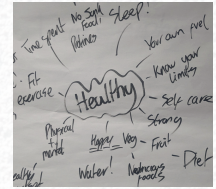
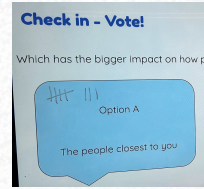
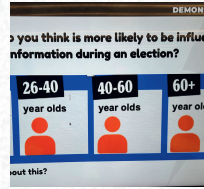


# WISE WEDNESDAY

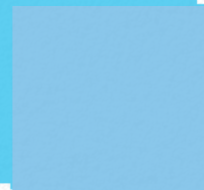
## CELEBRATING A TERM OF BEAUTIFUL WORK

At XP, Wise Wednesdays provide students with opportunities to explore real-world issues, develop character, build confidence and prepare for life beyond school.

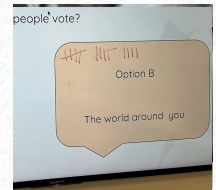
This term, crews across school have engaged in thoughtful discussions, collaborative activities and meaningful reflections. From understanding the impact of choices on health and wellbeing to exploring democracy, tolerance and life beyond school, students have demonstrated maturity, curiosity and empathy throughout their learning.



"I'd give it to people who need it the most." Kiera A (E29) on what she would do with £100k



Freya M (E29) said young people should support "60+ people as they are not familiar with AI so believe what they see on facebook etc."



## HIGHLIGHTS FROM LAST TERM...

### YEAR 7

#### DECISIONS MATTER

Year 7 students explored how the decisions we make can impact our health, wellbeing and future choices.

Topics included:

- Water Safety
- Smoking and Vaping
- Caffeine and Energy Drinks
- Drugs and Alcohol
- The Impact of Decisions on the Teenage Brain

Students discussed risk-taking behaviours, explored how substances affect physical and mental health, and developed strategies for making informed decisions. Crew discussions encouraged students to think critically about peer influence and how choices made today can affect future wellbeing.

### YEAR 8

#### BRITISH VALUES IN ACTION

Year 8 students explored what it means to live in modern Britain through discussions linked to British Values and their wider curriculum.

Topics included:

- Peer Pressure and Gangs
- Introduction to British Values
- Democracy
- Tolerance

Students considered how democratic systems work, the importance of respect for different beliefs and cultures, and how communities can work together despite differing viewpoints. Discussions were linked to current events and encouraged students to develop their own informed opinions whilst listening respectfully to others.

### YEAR 9

#### CITIZENSHIP IN ACTION

Year 9 built upon previous learning by exploring many of the same themes through a more mature lens.

Topics included:

- Peer Pressure and Gangs
- Introduction to British Values
- Democracy
- Tolerance

Students considered the responsibilities that come with citizenship, the influence of peer groups and the importance of challenging discrimination. Crews engaged in thoughtful debates around individual liberty, respect and participation within society.

### YEAR 10

#### PREPARING FOR LIFE BEYOND SCHOOL

Year 10's Wise Wednesday curriculum focused on developing independence, digital awareness and preparation for adulthood.

Students explored:

- Social Media and Self-Esteem
- Healthy Digital Habits and Screen Time
- Sexism, Gender Prejudice and Stereotypes
- Independent Living
- Looking After a Home
- Keeping Safe Online
- Personal Safety in the Wider World

Through discussion, reflection and practical activities, students considered how life online can influence self-esteem and wellbeing, reflected on healthy technology use.

### YEAR 11

#### PREPARING FOR THE NEXT CHAPTER

Alongside a strong focus on academic crew, revision and exam preparation, Year 11 students also explored important life skills that will support them as they move beyond secondary education.

Topics included:

- Independent Living
- Looking After a Home
- Keeping Safe Online
- Personal Safety
- Managing Responsibilities and Independence

Students reflected on what it means to become increasingly independent and considered the practical skills and responsibilities they will encounter as young adults.

## COMING UP THIS TERM...

### YEAR 7

#### STAYING SAFE

- Child Safety Week
- Understanding risk-taking and the teenage brain
- Alcohol awareness
- Knife crime and personal safety
- Water safety and open water swimming
- Making safe choices over the summer holidays

### YEAR 8

#### FREEDOMS AND RESPONSIBILITIES

- British Values: Rule of Law
- British Values: Individual Liberty
- Risk-taking and decision-making
- Relationships and consent
- Alcohol awareness
- Personal safety and staying safe over the summer

### YEAR 9

#### PREPARING FOR THE FUTURE

- Employment and careers
- Financial literacy and money management
- Workplace rights and responsibilities
- Future pathways and aspirations
- Personal safety
- Safe for the Summer

### YEAR 10

#### DEMOCRACY AND THE WORLD OF WORK

- Democracy and voting
- Changes to the voting age
- Employment and the world of work
- Workplace expectations and rights
- Preparing for adulthood
- Life beyond school

### YEAR 11

#### WISE FOR GCSES

- Academic Crew
- GCSE revision and exam preparation
- Study strategies and wellbeing
- Next steps planning
- Becoming "Wise for GCSEs"