

Time for Reflection 2018/19

Time for Reflection at Gracemount High School will provide experiences which will be meaningful to all students and staff, aiding both their spiritual and emotional development.

The school community comprises staff, students and families from a variety of faith backgrounds, and those who have no faith. This diversity will be valued and considered when planning our Time for Reflection program.



To further these aims, the school will therefore plan:

- to allow all students and staff to engage in shared activities reflecting and expressing their needs and aspirations;
- to celebrate important occasions in the life of the school and the community; and
- To involve students and staff in experiences which stimulate, challenge and extend their capacities for a response to the world in which they live.

This year our Time for Reflection program will focus on how to develop our Character expressly through looking at our school values. We will look at who we are, and how to develop our skills in life. We hope to give focus and meaning to the journeys of both staff and students, empowering and energising, encouraging each member of our school community to be all that they can be for themselves and also to others, both in school and in the wider community.

There are 6 Time for Reflection events that all students and staff attend, A reflection on Remembrance day and 2 Religious services that students and staff may opt in to. We also celebrate Eid with a party and have a Ramadan 'space' for fasting students and bring in one or our local Imams for a Ramadan reflection.

Our themes will be explored from a perspective that should be equally acceptable to all faiths and those who profess no faith.

Our senior students will also be engaging in a project which will enable them to include staff in their reflections.

Week beginning 10th September 2018: Being Valued

Our chosen school charity this year is Bethany,

a charity that works with the homeless in Edinburgh.

Everyone has Value and this will be the focus of our Assembly and also our Classwork.



Week beginning 1 October 2017: Individual responsibility



In Assembly we will focus on the story of the Story of the current Cape Town Water Crisis and we will consider how choices we each make are not in a vacuum and we should consider others

In class, students will focus on water based activities.

13 Nov 2017 11 am

A short time of reflection focussing on just how much is owed to those who have taken a stand against oppression.

Week beginning 10 Dec 2018 Optimism

In assembly we will be following up on our Charity of the year and listening to Steph Macleod talking about what homeless has meant to him and his thoughts on Christmas.

In class we will be thinking about what is done for the homeless at Christmas.



Friday 21 Dec 2018 optional Christmas Celebration 9.50am



In our opt in Christmas celebration will be we will be thinking about the meaning of Christmas for those who are Christians and how we can share the love of the first Christmas.

Week beginning 21 Jan 2019: mutual respect

In assembly we looking at the role of relieving suffering and how the red cross work across war zones

In class, we will be looking at how the red cross work with Refugees



**British
RedCross**

Week beginning 4th February 2019: Values Reflection week In Class

The purpose of this reflection week will be to explore with the students how values develop character

The chaplains will look at character with our pupils and explain how values can help to develop character.



Week beginning March 4 2019 :Aspiration

In assembly, we will be thinking about Robinson Crusoe and his real life inspiration. We also will be watching a little of Cast away.

In class we will be thinking about what inspires us and the things that stop us from reaching our goals.



Week beginning 25th March 2019 : Instilling Resilience



In assembly, we will be thinking about the story of Graham Obree, the Flying Scoysman and hearing how he didn't give up in his quest to be a great cyclist and break world cycling records.

In class we will be thinking about how our resilience helps us to be the best we can be.

Friday 5 April 2019 Easter optional celebration 9.50am

In our opt in assembly we will focus further on Easter and what its meaning is for Christians.

