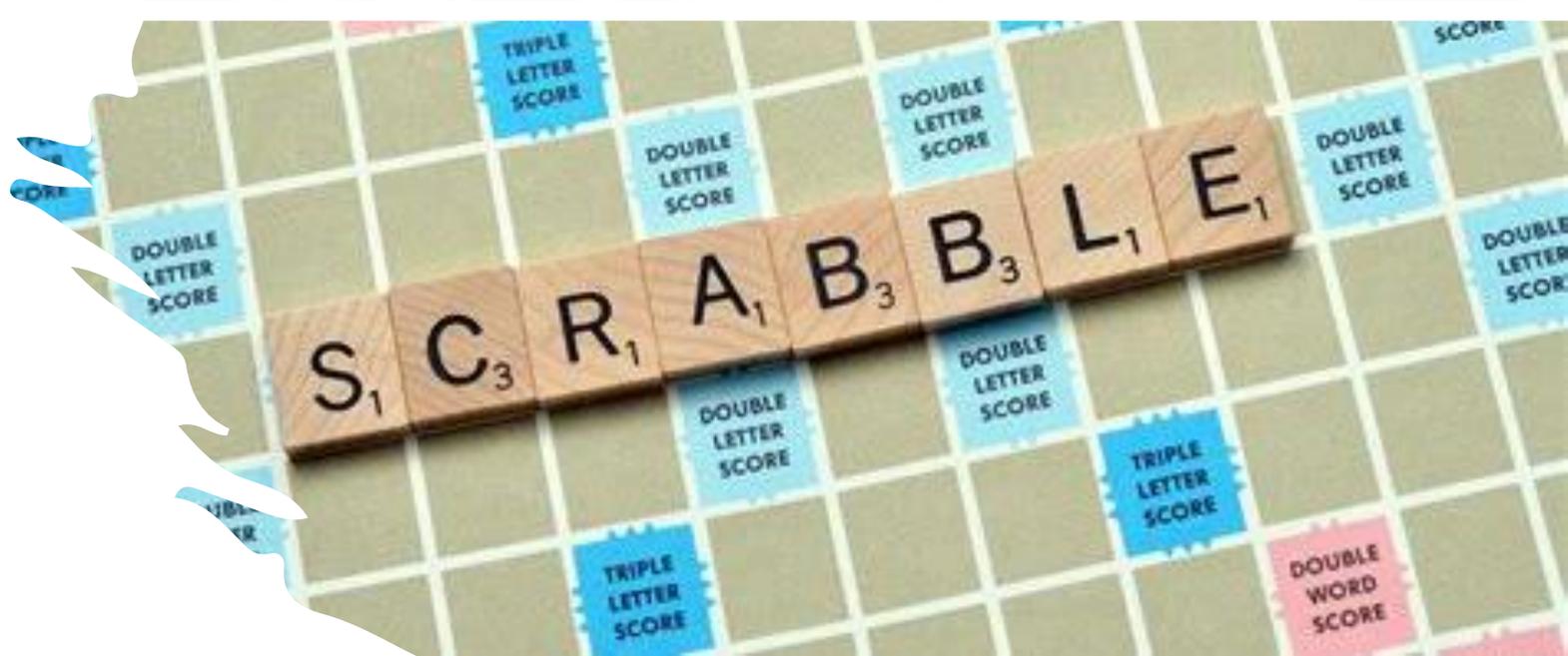


# Terrariums



# Scrabble

- Play
- Learn
- Challenge



# Equine Studies

Classroom based learning

Field management

Basic care

Feeding

Mucking out

Grooming

First aid/ailments

Competition etiquette

Creating grids, poles and designing  
a show jumping course

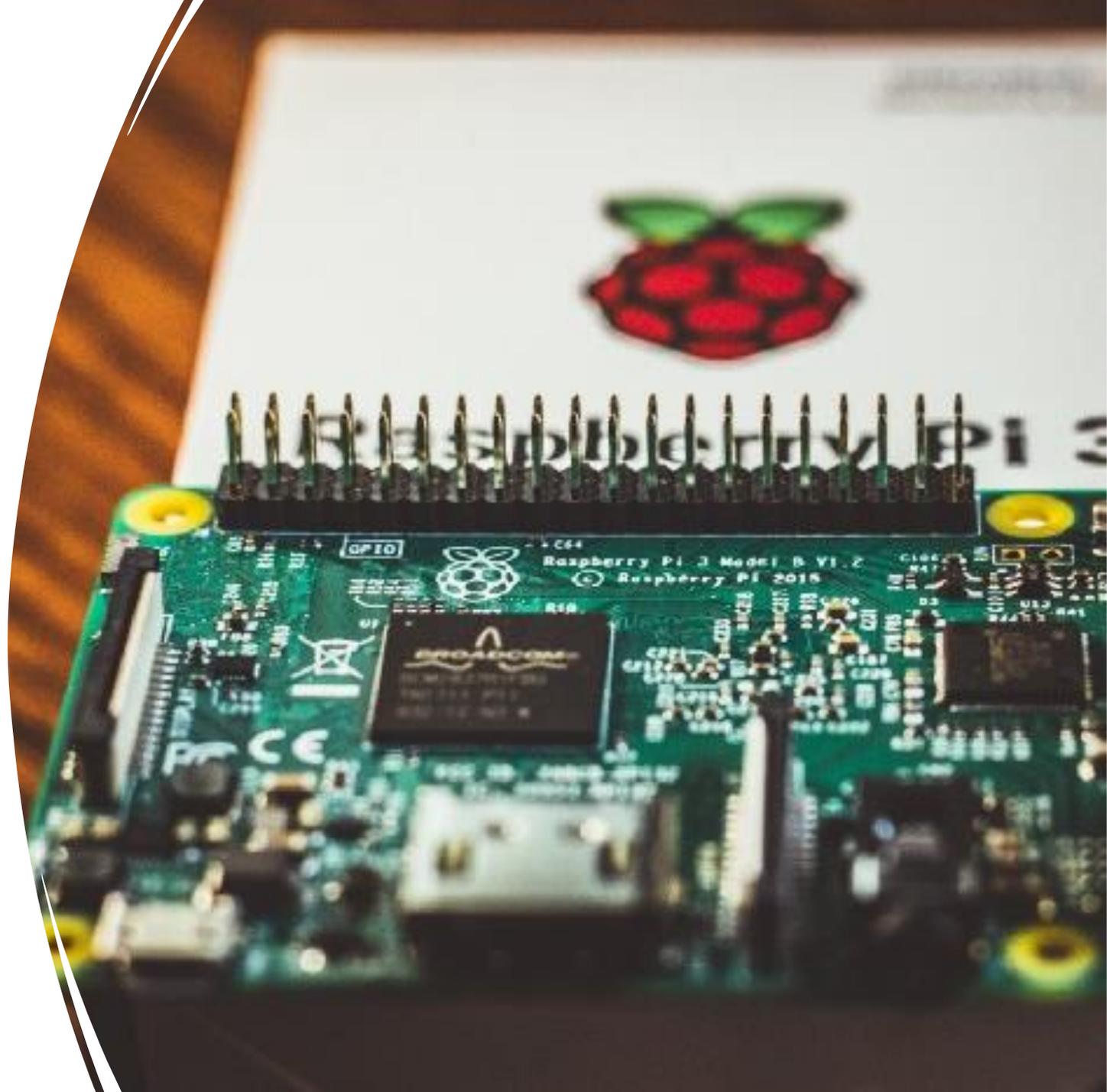


# Raspberry Pi Club

## – Code club

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- coding projects, which will teach you how to create games, animations and more with code.
- <https://www.raspberrypi.org/>



# Bike Skills

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- Bikes & helmets will be provided
- Learn bike skills on the school ground
