



Personal development bulletin number 6 1.11.21

A leader of the
future?
Be a leader of now
#iwill

Resources	<i>Pages</i>
Character	<i>white</i>
Community	<i>blue</i>
Careers	<i>red</i>
Apprenticeships	<i>yellow</i>
University	<i>green</i>

I believe we are here on the planet Earth to live, grow up and do what we can to make this world a better place for all people to enjoy freedom.

Rosa Parks

Optimistic October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you 
4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today	8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished this week
11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation	15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society
18 Set hopeful but realistic goals for the week ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you	22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently
25 You can't do everything! What are your three priorities this week? 	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?	29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month 

ACTION FOR HAPPINESS

Happier · Kinder · Together



1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Give yourself a boost. Try a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
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Too often society fails to listen to young people's views or recognise your ability to make a positive difference. It's time for that to change.

Whether it's protecting the environment, tackling knife crime, improving mental health, combating racism, campaigning against period poverty or something completely different, you can make a huge difference. There are lots of ways you can take action.

By taking action you will not only benefit your community, you will also gain skills and experience that will help you to achieve great things at school, in further education and in your employability when you look for a job.

Find information here on how you can get involved:
<https://www.iwill.org.uk/young-people>

So don't sit back and wait for change to happen. Make change happen now. Say #iwill.

Inspirational children...Lucy Gavaghan

Never have we been more engaged by the world around us, nor more enraged by what humans have done to destroy it.

As much as the world will be altered by a changing climate, it can also take shape according to the compassion we show as a human civilisation.



Lucy Gavaghan - @LucyGavaghan

Lucy, from Sheffield, was just 12 when she started campaigning to stop Tesco from selling eggs laid by caged hens. After her letters were ignored, she started a petition which gained the support of over a quarter of a million people and led to Tesco banning the sale of eggs laid by caged hens in their stores. She is now petitioning other supermarkets and works for the RSPCA as an animal welfare ambassador.

Discussion Questions

1. What do you know about the difference between caged and free-range hens? Let's share some knowledge.
2. Now you know what caged hens face, why do you think Lucy was so eager to ban their sale?
3. Do you think it is fair that humans use animals for food and work in all the ways we do? Try to explain your answer and think about arguments on all sides.

Activity

What are you passionate about. Create a petition like Lucy did to raise awareness.

The Big Ask Survey findings... *Children's wellbeing*

More than half-a-million young people in England took part in the survey

Run by the Children's Commissioner for England - Dame Rachel de Souza - the survey is the biggest of its kind in the world, and asked young people between the ages of 4 - 17 over six weeks in April and May 2021 how they feel about their life, future and world.

Children's wellbeing

What you told us:

You want to feel fit and healthy. And you understand the link between physical health and mental health.

- > 80% of you are happy or okay with your mental wellbeing.
- > Some children are worried about their mental wellbeing. The group who were most worried were teenage girls aged 16-17.
- > Social media affects how you feel about yourself.

Physical and mental health, there needs to be more of a push towards physical fitness as it's a real motivation booster.

Boy, aged 16

I think that we all spend so much time on social media, worrying about how many followers we have, that we don't get enough time to just stop and do nothing, or go outside or spend more time with our families.

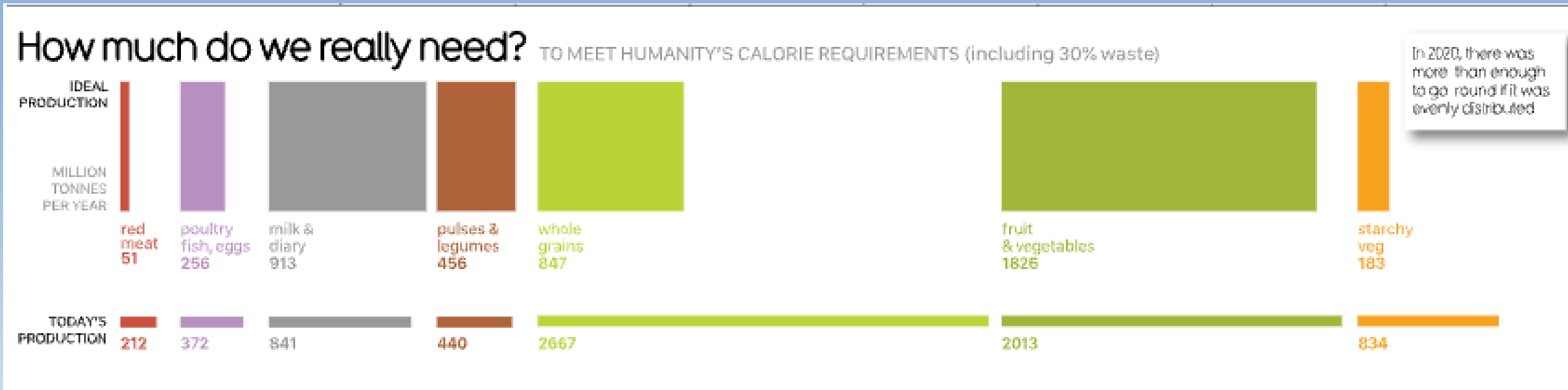
Girl, aged 12



What needs to be done:

- Teach children about **healthy diets** and the importance of **staying active**.
- Better **mental health support** in schools.
- **Digital mental health support** - so children can get support wherever and whenever they need it.





