

GROW

CURRICULUM 2020/21



The Totteridge Academy
The best in everyone™
Part of United Learning

GROW | FLOW | THINK | MAKE ^{360°} LEARNING

WHAT IS GROW?

GROW works in **SCHOOLS** and **COMMUNITIES** to promote **MENTAL WELL-BEING**, **PHYSICAL HEALTH** and a more hands on **RELATIONSHIP** with the **NATURAL WORLD**.

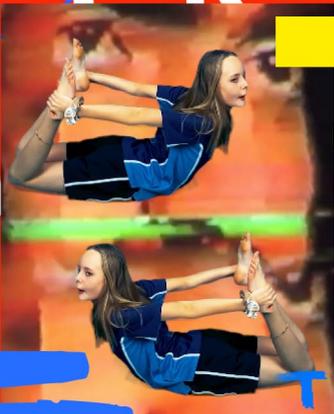
From yoga to farming, philosophical thinking to boxing, GROW's specially designed programme gives young people the skills, **KNOWLEDGE** and **CONFIDENCE** to think beyond their day-to-day routines.

Since launching our pilot scheme at The Totteridge Academy, North London in May 2019 GROW has started a Forest School, built a **COMMUNITY FARM** and rolled out a full programme to 250 students per week as part of the curriculum.

Headteacher Chris Fairbairn credits GROW with helping transform the school's culture, "by encouraging our pupils to ask bigger questions and **UNDERSTAND THEIR PLACE WITHIN THE WORLD**".

Our aim is to see GROW become **SECOND NATURE**, as normal in a young person's day as a maths lesson or football practice.

GROW launches its second site in 2021 and ultimately aims to **BRING 360° LEARNING** to every secondary school in the country by 2030.





CURRICULUM AIMS:

**BUILD RESILIENCE
AND SUPPORT
WELL-BEING.**

**FOSTER A FORWARD
THINKING RELATIONSHIP
WITH FOOD AND THE
ENVIRONMENT.**

**CONNECT US WITH
THE OUTDOORS
AND NATURE.**

**PROVIDE TOOLS TO MAKE
POSITIVE CHANGES IN
OUR LIVES AND THE
WORLD AROUND US.**

**NURTURE A GENERATION
OF CURIOUS, RESPONSIVE,
AND EMPATHETIC
MEMBERS OF SOCIETY.**

The GROW Curriculum is made up of three core teaching modules: **GROW**, **FLOW** and **THINK**.

The structure of the year and module content will align with seasonal food and farming activities and life cycles, giving students a deep understanding of their place within the world and their potential to connect to it.

GROW takes a 360° approach to both learning and delivery. Modules support the development of physical, mental, emotional, and social health, whilst connecting students to their environment and the world around them. Furthermore, the structure of the year and module content will align with seasonal food and farming activities and life cycles, giving students a deep understanding of their place within the world and their potential to connect to it. Modules will be intertwined throughout the year, with each one delivered on a rotating basis in 4 week blocks every term.

Students will leave the programme equipped with embedded knowledge and skills that they can carry with them into their futures.

Students will receive GROW once a week. All lessons will be delivered by specialist educational facilitators and will take place either in the dedicated GROW classroom or outside on the GROW working farm.

Students begin the GROW programme in Y7 and have the option to continue in both Y8 and Y9. Module content will deepen as students progress, with students granted more responsibilities and autonomy as they develop.

'Spending time in nature is more important than you think!'



Rufus - Year 8

Grow has really helped me with anxiety.



Taylor Y11

HOW WILL STUDENTS BENEFIT?

Every student who comes through GROW will learn essential and practical knowledge and skills that will help them lead healthier, happier, and more connected lives, both within the classroom and beyond.

Students will form an integral part of the GROW farm's development, care, and maintenance. A range of responsibilities will be on offer for students including seed-sowing, sheep feeding, harvesting, and general upkeep of the farm. The food that the students have a hand in growing will eventually provide ingredients for the school canteen and Food Technology, giving them the opportunity to truly enjoy the fruits of their own labour!

As GROW is in its infancy, students will be able to help shape the legacy of the programme. Through both experiencing and creating GROW, we aim to nurture a sense of pride, ownership, and responsibility that students can take with them throughout their education and beyond.