- Develop bike fitness



# Gardening

The Pastoral Heritage Garden is in need of an overhaul. If you have an interest in garden design, we would love to see your ideas for creating a beautiful peaceful sanctuary and a place that we can use for art and photography, science and drama.

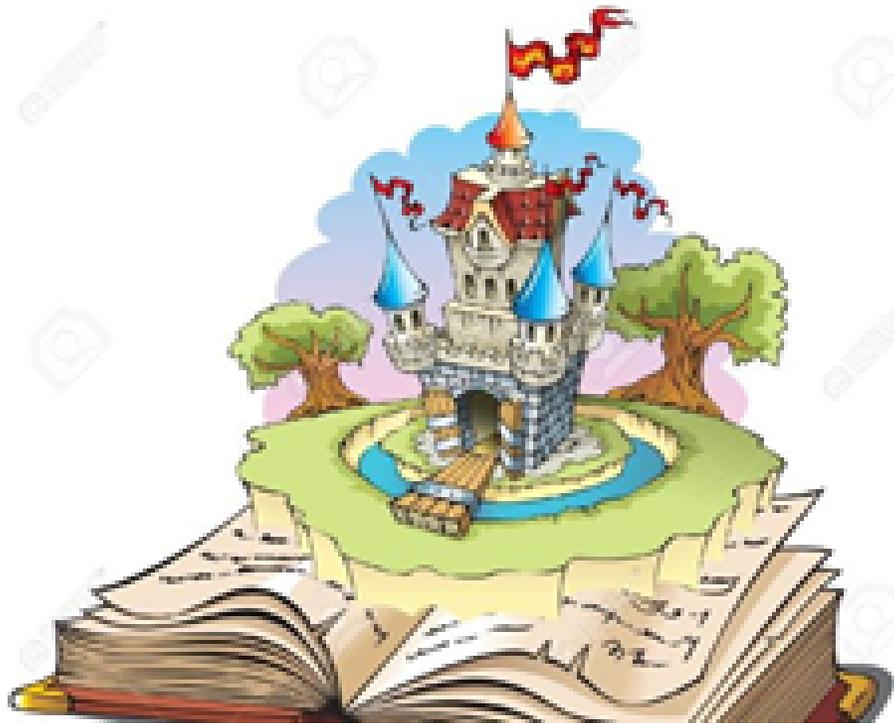


This garden was made by a group of Y11 students before they left our school. They wanted to give something back to say thank you.

You now have an opportunity to leave your mark and make something that we will always remember you by. Maybe you could create a water feature or a sculpture or a new wildlife garden.

Bring your ideas along and let's see what we can create .

