

Horizon Alternative Education (CIC)

Impact Report

School: The Warwick School, Redhill

Dates: February 2019 – March 2019

Type: 4 Week Uplift Course

Age/Key Stage: KS3 Year 7, 8s & 9s

Impact Scoring: 5 Excellent 90%+ 4 Good 80%+ 3 Average 70%+ 2 Fair 51%+ 1 Poor 50%-

Overall Impact Score: 4

Overall Percentage Increase: 87.5%

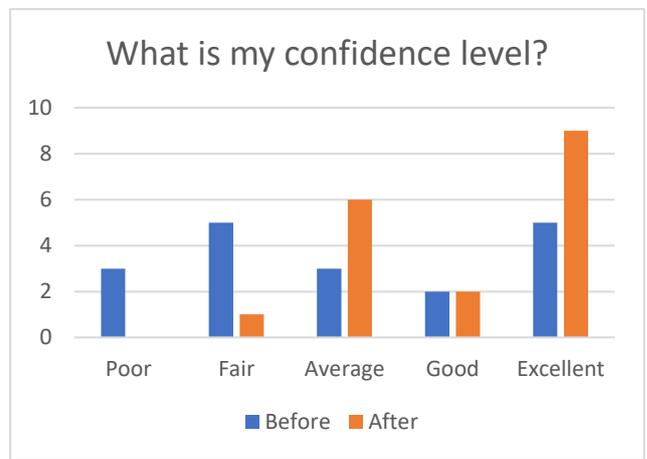
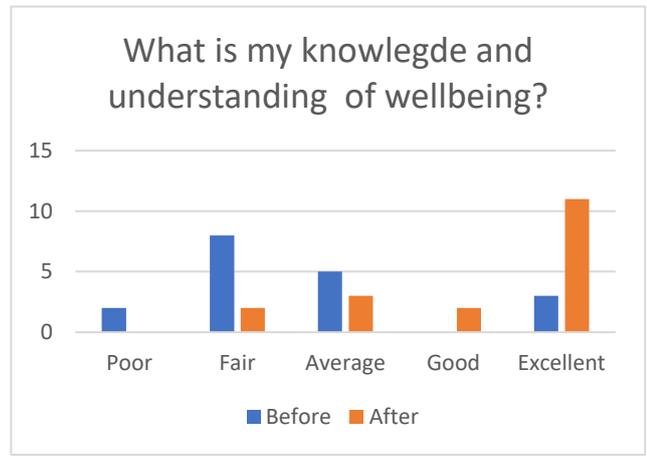
16 out of 18 students progressed from having below average knowledge and understanding to gaining good and excellent by the end of the 4 Week Uplift Course. Only 2 students maintained a fair, basic understanding of most of the concepts we covered.

Conclusion

87.5% of students increased in their confidence and boost in their self-esteem.

80% of students gained a more in-depth and increased understanding of all the topics we cover, in deepening their knowledge of well-being.

100% of students have learnt various techniques and tools, for example, mindfulness and positive mantras (I am statements), however, 80% of topics was learning new concepts and methods.





The top seven things students learnt and have taken from the sessions are:

- Tapping techniques
- Alternative Nostril breathing
- Positive Affirmations and Positive Mantras
- Overall how to de-stress, enjoyed all the techniques
- Ways to play, Jenga, playdough
- Talking to my peers, making new friends, meeting new people and talking about my inner feelings
- Realised other skills, creative talents they have which can be used to stay calm and positively channel their energy
- A greater awareness of the person they are portraying and the person they want to portray



Recommendations:

- To do more activities on self-confidence and building self-esteem
- Learn more breathing techniques and do them more in the sessions
- Watch more videos as we enjoy learning that way
- Continue support where necessary for young people who are high risk, for example, refer for mentoring, therapy or to access appropriate support services



Visualize your success!

keep calm during exams.

Assembly Feedback

- Students positively engaged in the activities and students volunteered to come out to the front for a demonstration.
- During the positive mantra's students struggled to positively affirm out loud, which is common amongst young people and their ability to confidently express in large groups, especially your peers.
- Students learnt a variety of tools and techniques please see written feedback from students themselves on the post-it notes.
- We gave students the choice to take bookmarks as not all students were interested.

- success is a measure of happiness.
- You can create a bubble to block negativity out.
- key to success is belief in yourself.

You're Perfect ♡
I am
You are
we are
Be happy !!

