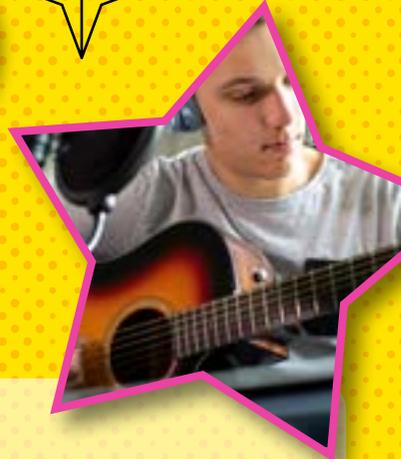


# Future Fridays



## IT'S YOURS TO MAKE

### Introduction

You may have heard already but our secondary school week is changing.

We're moving to a four and a half day week from August 2021, which means that school will officially finish at 12.30pm on a Friday.

This follows a council review which recommended that schools should offer more structured pathways in work-based learning and routes to employment to enhance and improve young people's prospects after leaving school.

There will be no reduction to the key curriculum subjects. Monday to Thursday will finish at 3.45pm and in place of that extra period on a Friday afternoon young people in secondary schools can voluntarily attend a wide range of extra curricular activities through Future Fridays.



It's really exciting. Some people will have access to activities they've never done before, and for others, there will be workshops and projects to enhance existing skills or to learn new ones.

The fresh and lively programme spans the fields of employability, music, sport and arts, health and wellbeing, digital learning, outdoor education, and academic and leadership development to give young people greater opportunities to be job-ready, independent, confident and better equipped for post-school experiences.

After all, it's your future, so grab opportunities while you can.

**So read on to find out more.**



## LEARN HERE

[www.northlanarkshire.gov.uk/future-fridays](http://www.northlanarkshire.gov.uk/future-fridays)

# What we aim to provide

We're committed to delivering a first-class education and skills-based curriculum which supports every child and young person to maximise their talent, realise their full potential, contribute effectively within our communities and to make an impact on wider society.

This project is part of a wider Review of Curricular Arrangements in North Lanarkshire to ensure all children and young people benefit from coherent curriculum planning and high-quality learning experiences, which embody the key entitlements of Curriculum for Excellence.

Crucially, our review focused on the key themes of: 'pathways, packages and partnerships'.

Following the challenges stemming from the Covid-19 pandemic, we understand now more than ever how vital supporting our children and young people is, in helping them build

pathways and skills which will give them the best chance in life both now and in the future.

To assist, we have put a revised school week in place across all secondary schools running over 32 periods, with an 'enrichment' afternoon under the auspices of Future Fridays. The programme will facilitate greater opportunities for young people to experience programmes that develop wider achievement, developing the young workforce and employability, health and wellbeing and leadership and community participation.

These afternoon sessions although voluntary, are supported by an agreed enrichment framework that is fully aligned with our wider educational guarantee of universal, additional and intensive support. The framework focuses on ensuring that children and young people at all ages and stages of development can utilise this time to benefit directly from a range of activities and supports which can be targeted to their individual needs.



# Aims, Objectives and Outcomes

Our aim is to produce a timetable in all secondary schools which includes 32 periods of learning and teaching and an additional afternoon of voluntary extra-curricular activities, through the Future Fridays programme, that will enhance the curriculum offering and benefit children and young people from secondary year groups 1-6.

Individual schools will plan their arrangements for the 32-period week locally and arrangements will satisfy national curricular guidance for Curriculum for Excellence including broad general education, senior phase and that statutory obligations are met for sport, religious and moral education.

By participating in Future Fridays, in line with the 32-period week, children and young people will:



- Improve their academic achievements, including accreditation and awards outwith national qualifications, with the opportunity to gain new knowledge, skills or to catch up on lost learning
- Participate more widely in health and wellbeing, sport and creative arts activities leading to improvements in physical and mental wellbeing
- Engage with future career and work-related activities including apprenticeships, other vocational placements and work-related employability learning opportunities in the senior phase of learning to improve school leaver destinations
- Engage directly with and participate in shaping outcomes in their communities, providing them with a voice and the opportunity to input to and influence decisions and local plans.



# How will it work?

Year Group	Activity focus	Benefit
<b>S1-S2</b>	Activities will be sport/ outdoor/arts/interest based	Focus on fun, creativity and improving health and wellbeing. Having access to activities that they've not had due to Covid-19 restrictions.
<b>S3</b>	Activities will be a mix of above but including enhanced academic subjects, work skills,	As above but generating an interest in career prospects, jobs and training and linking to academic subjects.
<b>S4-S6</b>	Activities focused on wider outcomes and achievements, career pathways and positive destinations, as well as activities to help develop health and wellbeing.	Improved learning, job-ready skills, entrepreneurial skills, life skills, preparation for further education or future vocation and career pathway.



