

## Lower 4W inspire in assembly with their “Just Keep Going” message



In PSHE lessons, Lower 4 have been learning about the need to be resilient and we have been discussing this in our form time sessions. We worked together on an assembly about the theme and decided to focus on a key aspect of resilience: practice.

Practising something until you improve not only gives you a huge sense of satisfaction but also gives individuals a sense of power over their own lives. Young people practise and get better at things every day so we decided to showcase some of our talents. Miles impressed the entire High School by completing a Rubix cube in just 45 seconds – not an easy thing to do in front of an audience! He explained to our audience in the PAC that he had been practising at this for six whole months!

Other members of Lower 4W scootered around the PAC and talked about the tricks they practise; we had ballet dancers, horse riders and drummers talking about their efforts too – what a talented bunch!

Well done to the whole form for joining in, speaking so fluently and clearly about their skills and entertaining us in Monday’s assembly. The final word though should go to Abinoor and Bailey who pointed out that you do not fail until you give up. Just. Keep. Going.

Mrs Alison McKeefry