



The COaCH Programme
Confidence and Challenge
at
Northampton High School



NORTHAMPTON
HIGH SCHOOL
—
G D S T

The COaCH Programme

The Confidence and Challenge Programme at the High School is at the heart of all we do. Support and challenge in your academic studies is a given here but through our COaCH programme and the associated COaCH Award, we hope to offer you a number of other things:

- A range of opportunities to learn new skills
- Ways to build your resilience
- Opportunities to build and develop friendships and working relationships in and out of school
- Support from a range of staff and external services
- Celebration of successes along the way

This booklet outlines some of these cornerstones of COaCH. All you have to do is embrace the principles of the COaCH Programme and make the most of all that we offer you.

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired and success achieved."

Helen Keller, author and activist



Bonding and Challenging

In each of the U3, L4 and U4 years, there is a whole year group trip to look forward to.

Each of these trips offers different ways to bond with your year group and challenge yourself to new experiences.

Learning to develop your resilience outside of the classroom can have a wonderful effect on your ability to tackle difficulties within your learning. Knowing that you can tackle the challenges of Outward Bound or speaking French in Normandy can help you realise that anything is possible if you just keep trying and trust yourself.

In U3 you will visit Shropshire on the Humanities residential which combines some Geography, History and Theology and Philosophy elements.

In L4 you will visit Normandy and the surrounding area with the Modern Languages staff, learning about the culture and practising your French speaking.

In U4, as you start to look towards the start of your GCSEs and the challenges in those two years, you will go to the Lake District and take part in a challenging, activity-packed week of Outward Bound.



Clubs and Activities

One of the huge advantages of attending the High School is the range of clubs, societies and activities on offer. We urge you to take the chance to learn a new skill, make new friends and to stretch and challenge yourself.

As part of the Confidence and Challenge Award we expect you to try out, and regularly attend, around five clubs per year. This can, of course, be the same club each term if you are developing an in-depth skill.



Houses

Houses are an important part of life at the High School and give you the chance to take part in a wide range of fun, competitive activities with pupils in different form groups and year groups.

Throughout the year we have House Storytelling, House Plays, House Singing, the DASH Debate, the House Quiz and a range of interhouse sporting events for you to get involved in.



Our Pastoral and Wellbeing Team

Mrs O'Doherty **Deputy Head Pastoral Care & Guidance**

Mrs O'Doherty leads the strategy on pastoral care, wellbeing and guidance in school, working closely with the rest of the Pastoral Team and supporting pupils and staff through our proactive pastoral and wellbeing programme.

Miss Chapman, Miss Fraser, Miss Kneen, Mr Viesel **Heads of Year and Deputy Director of Sixth Form**

The Heads of Year and Deputy Director of Sixth Form work closely with tutors and the Deputy Head Pastoral Care to support pupils on a day to day basis with both their academic and pastoral needs. They work closely with individual pupils and groups who need coaching and mentoring through difficult times.

Miss Sarah Hanlon **School Counsellor**

Sarah provides confidential counselling support to any pupil who needs support through difficult times. She is a fully qualified and accredited counsellor and experienced in dealing with many forms of distress amongst teenagers.

Mrs Hawkins **School Nurse**

Mrs Hawkins monitors and supports pupils by offering a high quality level of medical care to pupils and supporting staff working with pupils with medical conditions.

Every Upper Third pupil is paired with a 'Big Sister' in 6.1 who acts as a support and mentor to you. Whilst there are a number of regular Big Sister - Little Sister organised events, your Big Sister will also meet up with you informally and will be a friendly face for you around school to ask advice and share concerns.



The Positive Project is a GDST-led initiative from the Positive Group (<http://positivegroup.org/>).

The project aims to build resilience through helping you to recognise and track your emotions using an 'emotional barometer'. It then enables you to tackle negative thoughts through harnessing positive self-talk and using our inner coach. The Positive Project is threaded through our PSHEE programme.

positive.™

Personal Social Health and Economic Education is delivered through our REC (Radically Enriched Curriculum).

The programme for PSHEE is carefully devised to give the right advice and discussion opportunities at the right time in your life. The lessons are delivered by school staff and external expert speakers for some topics.

We are proud to be a Girls on Board school.

"On the whole, girls are good and want to obey the rules, get on with everyone and be happy. However, they sometimes find that the search for trusting and reliable friendships is hard and that without such friendships they feel very unhappy. Their unhappiness is often displayed through tearfulness and even depression. Adults can help in only very limited ways because the problems within friendship groups are very fluid and difficult"



The COaCH Award

The Confidence and Challenge Award launches at the end of the first half of autumn term. All U3 pupils take part in a Confidence and Challenge Day out of school.

After the launch, you will be given a booklet to record all of your activities in the COaCH programme and at the end of U3 you will get your Level 1 COaCH Award, your Level 2 at the end of L4 and your Level 3 after you complete Outward Bound at the end of U4.

We hope that by the end of the U4 year you will feel ready to tackle the challenges of GCSEs and A Levels with your toolkit of strategies to deal with challenges, the resilience to keep going even when things get tough, and pride in all of your achievements, whatever they may be, without comparison to others.



COaCH
CONFIDENCE
& CHALLENGE