

The 10 Habits ‘Habitat’ showing the in-school opportunities to help you form your chosen habits

10 Habits	Opportunities
1. Creating a healthy planet	Adhere to the TGGGS 10 Environmental principles Individually Turn off the lights, walk to school, use re-usable bags, switch to soap, buy second hand clothes rather than fast fashion, consider food miles while shopping etc. At school Bring used clothes for the SWISH, join one of the sub committees of the eco-group, join the gardening club, take part in the Green met gala, assist in our rewilding, take part in meat free Monday, do your litter duty etc. Nationally promote our eco-video & petition in the media storm group, canvass politicians, contribute to the debate, write to companies to challenge un-green policies, attend conferences
2. Living Having a sense of purpose.	Careers and PSHE <ul style="list-style-type: none"> Year 7: Look at your future, identify the skills you already have and any potential barriers. Year 8: Work out how to develop the skills necessary for your individual goals. Set targets and create energisers in PPP/TRS Year 9: Choose your GCSE options, track your competencies and extracurricular activities, and view a range of careers at the Speed careers network event. Year 10: Develop your skills and action plan by taking part in work experience placements. Investigate the world of STEM during challenge days. Year 11: the “Into the future” challenge day, extra work experience and careers interviews with our Independent advisors. Year 12/13: Regular careers newsletters, tutorials, university open visits and support for UCAS and apprenticeship applications. Work experience placements Mentoring <ul style="list-style-type: none"> Discuss your goals, review progress and set action plans during 1:1 meetings with your tutor +/- careers advisor Tutor time, Assemblies & Lectures Gain insight, get involved and celebrate; charity work & fund raising, good causes, volunteering, hobbies, clubs, the arts, sports, past-times and interests. Reflect on talks from Old Girls, ‘An Audience with’, Careers lectures, debates and events like ‘Operating Theatre live ‘or Geographical Society lectures New experiences <ul style="list-style-type: none"> Getting away from school to experience different cultures and situations can help clarify your own purpose. Take part in the many trips and visits (over 100 available) such as Language Exchanges, Judaism London,, Auschwitz/ Krakow ,Exeter places of worship, Y7,Y11 or Y12 residential, CERN Geneva, Iceland, theatre visits, water sports trip, Skiing, London- History and politics, River Dart Activities, Learn to Live, CT, Drama & Art London, Bristol Science trip, Good Food Show etc. Duke of Edinburgh Awards <ul style="list-style-type: none"> You can complete Bronze, Silver and Gold DoE Awards, starting in year 9. You have to volunteer, improve a skill and a physical activity and take part in expeditions. This helps you develop a sense of purpose as well as developing many of the other 9 habits
3. Chilling Relax and de-stress.	<ol style="list-style-type: none"> <i>We encourage girls to relax and de-stress as part of our mental health policy. This happens before school/ during lessons and during break times. Before school you can even spot some of our staff doing Tai-Chi.</i> Lesson time <ul style="list-style-type: none"> In Key Stage 4 can experience Yoga and Tai-Chi within PE and PSHE lessons. During Break and Lunch <ul style="list-style-type: none"> You can escape to the reading room at lunch for a quiet, device free zone. Join our gardening club at lunchtime to get away from it all. For more information or to help see Dr Coles At Various points over the year you can become involved in lunchtime games and competitions organised by the Heads of House If you need a more creative outlet, the art and textiles department is open on some lunchtimes Tutor time <ul style="list-style-type: none"> In Year 7 you have Wake up Wednesdays and in Year 8 Turn it up Thursdays. All years have Time to Talk once a week where you can open up chat to their tutors whilst engaged in a variety of games/puzzles. Before exam periods we encourage you to take time out from revision during morning registration to practice mindfulness. Every Friday KS3 students you can be involved have mindfulness sessions/ Tai-chi/dog therapy/ down time e.g. just sitting quietly for 5 minutes <i>Learn a new hobby/clubs</i> There are many clubs you can join, as well as the usual range of sporting clubs we have many others including choir, orchestra, brass ensembles, school play year 9 drama, debating club, Astro-aero club, STEM club or our LGBT (GSA) group.
4. Loving Put family first.	<ol style="list-style-type: none"> <i>Encouraging Pupils</i> At TGGGS we want you to understand the importance of families. As outlined in the Handbook of Health, we encourage you to support all your family, especially older and younger relatives. <i>Encouraging Parents</i> We actively encourage your parents to be involved in awards ceremonies, concerts, shows and Parents’ evenings and consultations. We also welcome parents in to talk about their job/profession at events like the Y9 Careers speed dating. At Parent evenings, we provide talks, advice and materials to help your parents support you with the nine habits.
5. Belonging Take part in community.	<ol style="list-style-type: none"> <i>House Culture</i> <ul style="list-style-type: none"> At TGGGS we encourage you to proudly represent your House and there are many opportunities for you to become involved (see the House culture calendar); <ul style="list-style-type: none"> Inter-house sports competitions from swimming to netball, gymnastics dance and everything in between- Sports Day Paurlauf: social/group walking on our new walking circuit. Bake off competitions/Gingerbread competition House Shout, KS3 Christmas Shout-Year 7 concert or whole school music competition, House Music competition TGGGS 500 word English competition-Charity Week in November, Sponsored walk Various annual competitions e.g. Science week quiz, Christmas card competition, Christmas door competition

