

## Assembly Themes and Rota 2015-2016

### FGCS Assemblies 2015-16

#### Timing of Period 7 Weekly

All children should remain with their form tutors for the whole of mentoring until 3.23pm. They will be engaged in the following activities:

	7	8	9	10	11
<b>Mon</b>	<b>Assembly LB</b>	<b>Silent Reading</b>	<b>Silent Reading</b>	<b>Silent Reading</b>	<b>Exam Skills</b>
<b>Tue</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Wed</b>	<b>Silent Reading</b>	<b>Assembly LB</b>	<b>Literacy or pastoral activities</b>	<b>Literacy or pastoral activities</b>	<b>Assembly Hornbeam</b>
<b>Thurs</b>	<b>Literacy or pastoral activities</b>	<b>Literacy or pastoral activities</b>	<b>Assembly LB</b>	<b>Assembly Hornbeam</b>	<b>Literacy or pastoral activities</b>
<b>Fri</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>

#### Assembly Expectations

All assemblies should:

- Offer a time for reflection
- Discuss and raise core values
- Contribute to students' SMSC development

Staff are expected to:

- Devise their own assemblies, using their experiences. Sharing resources is to be encouraged. Guest speakers are welcome and should be scheduled in order to follow the weekly themes.
- Use music, video, audio, visual stimuli, personal experience and anecdotes which are all excellent ways of engaging students.
- Give notices out at the beginning of the assembly.
- Dismiss students immediately after the period of reflection.

#### Assembly Rota

Week/Date	Assembly Focus	Quote and Reflection point	Language for Learning Activity	Year 7	Year 8	Year 9	Year 10	Year 11	Notes
1. 31/08/15	<b>New beginnings: Charity Launch</b>	<ul style="list-style-type: none"> <li>• <i>"You will never win if you never begin"</i> <b>Helen Rowland</b></li> <li>• Students should be encouraged to reflect on what they can do to improve this year and what end goal they</li> </ul>		HOL	HOL	HOL	HOL	HOL	This is a welcome back assembly –staggered on first day back Charity week will be

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		<ul style="list-style-type: none"> <li>desire</li> <li><i>"We fight for every heartbeat"</i> <b>British Heart Foundation</b></li> <li>Introduce The British Heart Foundation and the work that they do.</li> <li>Introduce the Charity Week</li> </ul>								the last week of term before Christmas, Easter and the Summer. Charity for 2015-16 is the British Heart Foundation
2.	07/09/15	<b>Learning Assessment: New GCSE grades</b>	<ul style="list-style-type: none"> <li><i>"Tell me and I forget, teach me and I may remember, involve me and I learn"</i> <b>Benjamin Franklin</b></li> <li></li> </ul>		HOL	HOL	SZ	HOL	SZ	Students to understand new grades
3.	14/09/15	<b>Fly (School Motto) Business and Enterprise Week</b>	<ul style="list-style-type: none"> <li><i>"It is possible to fly without motors, but not without knowledge and skill"</i> <b>Wilbur Wright</b></li> <li><i>"If you were born without wings, do nothing to prevent them from growing"</i> <b>Coco Chanel</b></li> <li>Students should think about what knowledge and skills they need to reach their goals.</li> </ul>		AD	AD	HOL	AD	HOL	Students should be encouraged to think about inspirational people who imagined greatness and achieved it. Students should think about their goals.
4.	21/09/15	<b>Literacy</b>	<ul style="list-style-type: none"> <li><i>"People don't realise how a person's whole life can be changed by one book"</i> <b>Malcolm X</b></li> <li>Students should reflect on the opportunities they have by being able to read and write. They should think about those that can't.</li> <li>They should reflect on how important school is for improving literacy</li> </ul>	21/09/15 World Peace Day  Assembly on importance of literacy	PC	SU	PC	SU	PC	Recap the use of mentoring to improve literacy. Discuss how literacy underpins all subjects.
5.	28/09/15	<b>Healthy Lifestyle</b>	<ul style="list-style-type: none"> <li><i>"Take care of your body. It's the only place you have to live"</i> <b>Jim Rohn</b></li> <li>Students should understand the importance of sleep, diet and exercise.</li> </ul>		NS	RC	NS	RC	NS	Importance of eating a healthy diet. Importance of exercise. PE dept and NS Martin Offiah visit
6.	05/10/15	<b>Cyber- bullying awareness month</b>	<ul style="list-style-type: none"> <li><i>"Cyberbullying is Bullying. Hiding behind a pretty screen, doesn't make it less hateful"</i> <b>Anon</b></li> <li>Students should reflect on whether they have been upset by things said online</li> <li>Students should reflect on what they do online, are they behaving as they would in the 'real world'</li> </ul>	FGCS Descriptive Writing Competition – Theme is 'Cyber bullying'	HOL	HOL	HOL	HOL	HOL	Key places for help Reportit@forestgate NSPCC website Childline Trolling/ Insulting people on line?
7.	12/10/15	<b>Black History</b>	<ul style="list-style-type: none"> <li><i>"I would like to be remembered as a person who</i></li> </ul>		CF	HOL	CF	HOL	CF	Story/ Message of Rosa Parks