Exploring Britishness – in pictures

This Separated Isle explores how concepts of Britishness reveal an inclusive range of opinions about our national character. The book presents 33 subjects and asks questions about the relationship between identity and nationhood.

<https://www.theguardian.com/artanddesign/2021/oct/08/exploring-britishness-in-pictures>



A graphic advertisement for Unifrog. It features a central purple and teal banner with white text. Above the banner is a black briefcase with a purple handle. To the right of the banner is a black necktie. Below the banner is a black graduation cap on the left and a black silhouette of a building with white windows on the right. The background consists of diagonal stripes in purple, teal, and white.

**Did you know that
by doing a Degree
Apprenticeship you get
to earn while you learn?**

Compare every Apprenticeship
opportunity. Log in to Unifrog today.

unifrog

unifrog.org/student

Thinking about your next steps after school or college?

Are you 16-18 and looking at your next steps? Want to gain new skills and earn money at the same time? Then join Success at School's FREE student insight webinar on **Thursday 11th November at 4.30pm - 5.00pm** in partnership with BT, where you'll get the lowdown on all things BT apprenticeships.

Hear directly from a BT recruiter and current apprentice on:

- Apprenticeships at BT and the different roles available
- What to expect from an apprenticeship
- Progression opportunities
- Tips on how to apply and make sure your application stands out from the crowd
- PLUS a Q and A session, so you can get all of your burning questions answered

[Sign up here](#)

If you have any questions or need any help, please email us at team@successatschool.org

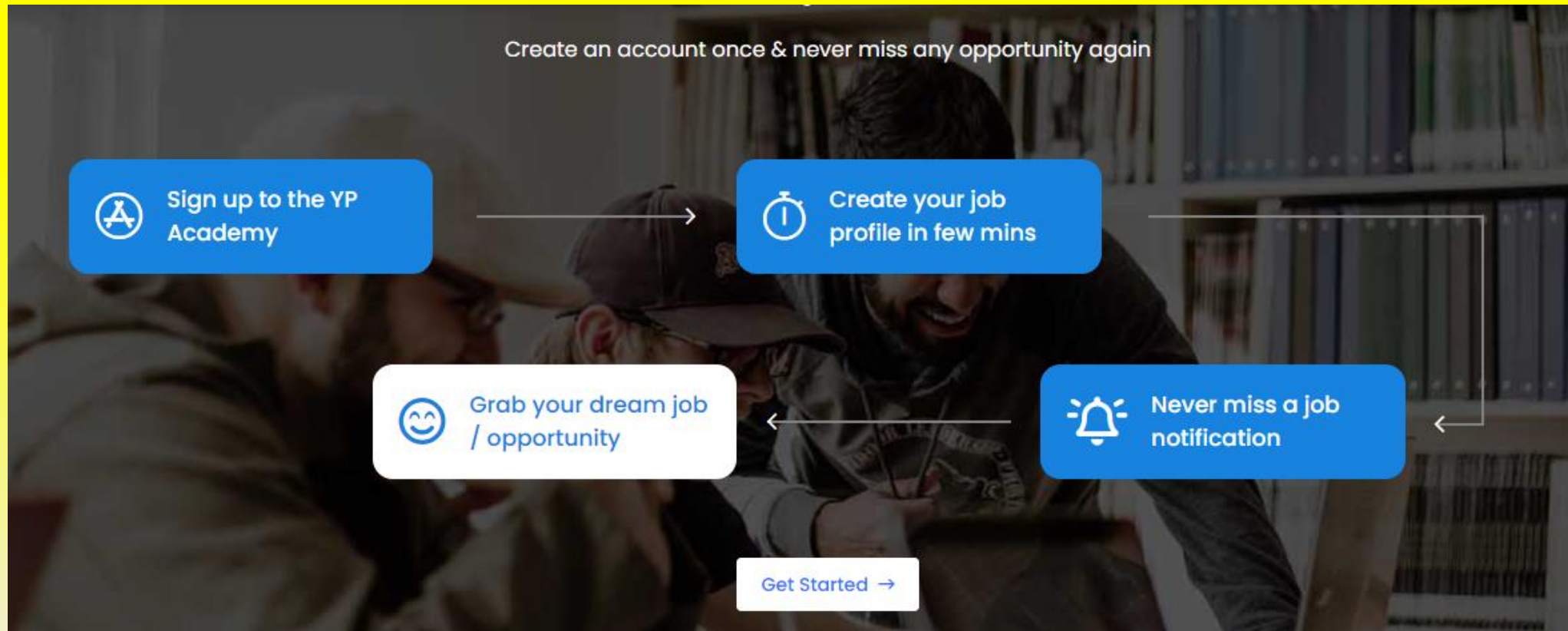
Apprenticeships

Young Professionals

UK and Ireland's Leading Student Network

Create your Young Professionals profile today and find the best apprenticeships, work experience & insight days with the world's biggest brands!

<https://young-professionals.uk/>



Virtual United Kingdom Higher Education Expo - 24th November 2021

Registration is now open for the virtual United Kingdom Higher Education Expo. This event highlights Higher Education opportunities and offers information from Universities across the UK.

Hear what our visitors have to say...

“I’d definitely recommend it, it’s been excellent. What I like about it is the breadth of material available.”

“The students get so much from it!”

Date: 24th November 2021

Timings: 11am – 6pm

For school group bookings, please email emma@nasevents.co.uk or call **0208 159 2411**.

[Register here](#)