	<ul style="list-style-type: none"> To accompany these events, you can earn extra house points for a range of things like: volunteering at open evenings; showing continual focus and effort in class and representing the school in external competitions. You can choose to have an even bigger role within the house and leadership system, volunteering to be KS3 Leaders, Year 12 Heads of house, join the lower or upper school head girl team, or being form captain, form sports captain or form school council representative, subject prefects or peer mentors. We celebrate our House Culture and achievement in Quality Street. You can pop down to see how your house is doing. <p>2. School Community</p> <ul style="list-style-type: none"> We also encourage belonging to our whole school community through events like the Christmas singing tradition of our school song, carol service through to various trips focussing on belonging and team building e.g. year 12 bowling and Bude adventure trip, Year 11 Manor house activity trip, Year 7 residential. Participate in the school play or volunteer to perform in the Christmas entertainment or Awards ceremonies to strengthen the TGGGS bond.
6. Choosing Choose healthy friends.	<p>1. PSHE</p> <p>Unhealthy behaviours such as drugs, smoking, alcohol, extremism etc. are discussed and you are encouraged to reflect and seek out social circles that will benefit your health. Self Esteem training and body health is also covered</p> <p>2. Y9 Thinking & Reasoning Skills</p> <p>This course teaches assertiveness via reasoning - i.e. how to stand up for yourself in person or face to face when faced by aggressive or bullying behaviour and how to judge credibility of persons who might wish to harm you.</p> <p>3. Tutor Program</p> <p>Tutors will check in regularly with you during tutor time and encourage open dialogue. Staff encourage discussion around what is a 'healthy person' and identify positive attributes. This is consolidated via the assembly program.</p> <p>4. Moais Choose 4 friends to form a Japanese style social support group in year 7 which you stay with throughout your TGGGS journey.</p>
7. Feeding Eat mindfully.	<p>1. Food Policy</p> <ul style="list-style-type: none"> Our new catering partnership has a health focus, with a three year plan to improve our catering provision and 10 habit choices. We have a Cake & soft drinks policy: Energy drinks are prohibited from the school. Since September biscuit rotas at KS3/4 have ceased and become less regular at KS5. The TGGGS recipe book contains staff and student favourite recipes as well as winning recipes from our Bake Offs. Order one from Mrs Heathcote and make a healthy and delicious recipe. You have access to free water stations <p>2. Lessons</p> <ul style="list-style-type: none"> Food and nutrition education is delivered within PHSE, PE, Food Technology and the Food Preparation and Nutrition GCSE. Sugar-based rewards in class i.e. lollipops and sweets etc. are now limited Attend the food workshop on the Y8 Bristol Science trip <p>3. Fundraising</p> <ul style="list-style-type: none"> Tutors will encourage fund-raising activities that do not include too many bake sales.
8. Planting Eat more plant based food.	<p>1. New Garden</p> <ul style="list-style-type: none"> The area of behind the sixth form is now set up as an extensive fruit and vegetable garden. Dr Coles invites you to join the gardening club. STEM Club will look at planting in the summer term and vegetable growing competitions from the spring. <p>2. Canteen</p> <ul style="list-style-type: none"> Fresh fruit and vegetables, salad bar and seeds are available in the canteen. <p>3. Competitions</p> <ul style="list-style-type: none"> At various points in the year there will be a range of competitions from pumpkin growing to Bake offs.
9. Moving Move naturally.	<p>Movement is essential. We are very proud of how active our students are and there are lots of opportunities to move more. Find an exercise activity that you enjoy and can easily be built into your normal day.</p> <p>1. Tutor time</p> <ul style="list-style-type: none"> Wake up Wednesday and Turn it up Thursdays include activities like yoga, Just Dance and tai-Chi <p>2. Paurlauf:</p> <p>Social/group walking, where you can do laps of our new walking circuit.</p> <p>3. Clubs</p> <ul style="list-style-type: none"> At lunch try many one of our many sports clubs run by our PE Staff such as Netball, Hockey, Dance, Gymnastics, Badminton, Handball, Trampolining, Athletics, Rounders and Tennis. When the evenings are lighter there are extras such as TGGGS Surf Club. <p>4. Fitness Suite</p> <ul style="list-style-type: none"> Older students you have free use of the fitness suite before school, lunchtime and after school. This is fully equipped with cardiovascular and strengthening equipment. <p>5. Gardening Club</p> <ul style="list-style-type: none"> Dr Coles will be looking for help to get this set up and tended- why not join up <p>6. Ten Tors/D of E Expeditions</p> <ul style="list-style-type: none"> We are very lucky to have Dartmoor on our door step and to have four Ten tors teams. You can sign up to spend up to nine sessions on Dartmoor training to take part in either the 35 (Year 10), 45 (year 11/12) or 55 (year 12/13) mile event over the Northern half of Dartmoor. On the real event they will visit ten nominated tors / check points in under two days. Teams must be self-sufficient, carrying all that they need to complete their route and stay out overnight.
10. Snoozing Get sufficient sleep.	<p>1. You will cover sleep hygiene training in KS3 PHSE lessons</p> <p>2. Top tips are covered in the Health Handbook</p> <p>3. During tutor time and mentoring, you will be encouraged to have an honest discussion about good/bad habits</p>