

Willow Brook Year 6 Leavers and DARE graduation

Set w/c 29th June 2020

Hi all home-schoolers! I hope that you're all happy and safe and healthy and that you are continuing to work hard and stay busy! It's been lovely to hear from some of you over the past few weeks.

We're now in the final month of your Willow Brook years! 4 weeks remain of you being primary school pupils. With this in mind, we will be working hard on our leavers' video over the next couple of weeks, alongside our DARE graduation. In light of this, this week's work will focus upon this, replacing the usual maths/English/science that we have been doing up until now.

The plan is to put together a video in replacement of a leavers' assembly, and instead, have a 'leavers' video'. This will be made available to you and your parents at the end of your primary years so that you can show your friends and family and look back on it in the future. We will be working on rehearsing and videoing this over the next 2 weeks so that I have a week or so to edit the final video all together. I don't want to give too much away about the video as otherwise it will not be a surprise for parents and other members of Willow Brook, but if you would like to email me at:

Lhayes@willowbrook.notts.sch.uk

then I will be happy to reply to you with an outline of the rough plan of the video.

So, here are your tasks this week...

1) Find 2 photos of yourself: One of you either as a baby, as a toddler or as a younger primary school pupil (I'd say Yr R or Yr 1), and then a second one of yourself recently. Either email them to me at the email address above or print them and drop them off at the office at school.

2) Try to learn the 'Waka Waka' dance from here: <https://www.youtube.com/watch?v=xHvwq1SF3xA> (get permission from an adult before you go onto YouTube). We have loved learning and practising this in class over the last couple of weeks and we will include it in our video. It would be lovely if we could get clips of you guys at home doing this too so that I can include them along with everybody else in year 6. Get an adult to film it once you have practised it. You could even have it on the screen in front of you whilst you are dancing along to it as a reminder of the moves. Send your video clip through to my email address or drop it off at the school office on a memory stick.

3) Think carefully about your time at Willow Brook. Maybe have a chat with someone at home about your time here. Remind yourself of your best memories. Think about school trips; your teachers and what you will remember about them; your friends and what you remember about them; fun activities that you remember doing; funny memories; fond memories; your favourite place in Willow Brook; your favourite school dinner; your favourite part of the school week or school year; what skills you have acquired during your primary years (either in school specifically or outside of school).

Create a 'memory bank' of all these things. You can set this out as you wish – you could do a poster, a piece of writing organised under subheadings, a poem (in written format and/or a video of you reading it aloud), a scrapbook, a spoken video account of them. You could focus specifically on one thing (for example, all your teachers or all your friends) and do something like an acrostic rhyming poem about them, or a collection of limericks, or something else entirely. You choose.

Send this (as a document, a video or in picture format or whatever else makes sense according to how you have presented it) to me at my email address or you can drop it into the school office.

4) This one is optional. If you would like to create a piece of work or a video/photograph(s) to show skills that you have learnt in your primary years (for example: a video or a sound recording of you playing a musical instrument or of you singing or dancing; you performing something that was trending recently or a while ago such as the cup song or a TikTok/online challenge that you learnt; a poem that you have written in the recent past or that you write especially for this occasion; a piece of artwork; something that you have made at home out of wood/metal/fabric/other materials; something that you have cooked or baked; a gymnastics sequence or some other seriously impressive sports skills – unicycling or whatever - or something else that isn't on this list) then please do so and send it through to my email address or drop it off at school with Mrs. Roper. We will include some of this type of thing in the video as a showcase of the talents and skills that year 6 have learnt throughout your time since starting primary school.

5) In addition to our leavers' video, we will be holding a virtual DARE graduation on video in a couple of weeks' time. This will involve year 6s reading a snippet of their DARE report out.

You guys at home missed sessions 9 and 10 that I did with the class. Session 9 was about solvents and psychoactive substances. Session 10 is the writing of your DARE report. This should be a report all about your experiences of DARE and what you learnt and enjoyed.

I would like you to have a go at writing this report at home. You will need to do so in order to be involved in our graduation. If you still have your DARE book at home, then this is a great starting point. Get it out and start at session 1, telling somebody (even if it's your dog or your granny on video call) all about each session that we did, focusing on what we learnt and what activities we did, right up to session 8.

Then, after this, you will be in a good position to write your DARE report. When we started this in class last week, we structured it in three sections (like in your DARE book near the back where there is space to write the first draft of your report); an introduction that explains what DARE is about; a middle section where you explain some of the specific knowledge and skills that you have learnt; and finally a conclusion where you will make clear how this will help you in the future. I have included below an example of one I wrote with the class last week. You may use ideas from mine and the odd word and phrase, but please don't copy it. You may want to write about things that I haven't and you may want to leave out things that I have written about – it's YOUR report.