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	<b>Month</b>	<p>wanted to be free...so other people would also be free” <b>Rosa Parks</b></p> <ul style="list-style-type: none"> <li>• “You must never be fearful about what you are doing when it’s right” <b>Rosa Parks</b></li> <li>• Students should reflect on how doing the right thing isn’t always the easy thing</li> <li>• They should reflect on the ‘right thing’ to do in different circumstances.</li> </ul>								
8.	19/10/15	<b>Local History and Community History</b>	<ul style="list-style-type: none"> <li>• “There’s nowhere else like London. Nothing at all, anywhere” <b>Vivienne Westwood</b></li> <li>• Students should reflect on what they have learned about the History of East London. They should consider how local History has affected them.</li> </ul>	Time capsule letter writing – Day in the Life in 2015’	HOL	CW	HOL	CW	HOL	50 years of FGCS How has it changed? What was London like 50 years ago?
<b>HALF TERM</b>										
9.	02/11/15	<b>The Rule of Law</b>	<ul style="list-style-type: none"> <li>• “The safety of the people shall be the highest law” <b>Marcus Tullius Cicero</b></li> <li>• What is the point of laws? Who makes the laws and why?</li> <li>• What are the school ‘laws’, how do they help?</li> </ul>	Halloween Ghost Story Readathon	FI	HOL	FI	HOL	FI	How is the law enforced fairly? Safer Schools Officer to work with students.
10.	09/11/15	<b>Remembrance day</b>	<ul style="list-style-type: none"> <li>• “There seemed to be nothing left in my world, for I felt that Roland had taken with him all of my future and Edward all my past” <b>Vera Brittain</b></li> <li>• Students reflect on how difficult WW1 was for people who stayed at home.</li> <li>• How the role of women changed during WW1.</li> </ul>		SE	SE	HOL	SE	HOL	Loss of youth – Vera Brittain’s story 101 years since the start of WW1
11.	16/11/15	<b>Poverty and Homelessness</b>	<ul style="list-style-type: none"> <li>• “After all a homeless man has reason to cry, everything in the world is pointed against him” <b>Jack Kerouac</b></li> </ul>		HOL	HOL	OD	HOL	OD	Students should be made aware of homelessness and its implications.
12.	23/11/15	<b>Friends and Relationships</b>	<ul style="list-style-type: none"> <li>• “No person is your friend who demands your silence, or denies your right to grow” <b>Alice Walker</b></li> <li>• Students should reflect on their duties as a friend and whether the friendships they have are healthy ones</li> <li>•</li> </ul>		SZ	SZ	HOL	SZ	HOL	KS3- Friendship and gangs and link to exploitation  KS4 – sexual exploitation
13.	30/11/15	<b>World AIDS Day</b>	<ul style="list-style-type: none"> <li>• “I’m a firm believer that education is the most efficient tool we have to make people aware and make our</li> </ul>		SR	HOL	SR	HOL	SR	Work of World AIDS day