# Therapeutic Story Writing



- Write for pleasure.
- Develop your understanding of metaphors.
- Recognise feelings and emotions and how you can use them to shape your characters.
- This is about the creativity of your story telling.
- Let your imagination run wild

*Who knows? You could be the next JK Rowling.*

# Farm Flix

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- What is FarmFLiX?
- Hours of Agri Entertainment
- Huge variety of episodes across the AgLife, Stockyards and Straight6 channels.



# Gym/ Swimming (Y10 only)

- At some point you may have the opportunity to attend the gym or general swim next door.
- This will be at their normal price either pay as you go or as a membership.
- A further letter will be sent to you if you choose this option

# Drama

- **Boost your confidence!**
- **Learn and perform a One Act Play**
- **You will learn how to work from a script and take stage direction**
- **You will also learn about characterisation and performance skills**
- **The only thing you will need is enthusiasm and a willingness to throw yourself into things!**
- **Acting skills can be very useful in life as you will always feel confident talking in front of others.**

# YOGA



- Improve flexibility, gain strength, enhance wellbeing
- Improve your mood
- Connect with yourself
- Develop self discipline
- Bring a yoga mat and wear comfortable clothing
- Check out 'Yoga with Adriene' for a preview

# British Sign Language



- You will learn to how to fingerspell the alphabet and have a basic conversation in sign language.
- You will not only be able to communicate with deaf people who use BSL but you can use this language to talk to your friends in places you may not normally be able to. For example, underwater, at really far distances without having to shout, in really noisy places where it's hard to hear or in places you have to be really quiet.
- Benefits: It improves your communication skills, hand eye coordination, memory, focus, patience, resilience and overall brain functionality.

Nyle DiMarco,  
2015 winner of  
America's Next Top  
Model and 2016  
winner of Dancing  
with the Stars, is  
deaf and uses  
American sign  
language as his first  
language.





# Pewter casting DT

Pewter Casting Process A mold must be made before melting the pewter.





Hot Chocolate Cones  
Halloween Treats  
Christmas Tree  
Decorations

## Seasonal Crafts

Are you a budding entrepreneur?

Do you have craft ideas to make and sell in school?

Do you enjoy making things?

Do you want to relax by making card designs ideas ?

You will get the chance to use resources to make your own Christmas crafts and card ideas alongside some planned craft activities.



# Rounders





# Outdoor Adventure Activities

- A range of activities accessible from school



# History Focus



STUDY THROUGH  
FILMS



DEVELOP YOUR  
KNOWLEDGE

# Pioneering



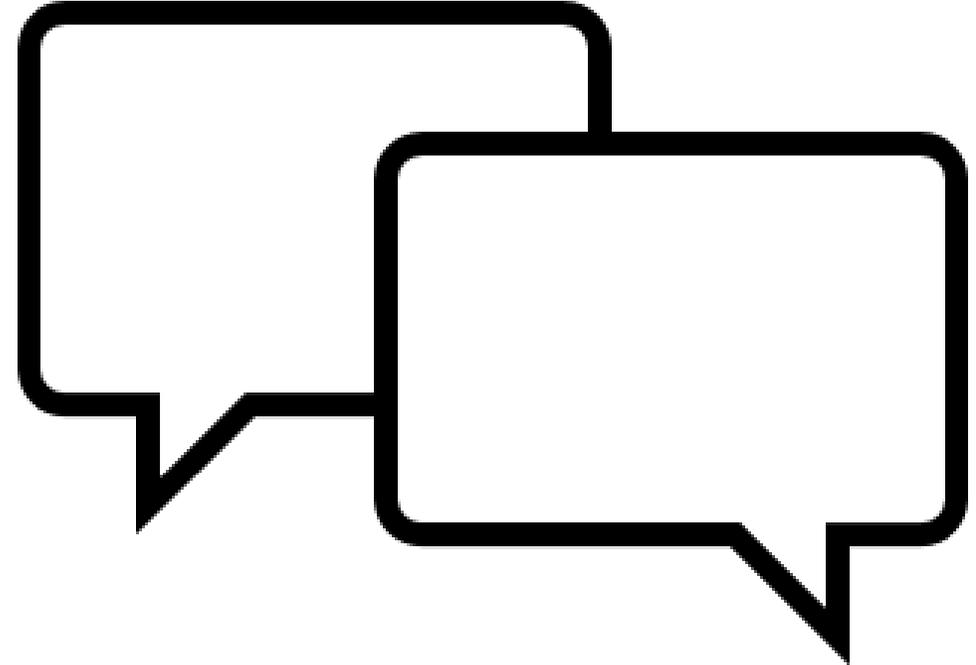
**Pioneering** is the art of using ropes and **wooden** spars **joined** by lashings and knots to create a structure. **Pioneering** can be used for constructing small items such as camp gadgets up to larger structures such as bridges and towers. These may be recreational, decorative, or functional.

# Holiday Spanish

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- Going on holiday to Spain in the future? Want to live abroad? Thought about being an interpreter?