# What's on offer?

All pupils will have the chance to sign up to Future Fridays after school officially finishes at 12.30pm. Although the majority of activities will be available locally at their own school, there may be other opportunities where pupils will attend off-site facilities.

Activities available will come under four key themes, which we know are vital to delivering the best future outcomes for Children and Young people:

## **Attainment**

Supported study, additional curricular subjects (including music) and lost learning.

## **Health & Wellbeing**

Sporting excellence, mental health & wellbeing, outdoor learning.

## **The World of Work**

Developing the Young Workforce, work skills, post-school destinations, career advice and vocational opportunities including apprenticeships.

## **Citizenship and Our Community**

Youth Parliament, volunteering, community projects, leadership programmes.

**Take a look at what's on offer.**

**UNIVERSAL**

**ADDITIONAL**

**INTENSIVE**



# The **UNIVERSAL** Offer

All pupils will have access to 'the universal offer', which includes a broad range of activities based around creative arts, sport, health and wellbeing, preparation for the world of work and leadership development.

This will include the chance to achieve wider achievement awards and accreditation which will further develop skills for learning, life and work. The options below are some examples of the programmes we will be offering:

- NL Music Group Rehearsals. Establishing and development of school-based ensembles to provide performance opportunities for instrumental pupils within individual schools.
- Training programmes such as Youth Leadership, Climate Change Ambassadors, Mental Health, Forest School
- Duke of Edinburgh's Award
- Youth Awards including John Muir, Dynamic Youth, Youth Achievement, North Lanarkshire Challenge, Saltire Awards
- Youth Voice including Youth Forums, Members of Scottish Youth Parliament, Participative Democracy certificate and participation in community action associated with the Community Boards and peer-led initiatives such as Mentors in Violence Prevention (MVP)
- Leadership Academy - this programme will provide a range of sports-related leadership qualifications to senior pupils. The programme will be delivered on a locality basis, with suitable venues identified. Qualifications include but not be limited to; First Aid, Education Through Cashback, Into to Coaching Children. (pupils selected through an application process)
- Work experience placement opportunity for senior pupils with an interest in education or social work. A four-week placement will combine training and practical experience.



## The **ADDITIONAL** Offer

A range of programmes and activities are offered in addition to the universal guarantee to ensure equity to all pupils, and these will include:

- Working with different generations. We'll have programmes to encourage inter-generational work with young people including a variety of activities linked with local elderly people
- Competitive girls' football events hosted centrally with the opportunity for participating schools to attend a regional event in June
- Weekly walking group revolving around cross-curricular learning alongside thematic development including history, urban-orienteeing, memory sharing,



and confidence building, alongside inter-generational work.

- Project 2: S1-S3 pupils focus on the importance of physical activity and life skills that can be achieved and transferred from a disciplined sport. Highlighting how sport can focus on respect, discipline, and challenging yourself to believe in commitment through understanding and working with others.

## The **INTENSIVE** Offer

For those young people who are at greatest risk of disengaging from education and entering a negative post-school destination, we are offering a range of alternative supports.

These include bespoke programmes to best meet the needs of targeted young people including therapeutic sessions, seasons for growth to support bereavement and employability pathway programmes.

A range of activities will be available such as support for young people who have experienced bereavement or significant loss in their lives for a duration of time. Support may include art therapy, 1-2-1 or group sessions and mental health workshops. All therapy sessions are delivered by qualified counsellors.

These activities will be more tailored around individual needs than the universal and additional offers.

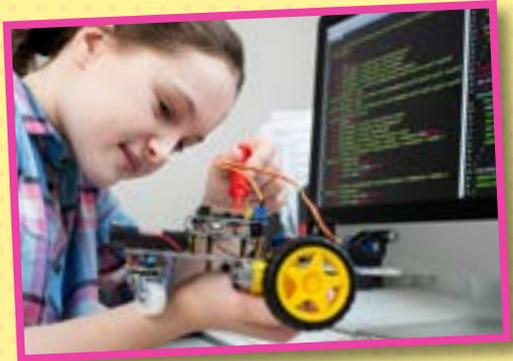
# What happens next?

Your school is creating a programme of activities for next session in collaboration with active school coordinators. This will be shared with you to allow some planning for when school returns in August. Currently we have over 50 offers for activities on Friday afternoons, from both internal and external school partners and including a number of short courses delivered by New College Lanarkshire for all ages and stages of secondary schools. It is fully expected that the number of programmes and activities will grow as new and important programmes are identified. There's also the potential for a number of school activities to be available that are run by your own teachers in the months ahead.

Keep your ear to the ground for news on what is on offer. Your school will provide you with a list of activities that you can choose from. It's simple. Volunteer to get involved and sign up for an activity and look forward to some fresh times with Future Fridays!

This is all about your future and how to increase your chances of better outcomes from school, as well as improving your health and wellbeing

You'll hear from your school on what's available very soon, so get ready!



## Future Fridays, it's yours to make