

Time for Reflection 2015/16

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, and 2 that students and staff may opt in to.

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.

14th September 2015: Optimism, Looking on the Brightside.

Staff and students will be looking at what optimism is and about how to be optimistic about the future

In class time we will find out about Nick Vujicic and looking at his remarkable optimism for life.



9th November 2015: We, not I.



Students will reflect on what they can do to support family and friends through both good and bad times.

In class students will reflect on a story from the second world war when a man laid everything on the line for his friends.

11th November 2015: 11am Remembrance



Every year we remember, but what are we remembering? At 11 am we will stop, and remember, but also think forward, learning from the sacrifice of previous generations and also those who are in active service at the moment.

In class S1 will think about the story of the poppy and look at some Poetry to help us reflect.

14th December 2015: being Valued

In our morning assemblies, the theme will be being valued and how mutual respect, tolerance and fairness can help us get through the Christmas 'celebrations'.

In class we will think about surviving Christmas and the song with all of the relatives and examining why Christmas is so stressful.



22nd Dec 2015 Christmas Celebration 10.00am

Optional

In our Christmas celebration we will be thinking about what it means that God sent his son to be a child amongst us at Christmas.



Jan 11th 2016: Learning from our Mistakes

We all make mistakes and our responses to these mistakes can help us to develop character. We can all learn from our mistakes and in assembly we will be considering how our mistakes are sometimes the first steps in our learning.

In class we will be looking at the mistakes we make and how we can use these mistakes for the good of us all.



1th February 2016: values Reflection week

The purpose of this reflection week will be to explore with the students how values develop character. Martin Luther king dreamed about how 'one day his four little children would be judged on the content of their character ' rather than the colour of their skin.

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



1st Feb 2016: Turning our challenges into opportunities



We will be looking at the life of Olivia Giles who has been instrumental in getting people who have lost their limbs up and walking again. She heads up the charity 500 Miles. Often Challenges set us back, but what really makes a difference is when we turn that challenge into an opportunity to grow and develop, often achieving far more than we ever would have before.

In Class, we will be looking at Malala Yousafzai and her work to establish Education for girls in Pakistan.

14th March 2016: Help!

In Assemblies and class we will be looking at what it means to help others. So often we give up because we don't try again after we fail at something. We will be looking at the life of Blind runner Libby Clegg in assembly, and in class we will be thinking about Patrick Henry Hughes.



24th March 2016 Easter Celebration 10 am

Optional



The value of sacrifice in a world that cries for help.