When you write it, remember to:

- Use your best handwriting.
- Write in paragraphs.
- Word it well. Use different ways to start your sentences.
- Remember your capital letters.
- Remember your full stops.
- Remember your commas to mark off items in a list, fronted adverbials and subordinate clauses in at the start of complex sentences.
- Try to use a range of other punctuation such as semi-colons, colons, brackets, dashes and hyphens.
- If you go wrong, cross out NEATLY with a RULER.

You will need to email me your DARE report (as a photograph of your written work or as a document if you decide to type it) by NEXT SATURDAY 4th JULY so that I can read it over the weekend and select a particular section for you to read out (the reading out will be part of your work next week).

6) Your last task this week is to create a DARE 'pledge'. This is something that you, as an individual, have decided for yourself from what you have learnt in DARE. I remember doing the DARE programme when I was your age and I remember being shocked by the high risks of taking illegal drugs and some of the horrible side-effects that they can have on your body. My pledge at the end of the DARE programme was to never use illegal drugs. I'd like you to think of something that YOU pledge for yourself from what you have learnt and create a colourful and beautifully-presented poster with it on. I will be including photographs of you holding your pledge poster up in our DARE graduation video, so make it your very, very best work to be proud of (and remember that yellow without an outline doesn't show up well on posters).

Take a photograph of you holding up your pledge poster and send it to me at my email address or drop it into Mrs. Roper in the office. (Helpful tip: If you take your photo on a smartphone, it (should) turn your poster around on the image so that it isn't backwards any more. Normal cameras often don't do that and will display your pledge backwards, so it's better to try and take it with a fairly recent smartphone if possible).

Here are a couple of examples of DARE pledges:

- 1) I **pledge** to live my life drug free, never to hurt others by using peer pressure, and never to abuse alcohol. I promise to be a positive role model for others and to encourage my friends to stay away from drugs, tobacco, and violence.
- 2) I **pledge** to never use illegal drugs and to avoid over-use or abuse of other drugs such as alcohol.

My (Miss Hayes') DARE report:

Introduction

Over the course of 10 lessons, I have been part of the DARE programme along with the rest of my year 6 class at Willow Brook. DARE is a course that educates young people on the effects and risks of drugs, smoking, alcohol, peer pressure, risky behaviours and harmful substances. Mr. Appleyard came in to school every Wednesday morning to help to teach us many skills to help us to live a safe and healthy life.

Middle Section

I feel like I have learnt many skills that I will be able to use in future, especially in secondary school. Some of the most important of these are the social skills that we covered in the DARE sessions. For example, I will remember lots of strategies about how to say no to someone who is trying to persuade me to do something that I'm not comfortable with; saying 'no' with confidence and eye contact; changing the subject; asking them a question and making an excuse may all come in very useful in this type of situation.

Another skill that will prove to be valuable is how to deal with stress. As people grow up, stress is a fact of life, but there are many ways to help yourself feel better, such as exercising, hanging out with friends, playing a game that I enjoy, reading a book and talking through the problem with someone that I trust.

I really enjoyed finding out about different types of drugs and their risks and harmful effects. Many adults don't always want to talk to children about topics such as drugs and that's why I enjoyed honest and open communication about it. I was shocked at some of the effects that drugs can have on the human body - specifically, that a person can die the first time they try a drug! I didn't realise this before DARE but I'm glad I found out because this made me decide that I would never think that the risk of taking illegal drugs is worth it. Other side effects of drugs such as cannabis include an increased heart rate, dizziness, becoming talkative, having hallucinations (which can be very dangerous), anxiety and paranoia. These are not things that I would choose for my body.

One of the topics of conversation that came up a lot during our DARE sessions was that of The Law. I was often surprised by many of the laws that we talked about:

- 1) You are responsible for your own actions from being 10 years old and can be arrested.
- 2) It is illegal to carry a knife without a really good reason. You can even be arrested if you are just WITH someone else who is carrying a knife.
- 3) Teachers are legally allowed to search you and your bags if they suspect that you have a knife.
- 4) It is illegal to have cannabis on your person and the penalty goes up the more of it that you have on you.

My new knowledge about these things have helped me to make smarter decisions in the future.

Conclusion

Overall, I found the DARE course to be insightful, interesting and very helpful in preparing me for future life where I may be exposed to stress, peer pressure, risky behaviour temptation and the decision about whether to try drugs or other substances. I feel that I am well-equipped with the correct skills and knowledge to be able to make the right decisions and get myself away from potentially dangerous situations. I am grateful to have received education about this because I am now in a strong position after deciding that I definitely do not wish to be involved in taking illegal drugs or unnecessary risks that may put myself or my friends in harm's way.

One final word – I really, really hope that all three of our lovely year 6s that are currently learning at home will decide to join us in preparing for our leavers' video and our DARE graduation; even though you are not in school with us at the moment, you are (and always will be) part of our class and we miss you. It would be such a shame not to have you included in our leavers video and DARE graduation when you have been part of Willow Brook and the DARE programme for so long. Even if you feel that you can only do a few of the activities above, please do try and send something in so that we can include you.

Happy home-tasking 😊