Learn Spanish at your own pace in a non pressured environment



# KS4 Senior Student Leadership Team

- A space to access support with your learning mentor, this could be a time to support you doing something relaxing or 1:1 academic support



# Netball for all

- Learn the game of Netball
- Improve skills
- Develop fitness





# Advanced History Studies

- Learn about specific historic events
- Involve yourself in an in depth study



# What will it include?

## Whole School Flourish Approach

Week 2 Wednesday P5 Y7-Y10

- Approximately 6 sessions over a term of 12 weeks for 3 terms

*This means you will take part in 3 activities throughout the academic year*

*Pick 1 activity plus a reserve*

- Choice is critical-  
Creative, challenge or physically active



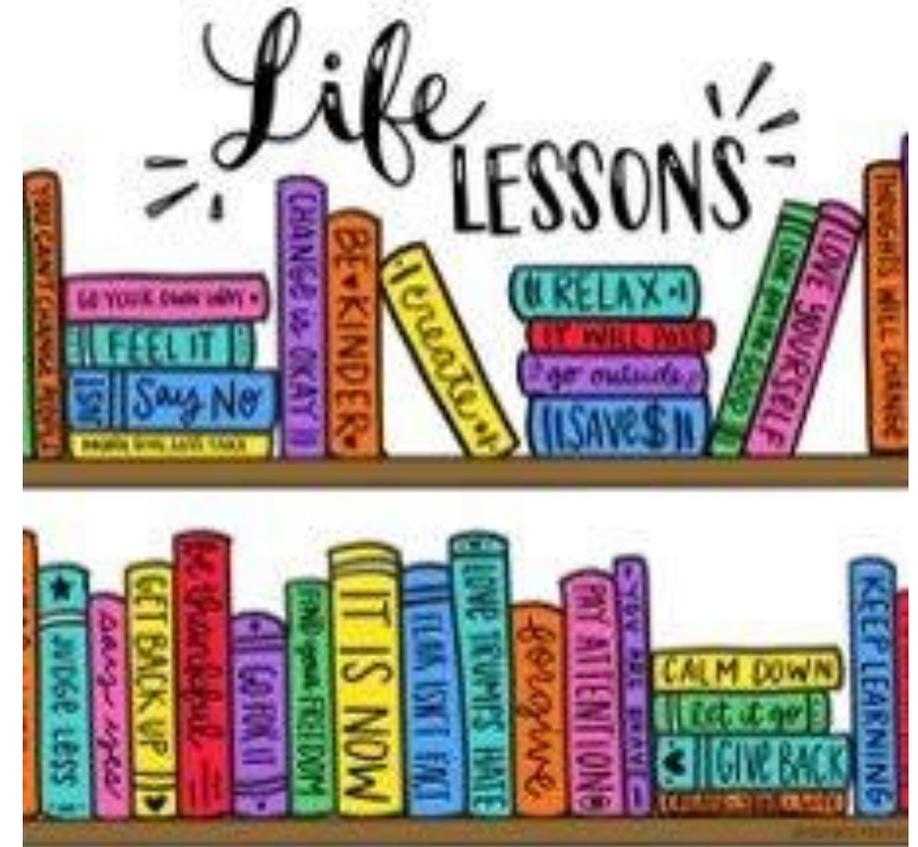
# What next ?

- Make an informed decision
- Discuss what your likes/ dislike are
- What is right for you? Being creative, being challenged, being physically active?
- The form will be sent to tutors
- Select your activity, then select a reserve



# Hunt down your Activity

- What was your favourite activity or pastime when you were a child? What did you like about it? Would you like to give it another try?
- If you could have a whole day without interruptions, what would you spend it doing?
- What would your dream job consist of? Is there any way to turn aspects of that job into a hobby?
- What are some activities you've seen others enjoying and have always wanted to try?





A person is captured in a dynamic pose, performing a high kick on a beach. The scene is set against a sunset sky with soft, warm colors. The person's silhouette is dark against the lighter background. The text is overlaid on the image.

IF IT  
DOESN'T  
*Challenge*  
YOU IT WON'T  
CHANGE  
YOU

QuotesBook.com

To be challenged ....

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To be physically active...



# Start to think about your choices today

- You will be sent an **options form** to complete via classcharts & parent mail )
- Opportunity to complete the form this **Wednesday during P5** with your form tutor – select 3
- We will let you know what activity you will be doing and where to go in form the following week - Activity location will be printed on a new timetable
- Activities will start on **Wednesday 28th September**

## TO MAKE PROGRESS...

@POSITIVELYPRESENT

ask for  
HELP

embrace  
IMPERFECTION

be kind  
TO YOURSELF

try new  
TACTICS



# Expectations



Timetabled lesson on your curriculum - PSHE



Physical activity – bring your PE kit like you would for a PE lesson



Engage, develop, learn

# FAQ



## **What if I don't want to choose any?**

We are sorry that the activities at this point are not what you would ideally want to do. Try to choose something you are most suited too. Remember that this is also an opportunity to develop life skills that could open up many more opportunities i.e. a job in gardening/ travelling the world

This is a timetabled lesson and part of the curriculum. Please be aware that it is a fantastic opportunity and we will take on board your feedback for future

## **Can I choose the same activity all year?**

Yes but I would consider carefully if this is the best option for you and your time

## **What if I don't get my choice?**

The sessions will have a number limit. We will also try to give you your choice but if not it will be your reserve choice

## **What is different this year?**

It will be held on a Wednesday.