HOW WILL GROW BE INTEGRATED INTO THE REST OF THE CURRICULUM?

The GROW curriculum supports and enhances the current secondary school curriculum, giving students the opportunity to practically apply and develop skills and knowledge learnt across subjects including Science, Biology, Geography, PSHE, PRE, PE, and more.

The GROW module practically applies core STEM skills across activities including weighing honey, building raised-beds, and worm surveying. Students will grow plants that can be used throughout the school, from Biology to Art. They will help harvest fresh fruit and vegetables to be prepped in Food Technology and eaten in the school canteen.

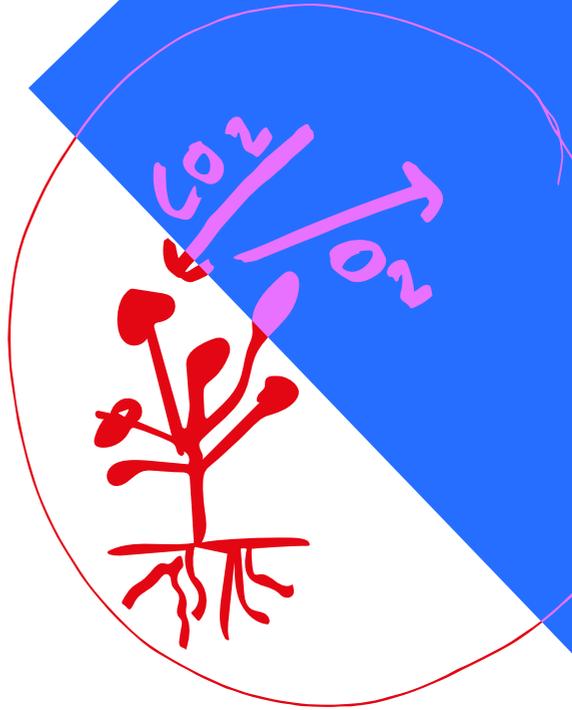
During the FLOW module, students will build physical strength and agility that will support their development in PE. Additionally, they will practically apply well-being skills and knowledge acquired in PSHE.

The THINK module will give students the opportunity to more deeply explore and engage in philosophical content taken directly from their PRE curriculum. Additionally, THINK will develop skills relevant to all subjects including reasoning, listening, communication, and critical thinking.

Across the curriculum, students will learn vital skills and attributes that will positively impact school-wide learning and experience including problem-solving, team-work, and resilience.

HOW WILL PROGRESS BE MONITORED?

GROW modules will be assessed through observation, homework, surveys, and reflection sessions. All students will receive GROW reports based on their homework, engagement, and progress. Termly surveys will be designed to measure progress in overall well-being and engagement in GROW. This data will also allow us to continue developing the quality of the programme, ensuring current and future students are benefitting positively at every level.



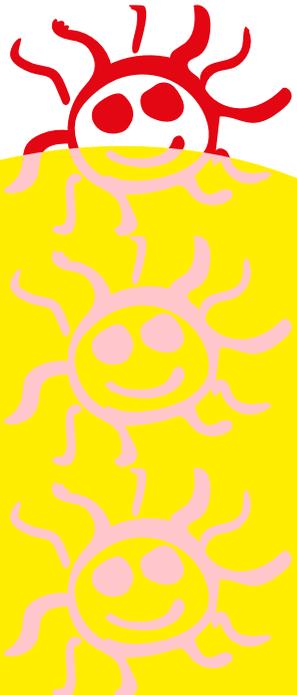
WILL STUDENTS BE SAFE?

GROW operates under the safeguarding policy of the school it is working in. All GROW facilitators hold an enhanced and up to date Disclosure and Barring Service (DBS) check. Alongside the facilitator, a school teacher and one member of the full time GROW team will always be present during GROW lessons.

All of GROW's facilitators are highly trained and will operate a fully risk assessed, managed and hygienic environment.

2020- MODULES

21



1. GROW



Engaging with food in a positive way can have a huge impact on our health, well-being, and outlook on the world.

