



ENRICHMENT

Alongside the school's curriculum, Daylesford Academy offers a variety of personal development opportunities to support students to grow as confident young people. Enriching their own lives and nurturing self-confidence and self-responsibility.

Please see below our enrichment activities:

FOOTBALL

Intent

Daylesford Academy understands the benefits of sport and how it can help develop our pupils' confidence, help them nurture new skills and assist with their well-being and mental health.

Implementation

Our PE Instructor and Support Staff arrange football games off-site to complement PE activities. This takes place at least once a week and can be accessed by all pupils across all key stages. It is a totally inclusive enrichment opportunity.

Impact

The benefits of Sport and in Football are immense. It can help develop confidence, nurture new skills, assist with well-being and helps your mental health.

- * Introducing new skills
- * Increasing self-confidence
- * Boosting self-esteem
- * Team building

COOKING

At Daylesford Academy, we pride ourselves in giving children experiences that will help them be successful in later life. It is for that reason, that we offer our cooking sessions. These sessions give our children the opportunity to cook a variety of different healthy foods whilst teaching them life-long cooking skills, that build and progress through each year group. Every pupil has access to these sessions at least once per week. As well as getting the chance to cook the array of different recipes, they also learn the nutritional values of the different foods whilst also exposing them to ingredients they wouldn't usually try at home.

Intent

We understand how cooking can improve pupils' confidence and helps them gain skills that will help them become independent individuals in life.

Implementation

Our Food Technology Teacher and Support Staff arrange cooking sessions in our well-equipped kitchen at least once a week and can be accessed by all pupils across all key stages.

Impact

It is extremely beneficial that our pupils learn how to cook and gain insight into how eating nutritious meals helps to keep your body fit and healthy. Cooking is an essential life skill that builds confidence and resilience.

- Increasing self confidence
- Building resilience
- Learning 'Life Skills'
- Building independence

WALKING

From extensive medical research the benefits of walking to physical and mental health are second to none. Just 30 minutes every day can improve increase cardiovascular fitness, strengthen bones, reduce excess body fat and boost muscle power and endurance.

Intent

At Daylesford Academy we understand how walking is a great sociable way to enjoy the great outdoors and boost mood in the process. It's also a proven way of treating symptoms and mental health problems like stress, anxiety, depression, and low self-esteem. It helps with pupils' self-regulation, physical health and promotes external learning opportunities e.g. stimulation for discussion.

Implementation

All Walking sessions are organised and supervised by our experienced Pastoral Staff. These sessions can be accessed by all pupils at various intervals, they can be both scheduled and impromptu.

Impact

Pupils benefit from walking by:

- Improving self- regulation
- Improving Physical Health
- Opportunities for discussion and learning
- Boosting self-esteem
- Supporting 'Mental Health' issues

ART

Art enrichment gives our pupils an opportunity for self-expression which has been fundamental to humankind throughout history. No matter where we are in life, art can always help us to communicate and understand each other. Working through pieces of artwork and having final product pupils are proud of encourages pupils to look for new ways to solve problems. Art also supports emotional intelligence when pupils create something unique it can be a powerful way to build self-confidence. They not only learn how to be proud of themselves but to encourage others to keep going and to show them the power of another person's kindness. It supports mental health and has well known benefits of helping with depression and anxiety.

Intent

Daylesford Academy understands that Art activities can help pupils develop many important life skills including creativity and imagination, self-expression, confidence and independence.

Implementation

Art enrichment is offered as a timetabled session that all pupils can access. Art is also available as an impromptu session for those pupils who are struggling with their day due to mental health or dysregulation issues.

Impact

- Improving self-regulation
- Providing an opportunity for self-expression
- Boosting resilience
- Supporting mental health
- Improving confidence and independence

THE FARM

Farm visits are an opportunity to see first-hand how food is grown and reared as well as showing how farmers manage their land sustainably to encourage wildlife and protect the environment. Farm visits are an enriching experience for our pupils, helping them to connect where their food comes from as well as highlighting the opportunities for employment within the agricultural sector.

Intent

At Daylesford Academy we believe that visiting the Farm enables pupils to build resilience, improve their social interactions both with each other and adults, give them an awareness of nature and foster an emotional response to their surroundings.

Implementation

Visits to the Farm are a timetabled enrichment activity.

Impact

- Building resilience
- Improving social interactions
- Increasing empathy
- Engaging in Teamwork
- Learning new skills