## **What staff will be leading the activity?**

A variety of staff will be leading different activities. Next week you will be told what activity you will be doing, with who and where to go for Week 2 Wednesday P5

## **What if none of my friends are doing the same activity?**

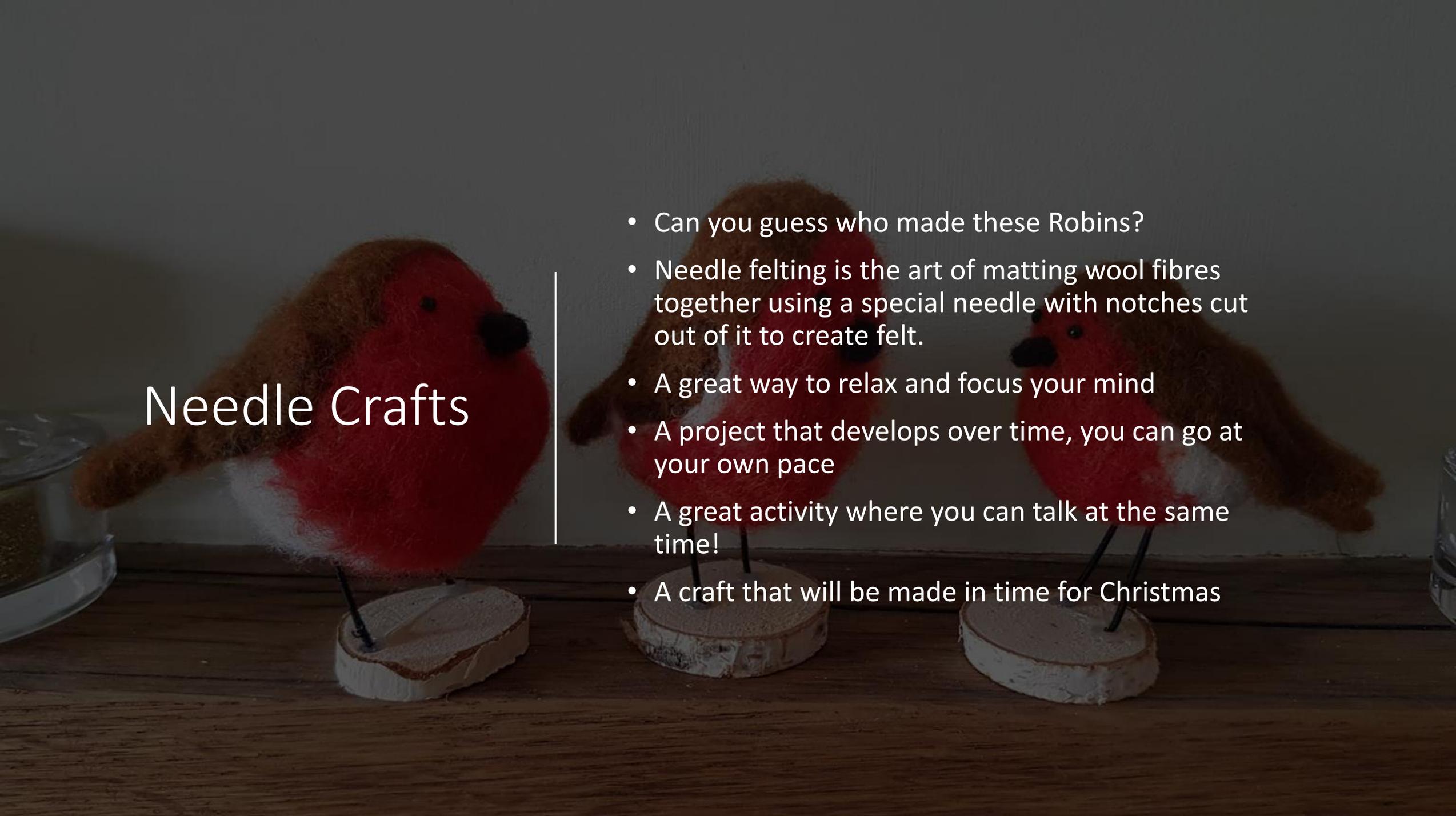
You will know someone in the group and this is a good opportunity to meet new people

## **Can I change my mind?**

You will need to email Mrs Kay to explain why

Archived activities

# Needle Crafts

The image shows three needle-felted robins standing on a wooden surface. Each robin is made of red and brown wool, with a white belly and a black beak. They are mounted on small, circular wooden bases. The background is a plain, light-colored wall. The text 'Needle Crafts' is overlaid on the left side of the image.

- Can you guess who made these Robins?
- Needle felting is the art of matting wool fibres together using a special needle with notches cut out of it to create felt.
- A great way to relax and focus your mind
- A project that develops over time, you can go at your own pace
- A great activity where you can talk at the same time!
- A craft that will be made in time for Christmas



## Calm Imaginative Mindfulness

- Colouring in
- Enhance your drawing skills
- Time to read that book you've been putting off reading.
- Painting by numbers.

Relax and lose yourself in being creative.

# First aid

- Learn practical first aid skills
- Learn how first aids saves lives
- Ever thought about being a paramedic?