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		<p><i>children aware, and to protect them from AIDS” Shakira</i></p> <ul style="list-style-type: none"> <li>• Students reflect on the myths surrounded by AIDS</li> <li>• Students reflect on the effects of AIDS on the developing world</li> <li>•</li> </ul>							
14. 7/12/15	<b>Grow ( School Motto)</b>	<ul style="list-style-type: none"> <li>• <i>“Be not afraid of growing slowly; be afraid only of standing still” Chinese Proverb</i></li> <li>• Students reflect on what changes they need to make to grow as people and improve.</li> </ul>	Write a letter to your future self about what you want to achieve in the next 12 months Letters sealed and returned next year.	CF	CF	HOL	CF	HOL	Students should be taught about having a growth mind set and new things they could learn. Staff could offer new things they would like to learn or are learning.
15. 14/12/15	<b>Kindness: Charity Week</b>	<ul style="list-style-type: none"> <li>• <i>“No act of kindness, no matter how small, is ever wasted” Aesop</i></li> <li>• Students reflect on how their kindness has contributed to the school’s charity contributions.</li> <li>• Students reflect on how they can be kind to each other daily.</li> </ul>	Christmas Spelling Bee	HOL	HOL	HOL	HOL	HOL	How has the charity pot grown?
<b>CHRISTMAS HOLIDAYS</b>									
16. 04/01/16	<b>Attendance and Punctuality</b>	<ul style="list-style-type: none"> <li>• <i>“Arriving late is a way of saying that your own time is more valuable than the time of the person who waited for you” Karen Joy Fowler</i></li> <li>• Students should reflect on the importance of being in the right place at the right time.</li> <li>• Importance of attendance in learning and career.</li> </ul>		SZ	HOL	HOL	SZ	HOL	How much are they missing in real terms – what do attendance percentages mean? School attendance target.
17. 11/01/16	<b>Conflict Resolution/</b>	<ul style="list-style-type: none"> <li>• <i>“If you want to bring an end to long standing conflict you have to be prepared to compromise” Aung San Suu Kyi</i></li> <li>• Do they have conflicts?</li> <li>• How could they resolve them peacefully?</li> </ul>		HOL	HOL	OD	HOL	OD	Look at current conflicts are they being resolved peacefully? Could it be better?
18. 18/01/16	<b>Good Manners</b>	<ul style="list-style-type: none"> <li>• <i>“Good manners cost nothing” E.Dantes</i></li> <li>• Reflect on the importance of good manners</li> </ul>		HOL	SE	HOL	SE	HOL	.
19. 25/01/16	<b>The Environment Go Green Week</b>	<ul style="list-style-type: none"> <li>• <i>“The frog does not drink up the pond in which it lives” Chinese Proverb</i></li> <li>• Students reflect on how they could be greener, through</li> </ul>		SG	HOL	HOL	SG	SG	What could students do to help the environment? Student Council to lead.

		<p>RRR</p> <ul style="list-style-type: none"> <li>Students reflect on how we could be a greener school</li> </ul>							
20. 01/02/16	<p><b>Equality</b></p> <p><b>LGBT History Month</b></p>	<ul style="list-style-type: none"> <li><i>"The earth is the mother of all people, and all people should have equal rights upon it"</i> <b>Chief Joseph</b></li> <li>Students should understand that gay people have the same rights as everybody else.</li> <li>Students should understand that use of the word 'gay' as an insult is not acceptable.</li> <li>Comparison of 'gay rights' to rights of other minority groups.</li> </ul>	Creative Writing Competition – theme 'Equality'	SZ	SZ	HOL	SZ	HOL	Gay Rights Invite Stonewall Resources from Stonewall
21. 08/02/16	<p><b>Connect (School motto)</b></p> <p><b>Safer Internet Day</b></p>	<ul style="list-style-type: none"> <li><i>"The most important things in life are the connections you make with others"</i> <b>Tom Ford</b></li> <li>Students reflect on what life would be like without the internet. They think about how it enhances and redefines friendships</li> </ul>		HOL	HOL	CF	HOL	CF	Students should be educated on the way the internet changes relationships. It draws people closer as well as drives them apart. They should be given tips about staying safe online.
<b>HALF TERM</b>									
22. 22/02/16	<p><b>International Women's day</b></p> <p><b>Preparation for 08/03/16</b></p>	<ul style="list-style-type: none"> <li><i>"We are better off when women are empowered – it leads to a better society"</i> <b>John Legend</b></li> <li><i>"Women are the largest untapped reservoir of talent in the world"</i> <b>Hilary Clinton</b></li> <li>Students reflect on the situations facing many women and girls around the world today.</li> </ul>		HOL	SE	HOL	SE	HOL	Issues affecting women today should be covered including: <ul style="list-style-type: none"> <li>FGM</li> <li>Forced Marriage</li> <li>Kidnapping of Nigerian girls</li> <li>Inequality</li> </ul>
23. 29/02/16	<p><b>World Book Day</b></p> <p><b>03/03/16</b></p>	<ul style="list-style-type: none"> <li><i>"I do believe something very magical can happen when you read a good book"</i> <b>JK Rowling</b></li> <li>Students reflect on their reading habits. They consider their favourite story / book they have read</li> <li>Reflection on own silent reading and the mentoring students have done this year.</li> </ul>	World Book Day 03/03/16	SE	SE	HOL	SE	HOL	A celebration of books and reading. Perhaps students and staff can talk about their favourite books. Head of Literacy could be invited to lead.
24. 07/03/16	<p><b>Careers Week</b></p>	<ul style="list-style-type: none"> <li><i>"The best career advice given to the young is: Find out what you like doing best and get someone to pay you for doing it"</i> <b>Katherine Whitehorn</b></li> </ul>	CVs and Cover letters – 'How To' workshop on writing to impress	OD	HOL	OD	HOL	OD	Newham Careers Week

