

## SAX Mindset Day 1 – Tuesday 10<sup>th</sup> December 2024

SAX Mindset Days play a key part in the personal development of Ready, Resilient and Respectful students. Throughout the academic year the days will include spiritual, moral, social and cultural (SMSC) development, understanding of the fundamental British values, age-appropriate sex and relationship education alongside coverage of personal, social, health and economic (PSHE) education.

Our first mindset day of the year, has the following themes

Year Group	Theme	Overview of the day
7	Building a confident and safe me	<p>Students will over the course of the day take part in sessions to</p> <ul style="list-style-type: none"> <li>• develop their confidence, resilience and knowledge so that they can keep themselves mentally and physically healthy</li> <li>• help them to recognise the dangers of inappropriate use of mobile technology and social media</li> <li>• understand that someone’s spending and saving choices may affect other people and the effect money choices have on their own and others’ mental wellbeing</li> </ul>
8	Careers	<p>Students will over the course of the day take part in sessions to</p> <ul style="list-style-type: none"> <li>• develop them as responsible, respectful and active citizens who are able to play their part and become actively involved in public life as adults</li> <li>• ready them for the next phase of education, training or employment so that they are equipped to make the transition successfully</li> </ul> <p>All students will have the opportunity to engage with employers through the speed networking session to help equip them with the knowledge needed for the next phases of education leading eventually to employment.</p>

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9	Democracy and the Law	<p>Students will over the course of the day take part in sessions to</p> <ul style="list-style-type: none"> <li>• give them an understanding of how a Crown Court trial in the UK works.</li> <li>• to impart a basic understanding of politics in the UK so that students are <b>ready</b> to be well-informed and politically active citizens.</li> </ul>
10	Realities of Becoming an Adult	<p>Students will over the course of the day take part in sessions to</p> <ul style="list-style-type: none"> <li>• effectively make financial decisions, including recognising the opportunities and challenges involved in taking financial risks</li> <li>• describe different routes to parenthood and explain how fertility changes over a person's lifetime and some of the factors affecting this</li> <li>• know how to take increased personal responsibility for maintaining and monitoring health including cancer prevention, screening and self-examination</li> <li>• learn about specific STIs, their treatment and how to reduce the risk of transmission and how to respond if someone has, or may have, an STI (including ways to access sexual health services)</li> <li>• explore the legal rights, responsibilities and protections provided by the Equality Act 2010</li> <li>• to increase confidence in performing emergency first aid and life-saving skills, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators</li> </ul>
11	Wellbeing and Mindfulness Day	<p>Students will over the course of the day take part in sessions to</p> <ul style="list-style-type: none"> <li>• build confidence, resilience and knowledge so that they can keep themselves mentally healthy</li> <li>• aid understanding of how to keep physically healthy and maintain an active lifestyle as they build towards their final examinations</li> <li>• explore the benefits of having a balanced approach to spending time online</li> <li>• to recognise when a relationship is abusive and strategies to manage it</li> <li>• to assess and manage risks associated with cosmetic and aesthetic procedures</li> </ul>

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