# Short Play

- **Boost your confidence!**
- **Learn and perform a One Act Play**
- **You will learn how to work from a script and take stage direction**
- **You will also learn about characterisation and performance skills**
- **The only thing you will need is enthusiasm and a willingness to throw yourself into things!**
- **Acting skills can be very useful in life as you will always feel confident talking in front of others.**

# Basketball



Learn and practice skills:

- Shooting
- Dribbling
- Passing
- Defending

Put the skills into practice in mini-games, 1v1 and team games!



Develop teamworking and physical skills, coordination and fitness. Learn to be resilient and bounce back from set backs!

You'll need: Indoor PE kit with trainers

Lots of famous faces love to play basketball!

# psychology



- *The study of the mind and behaviours*
- *Are you interested in learning about why your mind works the way it does?*
- *Are you interested in learning more about human reactions to different situations?*
- *Do you enjoy making reasoned arguments and having debates?*
- *Then challenge yourselves to learn about a topic not usually taught until A-Levels*
- *You will need to bring with your writing equipment and an open mind so you can consider lots of different perspectives.*



# Journaling

- Time to journal together
- Journal ideas
- Explore the impact of journaling

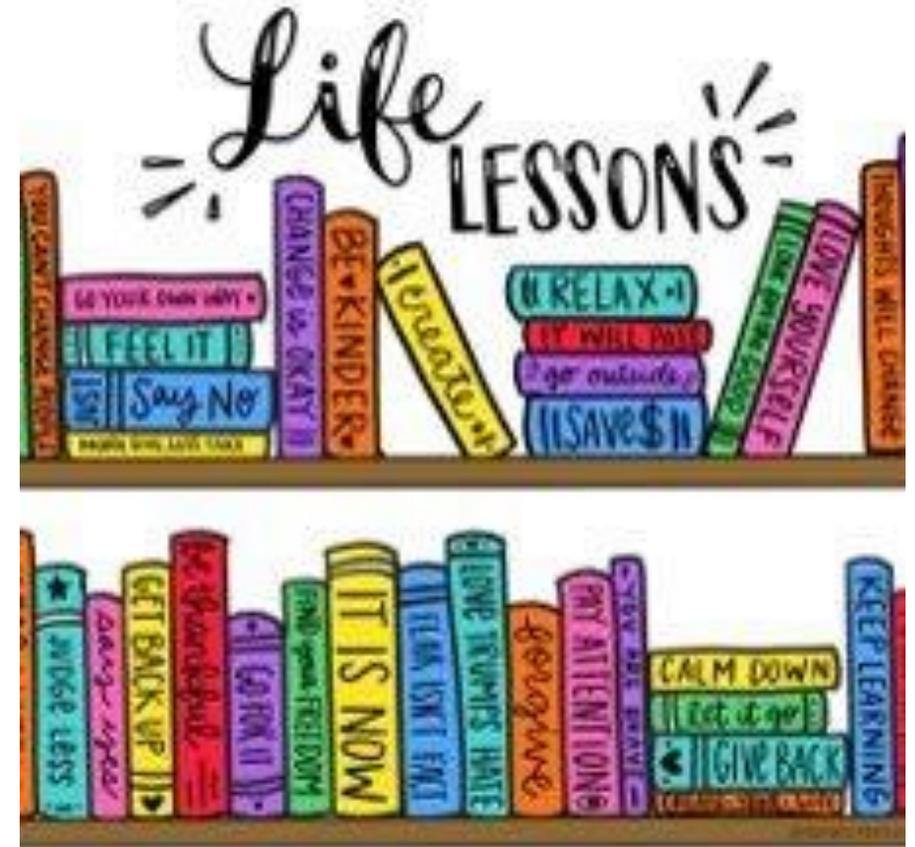
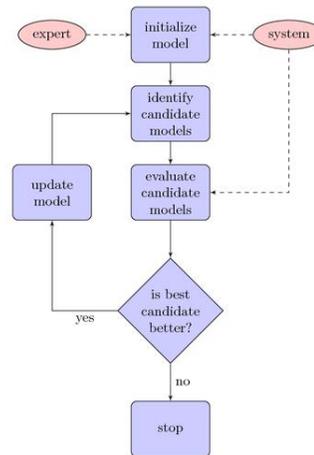


# Hunt down your Hobby

- What was your favourite activity or pastime when you were a child? What did you like about it? Would you like to give it another try?