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25. 14/03/16	<b>Science Week</b> <b>World Water Day</b> World Water Day 22/03/16	<ul style="list-style-type: none"> <li>• <i>“Water is the driving force of all nature” Leonardo da Vinci</i></li> <li>• <i>“No water, no life. No blue, no green” Sylvia Earle</i></li> <li>• Students to reflect on their use of water and how some don't have this vital resource.</li> </ul>		LS	LS	LS	HOL	HOL	UN World Water Day – Theme not yet released. Resources available from Water Aid.
26. 21/03/16	<b>Charity Week</b>	<ul style="list-style-type: none"> <li>• <i>“Do your little bit of good where you are, it's those little bits of good put together that overwhelm the world” Desmond Tutu</i></li> <li>• Students reflect on their contributions to charity week.</li> </ul>	21/03/16 World Poetry Day  21-25 <sup>th</sup> School Poetry Competition. Theme 'Water'	HOL	HOL	HOL	HOL	HOL	How has the charity pot grown?
<b>EASTER HOLIDAYS</b>									
27. 11/04/16	<b>Forgiveness</b>	<ul style="list-style-type: none"> <li>• <i>“An eye for an eye makes the whole world blind” Mahatma Gandhi</i></li> <li>• Students should reflect on a situation where they could forgive someone or ask for forgiveness. They should consider how it would make them feel.</li> </ul>		HOL	SG	HOL	SG	HOL	Students could be told stories of forgiveness Jimmy Mizen Foundation
28. 18/04/16	<b>Resilience</b>	<ul style="list-style-type: none"> <li>• <i>“The greatest glory in living lies not in never falling, but in rising every time we fall” Nelson Mandela</i></li> <li>• Students should reflect on difficult times they have had and how they have come back from that</li> </ul>	23/04/16 National Shakespeare Day  Poetry Recitation Competition	FI	HOL	HOL	FI	FI	Students should know what resilience is and how important it is
29. 25/04/16	<b>Freedom</b>	<ul style="list-style-type: none"> <li>• <i>“It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences” Audre Lorde</i></li> <li>• Fundamental British value is freedom of religion and speech</li> <li>• Students need to reflect on how they respect differences and peoples' freedom to choose how they live</li> </ul>		HOL	HOL	CW	HOL	CW	Radicalisation and extremism
30. 02/05/16	<b>Personal Responsibility and Social Responsibility</b>	<ul style="list-style-type: none"> <li>• <i>“It's our collective and individual responsibility to preserve and tend to the environment in which we all live” Dalai Lama XIV</i></li> <li>• <i>“Every right implies a responsibility; every opportunity,</i></li> </ul>		SU	HOL	SU	HOL	SU	Students should think about what their responsibilities are. Who are they responsible for? What should they contribute to

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		<p><i>an obligation, every possession a duty” John D. Rockefeller</i></p> <ul style="list-style-type: none"> <li>Students should reflect on their responsibility to themselves and others in society</li> </ul>							<p>the school community? Helping others Not dropping litter Representing the school</p>
31. 09/05/16	<b>Aiming High</b>	<ul style="list-style-type: none"> <li><i>“I try to avoid looking forward or backward, and try to keep looking upward” Charlotte Bronte</i></li> <li>Students should think about something they would like to achieve but feels out of their reach. They reflect on what achieving it would feel like and what barriers they need to overcome to get there.</li> </ul>		SE	SE	HOL	SE	HOL	<p>Students should be aware of the need to set challenging goals.</p>
32. 16/05/16	<b>Heroes</b>	<ul style="list-style-type: none"> <li><i>“I think a hero is any person really intent on making this a better place for all people” Maya Angelou</i></li> <li>Students should reflect on people they admire, people who inspire them. How can they inspire others?</li> </ul>	<p>Formal and informal speech – translate a footballer’s interview. Discuss the effects of poor enunciation and diction</p>	HOL	SG	HOL	SG		<p>Leaders of the assembly could talk about someone they admire and say how they have inspired them.</p>
33. 23/05/16	<b>Strive (School Motto)</b>	<ul style="list-style-type: none"> <li><i>“You have brains in your head and feet in your shoes, you can steer yourself in any direction you choose” Dr Seuss</i></li> <li>Students should reflect on what they have and how they can use what they have to strive for their goals.</li> </ul>		AD	HOL	AD	HOL		<p>Students learn about hard work and perseverance</p>
<b>HALF TERM</b>									
34. 06/06/16	<b>Personal Safety</b>	<ul style="list-style-type: none"> <li><i>“One is not exposed to danger who, even when in safety is always on their guard” Publilius Syrus</i></li> <li>Students should reflect on how they can keep themselves safe while out and about and on-line</li> <li>Students should reflect on safe spaces and people to go to if they are worried</li> </ul>		HOL	HOL	HOL	HOL		<p>Police officer? Students could scan codes onto bikes and register mobiles.</p>
35. 13/06/16	<b>Tolerance</b>	<ul style="list-style-type: none"> <li><i>Tolerance is giving to every other human being every right that you claim for yourself” Robert Green Ingersoll</i></li> </ul>		SG	SG	SG	HOL		<p>Accepting difference</p>
36. 20/06/16	<b>Bullying</b>	<ul style="list-style-type: none"> <li><i>“No one can make you feel inferior without your consent” Eleanor Roosevelt</i></li> <li>Students should reflect on how they speak to each</li> </ul>		HOL	HOL	HOL	HOL		<p>Resources from nobullying.com</p>

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		<ul style="list-style-type: none"> <li>other and how their words make other people feel</li> <li>Students should think about the quote and how they can stand up for themselves in a peaceful way</li> </ul>							
37. 27/06/16	<b>Democracy</b>	<ul style="list-style-type: none"> <li><i>"We realise the importance of our voices only when we are silenced"</i> <b>Malala Yousafzai</b></li> <li><i>"Democracy is necessary to peace and to undermining the force of terrorism"</i> <b>Benazir Bhutto</b></li> <li>Students should reflect on the importance of voting</li> <li>Students should reflect on all those who can't vote past and present</li> </ul>		SR	HOL	HOL	SR		Elections of Head Girl and Head boy
38. 04/07/16	<b>British Heritage</b>	<ul style="list-style-type: none"> <li><i>"If you're curious, London's an amazing place"</i> <b>David Bailey</b></li> <li>Students should reflect on the places they are going to visit.</li> </ul>	Form groups write a party political speech on 'What does it mean to be British?' Speeches read out at assembly/videoed and voted on.	HOL	HOL	HOL	HOL		Link to school trips
39. 11/07/16	<b>Success/Celebration/ Charity Week</b>	<ul style="list-style-type: none"> <li><i>"Success follows those who champion a cause greater than themselves"</i> <b>George Alexiou</b></li> <li><i>"The more you praise and celebrate your life, the more there is in life to celebrate"</i> <b>Oprah Winfrey</b></li> <li>Students should reflect on what they have achieved this year, what they are proud of and what they intend to do next year</li> </ul>		CW	HOL	CW	HOL		A review of the year should take place with awards and memorable moments. It should be an uplifting celebration.