

Time for Reflection 2017/18

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 and have a Ramadan 'space'.

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 4th September 2017: Aspiration /Goal setting

Staff and students will be looking at J K Rowling and reflecting on what it is to be aspire to be the best that we can be.
In class time will look at the story of the Elephant and the string and try to identify what might be holding us back.



Week beginning 9 October 2017: instilling resilience



In assembly, staff and students will reflect on Tear Funds One big Mountain.
In class, students will focus on water based activities.

Week beginning 6 Nov 2017 Being valued.



Staff and students will reflect on the life of Desmond Doss who refused to carry a weapon because of his religious beliefs. He became a medic and saved the lives of many of his comrades. His story is told in Hacksaw ridge.
In class, students will reflect on the story of the white poppy.

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.

22nd Dec 2017 Christmas Celebration 10.00am

Optional



In our Christmas celebration will be we will be thinking about what a Silent night really is.

Week beginning 18 Dec 2017 Mutual respect

In Assembly, we will reflect on the Football match that happened between the British and the Germans on Christmas day 1914.

In class we will think about making the absolute best of our holidays.



5th February 2018: Values Reflection week In Class

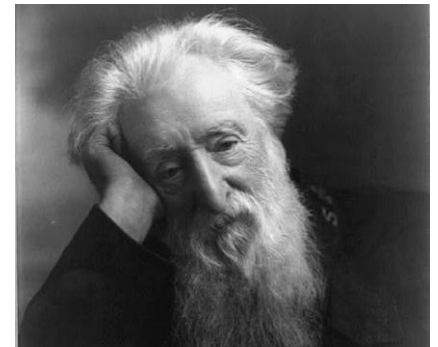
The purpose of this reflection week will be to explore with the students how values develop character
The chaplains will look at character with our pupils and explain how values can help to develop character.



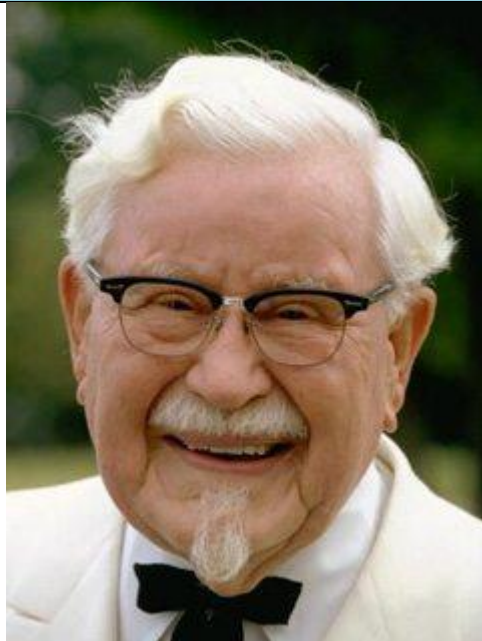
19th Feb 2018 :Individual Responsibility

In assembly we will hear about the life of William Booth.

In class, pupils will reflect on the work of the Salvation army and think about our individual responsibility to each other, to ourselves and to our families.



26th March 2018 : Optimism



In our morning assemblies, we will hear how Colonel Saunders amongst other jobs worked as a painter, blacksmith, train worker, fireman, legal assistant, selling life insurance, operating ferryboats. Eventually he got a job as a petrol station worker and began to serve snacks.....he didn't give up and tried and tried and tried again always believing that he could do better.

In Class we will look at things that we can change to make us better?
Have we managed to do anything about what we thought was holding us back in September?

29th March 2018 Easter Celebration 10 am

Optional

**YOU
CAN CHANGE
THE WORLD**



In our opt in assembly we will focus further on responsibility and think about how our life choices can change the world.