



## **SCHOOL TUTOR PROGRAMME**

At Cape Cornwall School we believe that the tutorial sessions are a highly valuable time within the school day. Tutors are among the first people to see students each day and are with them throughout their five years of secondary schooling. Tutors play a vital role in supporting students with their attendance, academic progress and development of character.

Tutorial time takes place in dedicated tutor rooms every morning. We have a structured programme which allow students to engage in discussion and wellbeing activities that support the academic and personal development curriculum within school. Each half term, we focus upon one standard:

- Teamwork
- Self-belief
- Kindness
- Dreams and aspirations
- Resilience
- Respect

The sessions throughout the week are designed to develop literacy and general knowledge, build cultural capital, foster mental health and well-being and celebrate personal and academic progress.

## **LITERACY WITHIN TUTORIALS**

Literacy is a key part of the curriculum and is given dedicated time in tutor times. Through the year all students will have the opportunity to read for pleasure, read academically (KS3 students following the Accelerated Reader Programme) and develop their vocabulary and ability to use the meta-cognitive strategy of word morphology to breakdown unfamiliar words.

## **CULTURAL CAPITAL WITHIN TUTORIALS**

'Cultural capital' can be described as the knowledge and skills that can help to improve children's life chances: it is the essential knowledge that children need to prepare them for their future success.

Children arrive at school having already had very different experiences and opportunities. This means that settings and providers are able to make a big difference to the lives of children by helping them to increase their awareness of cultural capital.

The following is a list of activities designed to enhance our students' ability to be successful in the world and to build knowledge that will help them to access more of the curriculum, make more connections across the curriculum and become more aware of the wider issues in our world.

- Exposure to the news / current issues / what is happening in the world
- Debates on topical issues that improve the oracy skills of our students
- Exposure to a wider vocabulary
- Exposure to a range of topics that might not be covered in the curriculum
- Exposure to a range of careers / career pathways
- Learning about Fundamental British Values: Democracy, the Rule of Law, Mutual Respect, Tolerance and Individual Liberty.

## **MENTAL HEALTH AND WELLBEING**

At Cape Cornwall School we have a wide range of strategies to support our students' mental health and well-being. Within tutor sessions there is dedicated time for students to review their mental health and well-being and engage in strategies to continue developing positive mental well-being. As well as weekly reflection and celebration time, a dedicated week each half term is provided to help students develop a 'tool-box' of strategies in order to support their own mental health and well-being.

The 'Five Ways to Well-being' are evidence-based actions that people can carry out in their daily lives to improve well-being:

- Connect
- Give
- Learn
- Take notice
- Be Active.

Each half term there is a different Well-Being focus for tutors to lead on with their groups. Focus areas include: 'Self-Talk,' 'Managing Anxiety', 'Young Minds', 'Headspace', 'Spread a Little Kindness', 'Saying Thank You', 'Managing Panic Attacks' and 'Celebrating Diversity.' Students are encouraged to contribute to structured whole-class, small group or paired discussion sessions.

## **CELEBRATION AND BUILDING A POSITIVE CULTURE AND RELATIONSHIPS**

This is an opportunity for students to take part in structured activities that help to build a social bond within the tutor group, to extend friendships and to work on any barriers that might exist between the teacher and the student. This fosters a positive culture that helps to develop all students' participation and confidence in school.

Activities include:

- Attendance celebration / attendance cards;
- Tutor star of the week;
- Weekly quiz competition;
- Building global citizenship awareness;
- Global sporting events;
- House achievements

## **ASSEMBLIES AND WORKSHOPS**

Assemblies are an integral part of the tutor programme and are used to complement the personal development curriculum and the tutor sessions which are delivered daily. Every student attends a fortnightly whole school assembly and a fortnightly House assembly.

House assemblies promote and celebrate the House system which is an important aspect of school culture. It provides a 'community' within the school to which students and staff belong, encourages participation, motivates students to engage and make a positive contribution, and plays a key role in how we reward students and recognise achievement. There are three houses:

- Kelynack
- Lafrowda
- Lyonesse

Whole school assembly formats and topics throughout the year are used to keep students up -to-date with school policies, school events, health and wellbeing and other calendar-related topics. Sessions throughout the year include celebration assemblies at the end of each half-term and the academic year which celebrate the successes of students' attendance, academic progress and extra-curricular progress.

Assemblies and workshops also cover key safeguarding messages addressing online safety, gaming, anti-bullying and 'County Lines', as well as others which may arise throughout the year.

Cultural Capital is also a key part of the assembly programme: events that take place throughout the year are a reflection of what happens in the global society that we live in. These sessions are also closely linked to Fundamental British Values such as Democracy and the Rule of Law.

Outside providers such as the Police and colleges also deliver events which are timetabled throughout the year depending on the school's focus areas. These topics may vary from year to year and are a reflection of the needs of the students at Cape Cornwall School.