



The 7Up programme helps students develop their self awareness and confidence in their relationships, connecting them with the St Cuthbert's College community and preparing them for Year 8 leadership roles.



**The 7Up programme aims to meet the specific needs of Year 7 girls who are stepping up to the challenges and greater independence of Year 7.**

The 7Up programme is based upon an integrative learning approach, designed especially for the middle years, that reflects a belief that students and their interests, needs, issues and questions should be a major force in shaping what and how they learn.

To ensure our girls feel connected and part of the St Cuthbert's College community from their first day in Year 7, we deliberately have a homeroom

environment for delivery of much of the curriculum, which is well supported by specialists in key subjects.

In the 7Up programme we are exploring how best to ensure our girls acquire self-knowledge, and decision-making and leadership skills. Teachers help girls to understand their own strengths, interests and areas for development, and their awareness of a range of possible future careers.

Year 7 girls are able to apply for a range of leadership roles such as our Media Hounds (a news blog) and other service-oriented teams. They submit a CV and letter of application in Term 1.

A vital part of the 7Up programme is education outside the classroom, which is pivotal to helping children to learn more about who they are, to take supervised, acceptable risks – both physical and emotional, and to develop the mindset and skills they will need to become independent, fulfilled adults, and thoughtful citizens.

The 7Up programme encourages reflection and analysis, develops empathy and caring, and prompts the girls to learn more about the world, others and themselves. We want to help them to be fair, honest and open, to be brave and strong, and to thrive in an environment in which their spirit can blossom.