The GROW module will introduce students to the principles of horticulture, farming, and environmental issues. They will have a hand in growing fresh fruit and vegetables, mushrooms, and flowers for the school canteen and local businesses. They will learn to look after our farm animals and bees. Through 'growing their own', students will be able to engage more deeply in issues around nutrition and what it truly means to eat well.

Lessons are largely project based and organised around the changing seasons. Wherever possible, lessons are delivered on our working farm. Throughout the year, students will learn to incubate eggs and raise chickens, grow food from seed to harvest to plate, and begin to understand the business of responsible farming.

This module will ask every student to get their hands dirty and be a part of the farm and its development, giving students a uniquely experiential learning opportunity and real responsibility. They will be asked to think critically about what they are eating, how food ends up on their plate and about the natural world around them, inviting them to understand our connection to the environment and become a positive force for its future.

MODULE AIMS:

- ✓ *Develop an awareness of where food comes from and how to produce it.*
- ✓ *Foster an appreciation for the ecosystem and our part in it.*
- ✓ *Improve skills in observation, critical thinking, patience, and empathy.*
- ✓ *Nurture a confidence in being outdoors and engaging with the natural world.*
- ✓ *Improve physical, mental and social health.*
- ✓ *Develop critical thinking around eating and buying food.*

CROSS CURRICULAR LINKS:

Science: environmental science, field work, ecology, food webs, interdependence, plants, photosynthesis, adaptations of plants. **Geography:** an environmental investigation of school site. **PE:** nutrition. **Food Technology:** nutrition, ingredients for cooking. **PRE:** environmental ethics. **Art:** developing natural dye.

FLOW combines Yoga, Mindfulness, and Breath-work.

Each skill aims to improve overall mental and physical well-being as well as helping students manage any stress and anxiety they may feel. During this module students will learn a range of seasonal yoga poses and flows, breathing exercises and mindfulness techniques to help them build strength, confidence, and resilience. FLOW lessons will be taught both inside and outside.

YOGA can have a huge impact on a person's overall well-being. Yoga can empower us to feel more confident, relaxed, and happy everyday. Physically, yoga builds strength, flexibility, and balance.

BREATH-WORK aims to foster an awareness of our breath as a tool to support emotional regulation and overall well-being. Students will learn how breath is linked to their health, vitality, and performance. They will be introduced to a variety of breathing techniques available to support them whenever they need it.

MINDFULNESS helps train our attention to become more aware of the present rather than worrying about what *might* happen or what *has* happened. We learn to bring greater curiosity to whatever it is we experience. Mindfulness can have a hugely positive impact on students' learning, well-being, and resilience.

The FLOW module is supported by
Yoga Matters:



MODULE AIMS:

- ✓ *Promote an awareness of the body and breath.*
- ✓ *Provide tools to relieve stress and anxiety.*
- ✓ *Develop skills in emotional regulation and resilience.*
- ✓ *Promote physical activity.*
- ✓ *Improve physical, mental and emotional health.*

CROSS CURRICULAR LINKS:

PE: health, fitness, strength, performance.
PSHE: mental and physical health, resilience, well-being.





In a world where information and stimulation is everywhere, we are often left with little time or space to just *think*.

The THINK module deepens students' engagement in GROW overall, whilst nurturing independent thinking and developing critical thinking skills. Using a philosophical enquiry model, students will learn to explore big ideas and questions through structured group discussions and exercises. They will be encouraged to explore different ways of viewing the world, question assumptions, and discover and develop their independent voice.

Philosophical thinking comes naturally to all of us. Philosophical enquiry gives us the time, space, confidence, and tools to develop the skill of thinking properly with the aim to improve learning, personal confidence, and general approach to life.

THINK will take the time to examine more deeply the content of the FLOW and GROW modules. THINK will explore questions including:

What are we responsible for and why? What do you have a right to do, use, or own? What duties do we have towards the natural world? Should we live in the moment or plan for the future?