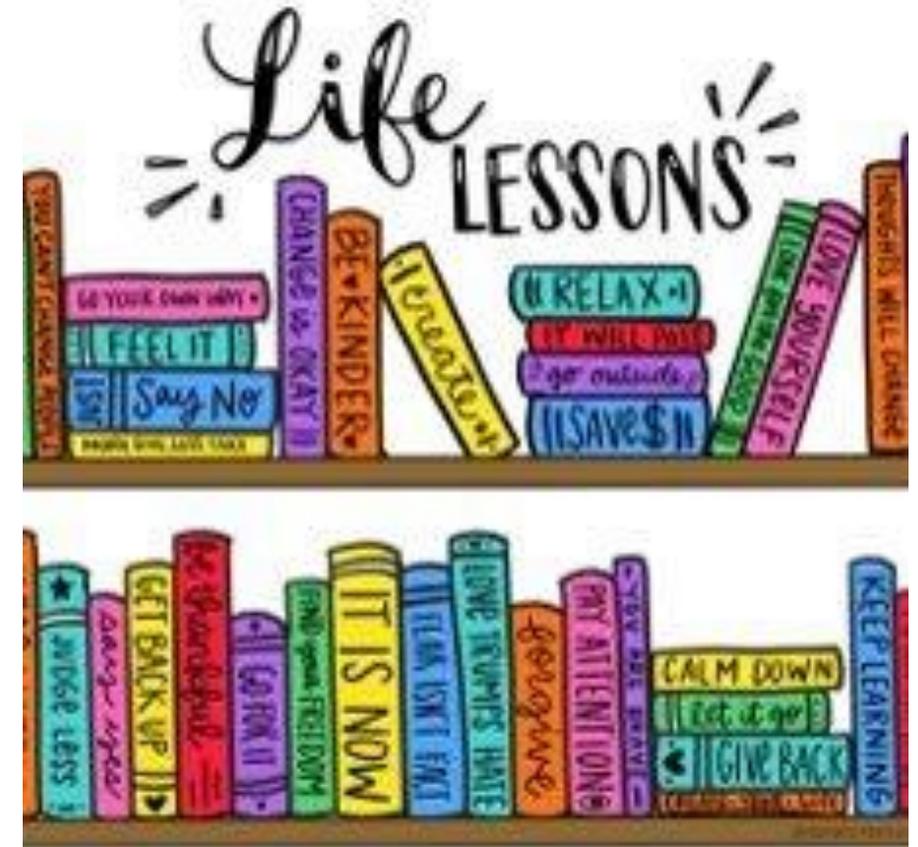
- Task –

Could you put this into a flow diagram?



# Hunt down your Hobby

- If you could have a whole day without interruptions, what would you spend it doing?

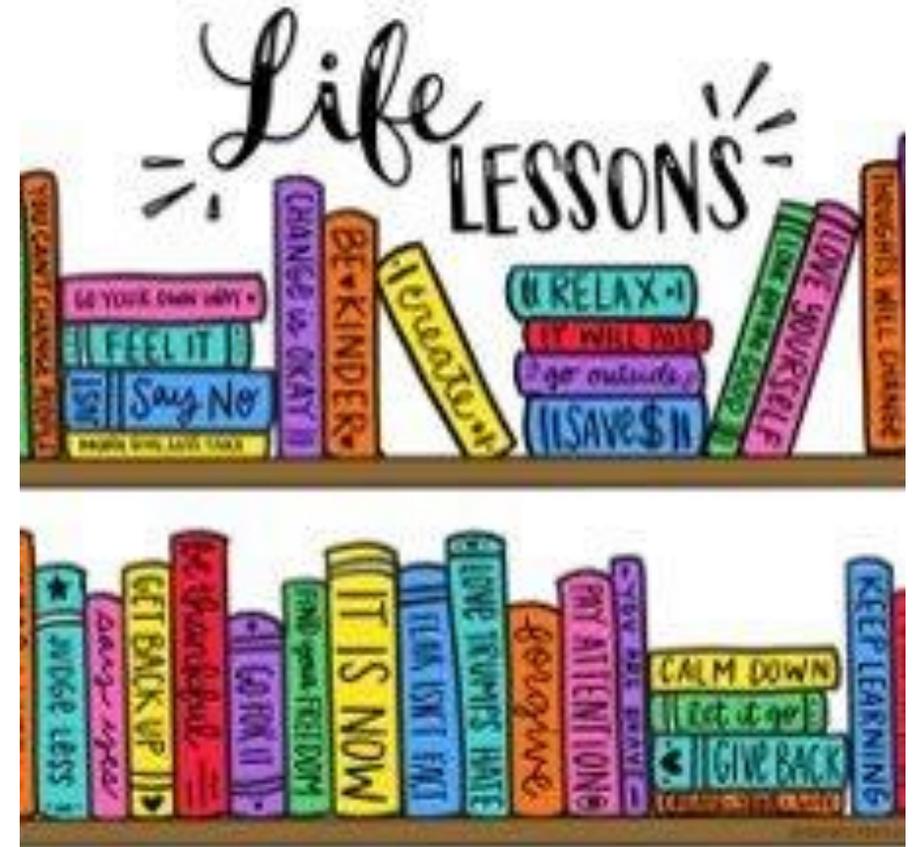


# Hunt down your Hobby

- What would your dream job consist of? Is there any way to turn aspects of that job into a hobby?

