

# The **Enrichment** Insider



## SPORT ENRICHMENT & DUKE OF EDINBURGH

If you want to participate in DOE (Duke of Edinburgh) then you can participate in sports enrichment to go towards the physical section of your award. Or if you do sport outside of school, then you can also put that towards your DOE award.

Sport enrichment clubs are good for you as sports can improve your mental health and your physical health. As it can improve your well-being, we encourage you to participate in after school clubs such as netball, football and Couch to 5km. If you cannot participate in school clubs, you can always do something outside as school, whether it be going on a quick jog or long walk to improve your wellbeing.

Also, if you improve your mindset, you can focus more on your school work and get better grades, which as you know, will contribute massively to your future and improve your self-esteem! You could even make new friends at enrichment and find a new love of sports. You may have hidden talents you don't even know about! Every single one of you is welcome at enrichment no matter whether you think you are good at sports or not! So, we urge you to come to an enrichment sports club if you aren't already attending.

The enrichment programme can be downloaded here:-

<https://www.shuttleworthcollege.org/curriculum/student-enrichment/>

By Millie Jenkinson, Isla Hodgkinson and Abbie Thompson

## THE IMPORTANCE OF KINDNESS



Kindness is the quality of being friendly, generous and considerate. It is shown that random acts of kindness make people feel better, more positive and have a more positive mindset.

When someone is being kind to others it makes them feel happy and warm inside, as you have shown them happiness. It can help other people with depression or anxiety. Kindness towards someone could make them feel that they are wanted and loved.



We know, from research, that kindness can reduce stress, bring a fresh perspective into things and it brings a sense of belonging. Even just taking time to think kind thoughts about yourself can boost your self-esteem. Also taking care of yourself can make both your mind and your body relaxed and happy.

### Being kind isn't a weakness – why is it often seen as one?

Kindness has the power to benefit the giver and receiver of it but people still dismiss it as cringy. They often, in fact, refuse to talk openly about their feelings. People who do try to talk are often seen as weak, when that's not true at all. It is actually a sign of strength and bravery to talk openly about how you feel.



### What kindness should look like

Kindness is about caring and being mindful and should look as such. You can do it in simple gestures such as opening doors, helping someone carry things, being polite, sharing and being nice to someone who maybe isn't all that nice to you. It also can be done verbally by not saying mean things and instead saying nice things or as put before, being kind to people even if they are not kind to you.

As R.J Palacio, the author of 'Wonder,' wrote always be "kinder than is necessary. Because it's not enough to be kind. One should be kinder than needed."

By Rebecca Boyle, Blossom McGuirke and Marcy Briggs

## INTERVIEW WITH MRS ENGLAND

Every newsletter we are going to interview a member of staff in school to find out more about all the different roles and people who work here. This time, we went to talk to Mrs England about her life, career and school issues. Here is the fantastic conversation we had with each other; this is what happened.



### What inspired you to start teaching?

Well, I really enjoyed school. I loved being at school and I particularly enjoyed learning Spanish and French. I had a brilliant Spanish teacher. And from that I wanted to go and travel a bit so my Spanish teacher got me a job as a nanny and I went to live in Spain for a while. I went to university to do Spanish and French. I think in my head I thought I didn't want to be a teacher – you know, I thought that'd be boring! But actually, I worked for two years teaching English in Spain and I thought it was brilliant. So I came back and decided to go and to train to be a teacher and the rest is history as they say!

### If you could give any advice to your younger self, what would it be?

I think about this quite a lot actually. It's funny because I look at you all and think about the pressures you are under and how things are, I think, even harder for you now with things like social media. I think if I look back to when I was younger I think I wish I'd worried less about what people thought. I think, like anybody, when I was a teenager and an older teenager I felt like there was a particular way you had to do things. As a woman as well, I felt people had expectations about when you will get married and when you will have children. I wish now I'd worried less about that and just got on with trying to be happy. So, you know if I could give any advice it would be to worry less about what others think of you and worry more about staying true to yourself and being happy.



If you weren't a teacher, what career would you have?

The law. I love the idea. It's one thing I think about a lot, you know human rights lawyers doing things to support people whose lives have been ruined by war or famine. I love that idea of fighting injustice – even people on like death row in America, all of these sorts of things. I would have been interested in the law.

The rates of teenage depression have increased. What's your opinion on this? And what is Shuttleworth College doing to support people?

It's a real concern for me. I'm worried about people's mental health and I'm worried about the way some young people are treating each other. So, yes it is really, really important and we will keep working on ways to help you all through form time and through PSHE. You know we have got a school counsellor but after Christmas we're going to have three school counsellors so people can get support more quickly in school. But I also think that some of it is about reminding ourselves to be kind to each other and kind to ourselves and think about ways we can take control a little bit more.

There are students at Shuttleworth who identify their gender as non-binary. What is your opinion on this and what is the school doing to support students?

My opinion is that everyone should feel comfortable to be who they are. It's funny, I met with Ms Hudson last week to have a look at ways we can start to be more direct and open with staff and students about being respectful of people's gender identity and sexuality. This is something, again, through all of the programmes we've talked about, like the assemblies and Bloom and form time that we need to keep revisiting and being clear about how people should be treated and how we show respect to people.



What do you think about the attendance to the enrichment programme? What would you say to those that aren't taking part?

I'm so excited about the enrichment! The attendance has been amazing - I mean we've had hundreds of students. I love the enrichment programme and the way it has come together with all the different range of activities. To students that are not taking part, they really need have a rethink and talk to some of their friends or their form group that are doing things. This also goes back to people suffering from low mood and not being as happy. I think one of the best ways to take control of that is to have a hobby and do something different and meet new people. I would say everyone should be getting involved most definitely.



### Where do you see the school in 5 years?

I'd hope we continue to be a happy school and we will be bursting with life both inside and outside the classroom. I'm really proud of everybody in the school. I would see Shuttleworth to be continuing to be a positive representation of Burnley and its young people coming through our doors. They are having the best opportunities and the best chances in life and then going out there and representing this community in the best possible light.

### What's your favourite part about Shuttleworth?

The people. Definitely. The students. But the staff and families as well, I love the staff I think we've got a really nice group of staff. Students are the best of course!

### What made you choose Shuttleworth?

Gosh this is like being at an interview to be a headteacher! I knew I didn't want to just go into an outstanding school where everything was ok and everyone had everything they needed. So, I was looking out for a school that might have needed a little bit of nurture and a little bit of input. But I would never regret it, I am really pleased that I made the choice to come here.

By Lewis-Craig Saunders, Abbie Hartley & Louise Harvey



### We will share the answers to these in our next newsletter!

I'm a catchy carol and a tune which likes to rhyme. I contain twelve grand gifts that come around Christmas time. What am I?

Which one of Santa's reindeer can be seen on Valentines day?

Why are Christmas trees bad at knitting?