The THINK module is supported by The Philosophy Foundation:



MODULE AIMS:

- ✓ *Develop skills in listening, critical thinking, and communication.*
- ✓ *Build confidence in exploring and talking about big ideas.*
- ✓ *Foster a questioning and curious mindset.*
- ✓ *Develop metacognition and reasoning skills.*
- ✓ *Improve social health.*

CROSS CURRICULAR LINKS:

PRE: ethics and an insight into human rights and environmental ethics, philosophy and ultimate questions, religious morality, moral relativism. **English:** exploration of literary themes including power, rules and order. **Citizenship:** reasoned argument, debate.



EXTRA CURRICULAR PROGRAMME

GROW runs a diverse extra curricular programme available to students from all year groups. The programme is designed to accompany and enhance the curriculum with a focus on outdoor learning and development of mental and physical health. Our 2020/21 extra curricular activities include Forest School, Yoga, Boxing, Mindfulness, Farm Club, and the GROW Creative Collective - which is part of our MAKE programme.

HOW CAN I SUPPORT?

If you are interested in bringing GROW to your school or for any enquiries, please contact Lucy Hollis at lucy@wearegrow.org

www.wearegrow.org

MAKE

MAKE builds creativity, confidence, and curiosity. It exposes students to new ways of expressing themselves, and new ways of connecting and responding to the world around them.

MAKE takes the form of our unique extra curricular programme, the GROW Collective.

Students will learn skills that they would not ordinarily have the opportunity to learn in a traditional state secondary school setting. Weekly creative workshops will be led by professionals working in innovative creative industries including screen printing, documentary film-making, zine-making, graphic design, branding, and more.

The Collective is all about process. Students will be asked to consider how they create work, what its connection to the world is, and what happens to it afterwards. They will make work that reflects their lives, tells their stories, and opens their futures. It will celebrate their experiences, whilst empowering them through possibility.

All of the work that the GROW Collective creates will contribute towards and culminate in an end of year exhibition, encouraging students to continuously think about their place within something bigger.

MAKE will also be embedded throughout the core GROW Curriculum. Students will be given a GROW book in which to creatively journal their experience with GROW throughout the year. Their collective reflections will culminate in an end of year book, created by the GROW Collective, given to all GROW students to keep.





TESTI-MONIALS

“GROW is providing a vital and valuable resource for our students and school community. Spending time outdoors, learning about food and nature, and building resilience have a hugely positive impact on our students’ physical, mental, and social health. Students who have taken part in the GROW programme have already reported an increase in overall well-being. This inevitably benefits their wider school experience and development.”

Since joining us in May 2019, GROW has significantly enhanced TTA’s culture of responsibility and care - for ourselves, for one another, and for our environment. I would recommend the GROW curriculum to any schools that see developing students’ knowledge and skills to support themselves, others, and the environment as essential for the future of education.”

Chris Fairbairn, Principal of The Totteridge Academy

“GROW provides such an incredible opportunity for our students to explore their own feelings and the world around them. Students have developed empathy for others, whilst also understanding how they can help themselves in their daily lives. For example, I have noticed that some of our students who struggle with anxiety are able to use strategies that they have learnt in their GROW lessons, such as breathing techniques and yoga, to help with self-regulation and managing a range of situations.”

Frances Steel, Assistant Principal and SENCO at The Totteridge Academy

“GROW has been a true inspiration for our son. Since starting at TTA only a few months ago the awesome GROW crew have really made him feel part of the team! It’s a super valuable part of the curriculum that has been missing for years and gives the children real world application of many other subjects learnt in school. Massive thanks to the GROW team! We are all super excited to see and be part of the GROW revolution!”

David, Father of Y7 GROW student

“I have been and am continually impressed and inspired with the ethos and curriculum of GROW, and of the overall dedication to bringing the best of wellbeing into the classroom. The students seem really engaged with GROW as a whole. May it long continue and GROW!”

Holly, Breath-work facilitator

“I have learnt awareness, calmness and mindfulness in GROW lessons. This has helped me be more aware of what is going on around me.”

Beatriz, GROW student

Grow is everything that makes you calm and peaceful.



Kyla Year 7

metimes you just
 To Take a
 breathe instead
 h Shing To
 Wrong

Grow 2020

WE ARE GROW WE ARE GROW WE ARE GROW

GROW

Show

OUR

GROW[®]

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The GROW Curriculum is supported by:

