



Senior Induction/Leadership Programme

Monday 30th May-Wednesday 1st June 2022

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MVP Mentor Training

(08:50-3:40pm; Games Hall)

The Mentors in Violence Prevention Program (MVP) is an approach to gender violence and bullying prevention and is designed to give you the skills to speak out against issues which affect relationships within your school and community by adopting a positive 'bystander' approach. This whole day event will encourage you to consider and discuss different scenarios such as behaviour online, the use of harmful language, coercive control, gender labelling and alcohol and consent.

Tuesday 31st May

ValYOU

(S6: Periods 1-4, S5: periods 5-7; Games Hall)

This workshop will allow you to explore your own personal values. You'll be *clear* on what your values are, and why they're important to you. You'll discover how to apply your values to your life, to help you to be happy and successful.

SQA Mental Health and Wellbeing Award

(S5: Periods 1-4, S6: periods 5-7; Allocated classrooms/groups)

Everyone has mental health. It involves our emotional, psychological, and social well-being, and it affects how we think, feel, and act. This workshop will develop your knowledge and understanding of topics concerning mental health and wellbeing. During the workshop, you will work towards completion of a SQA Mental Health and Wellbeing unit award.



Wednesday 1st June

(Pupils will rotate between workshops periods 1-5 in allocated groups)

An Introduction to Peer Mentoring (Room 113)

This workshop will develop an understanding of what peer mentoring is and what skills a mentor requires. Pupils will learn about the peer mentoring opportunities available at Castlehead, for example Paired Reading, and the possible wider achievement accreditation pupils can gain through these opportunities.

Bounce Back- Building Resilience (Room 316)

This workshop (delivered by life coach Gill Carlin) is an opportunity to understand and build simple methods to help you bounce back from difficult times.

First Responder Workshop (PE Classroom)

In this workshop you will learn how to respond to a casualty that requires first aid. You will explore how to carry out a primary survey, perform the recovery position on a breathing and unconscious casualty and how to perform hands only CPR on a nonbreathing unconscious casualty.

Invest Renfrewshire (Auditorium)

This workshop will give you an insight into the opportunities and employability support available from Invest Renfrewshire

LGBT Awareness Training (room 225)

This workshop provides information and understanding on LGBT Inclusion and Equality. Pupils will look at how Castlehead can continue to provide an inclusive environment for all pupils.



Promoting Positive Mental Health for You and Your Friends (Room 320)

This workshop will focus on the signs of struggling with mental health and provide help and guidance to promote positive mental health and wellbeing. We will explore the importance of positive mindset and working as a school community to notice and support poor mental health utilising the #AskTwice initiative.

Assembly

(2:00-2:50pm- Auditorium)

The assembly will launch the range of pupil leadership roles and opportunities that will be available for S5/6 pupil next session.