Task

Design a mood board



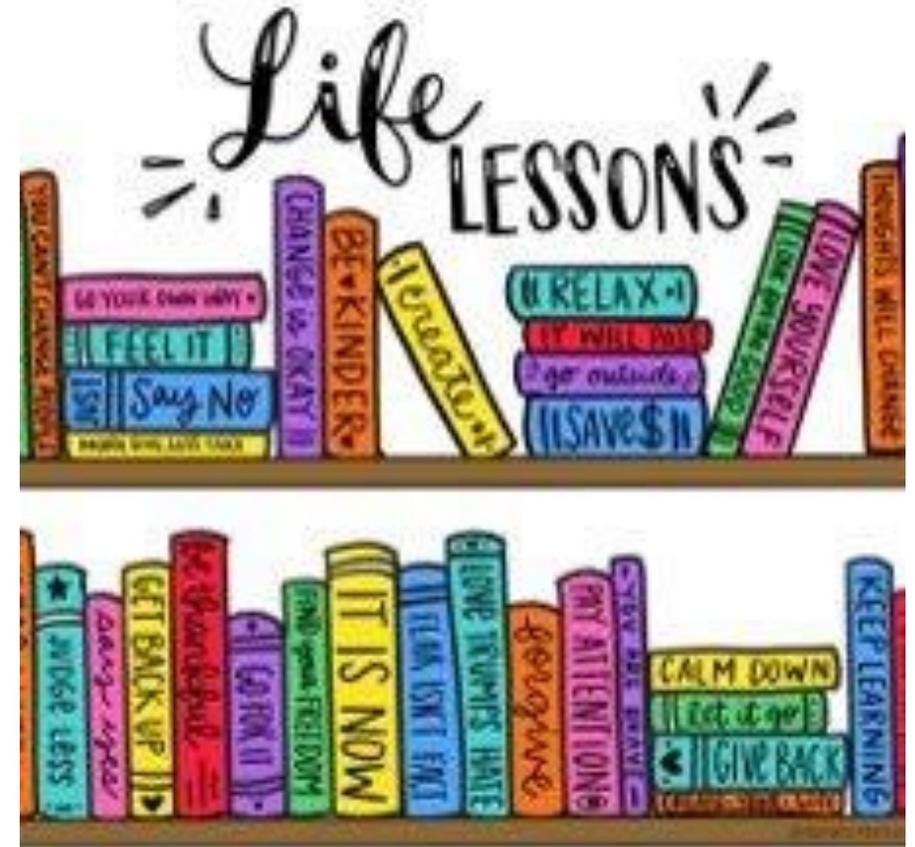
# Hunt down your Hobby

- What are some activities you've seen others enjoying and have always wanted to try?

Task –

Discuss this with someone next to you

Make a love/ hate/ maybe list

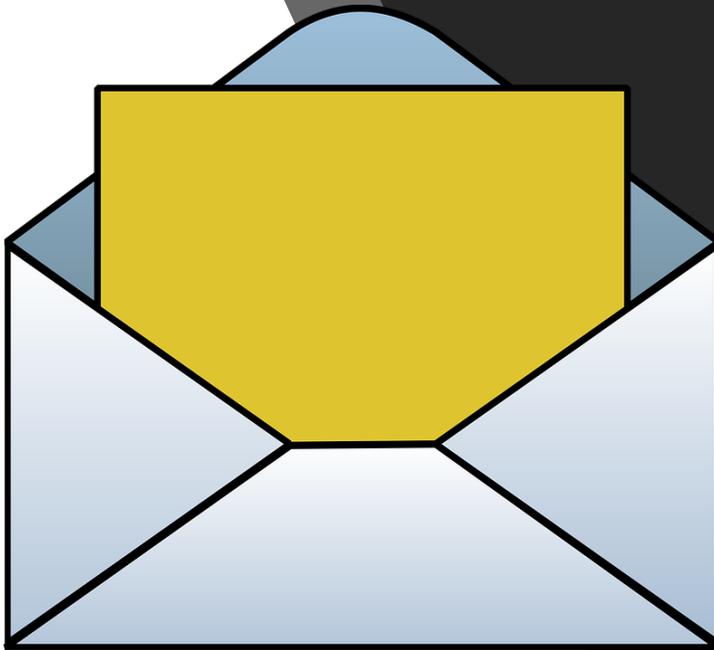


Dear Parent / Carer

Firstly, I would like to take this opportunity to thank you for your continued support with the decision to include Finish with a Flourish on the curriculum. Students have told us how much they have valued this opportunity and recognised the many benefits gained from participating. This included but not limited to: making new friends, learning a new skill, feeling relaxed at the end of the week and enjoying the time with staff.

We are committed to continuing with the programme and are now in the position to offer more activities to students. The session will continue to run every week 2 Friday period 5 and students will be able to select three different activities for the year. Students will be informed of the activities on offer during form time this week and year 7 students will be introduced to the programme during their first week.

Please complete the attached form with your child by **Friday 10<sup>th</sup> September 2021**. You and your child will need to choose three activities you would like them to take part in. We will do our best to match students to their choice, but some activities will have a group size limit. We may send out another activity selection in the spring term to confirm choices or add further options.



# What will it include?

## Whole School Flourish Approach

### Current activities

Bike skills	Connecting classrooms Y7
Running for Beginners	Netball
Felting crafts	Cross country
Boys Rugby Y8	Gardening
Baking	Therapeutic story writing Y7
Art project TBC	Film club
Singing	Book club
Bushcraft	Dance
Bike maintenance	Creative writing
Hama beads	Online coding
Basketball	Journaling
DT project	Quilt making
Chess club	First aid
Short plays	Yoga
Basic Japanese speaking	Pioneering
	Fell running

### What it will be?

A planned, structured and meaningful time for both staff and students

Holiday Spanish

Mindfulness moments

Rounders



A vehicle for:

- Social interactions
- Developing positive relationships
- Cultural diversity
- Belonging
- Participation not progression
- perfection