

Welcome to HERA

What is HERA?

HERA is a programme developed by our school which enables all our year 11 students to access individual support whilst they prepare to leave school. HERA is an acronym for Health, Education, Responsibility and Accomplishment and is delivered with a supportive care approach underpinned by Thrive. HERA is student led and each student has an individual programme which meets their own personal needs and EHCP outcomes. HERA is accessible for year 11 students only and takes over from the school's careers programme which all students access from years 7 to 10. The HERA team is made up of a Licenced Thrive practitioner and a Trauma informed Practitioner who are supported by senior leaders.

What does HERA stand for?

Health- We all know how stressful it can be preparing to move onto new beginnings, whether that's a new school, college or a work placement. HERA supports and reassures students that they are not alone and puts mental health support and well-being as a priority to ensure students access their chosen pathway. Exam stress can also be an added pressure in year 11 and sometimes, our students just need a bit of extra support with managing anxieties and worries. Staff are fully equipped to help our students to develop strategies to manage and offer support where and when it is needed in various different environments.

Education- Every day is a school day, whatever our age. HERA provides opportunities for students to gain insight into colleges and the range of courses they offer. Year 11 students will visit numerous colleges, careers fairs and will be supported to research and apply for college courses. HERA will also develop individual transition plans to ensure that every student leaving our school is prepared for the next steps of their educational journey.

Responsibility- Leaving school comes with great responsibility, such as being able to organise yourself, being on time, negotiating public transport and so on. HERA supports students to gain confidence in the world outside the school gate. This may look like learning about public transport and using it, attending work placement interviews, even the smaller tasks like planning an event and budgeting and buying items. HERA covers it all and again is individually assessed with each student.

Accomplishment- That feeling we get when we have overcome a really tricky task or pushed ourselves outside of our comfort area and then come out the other side - that is what we aim for with HERA. We know some things are not easy for everyone and we are committed to supporting and finding a solution for every child so they can have that sense of accomplishment for themselves.

How does HERA link to the curriculum?

The HERA team work very closely with the PSHE lead and the year 7-10 careers lead. Regular team meetings take place where subject staff and the HERA team strategize and consolidate to ensure our students experience a holistic approach to their learning and needs being met. The meetings also provide opportunities to share areas that need further support for individuals and shine a light on the achievements and successes our students are having.

How does HERA look in reality?

Our students following the HERA programme have a dedicated day for HERA on their timetables. This starts after tutor time in the morning and continues until the end of the school day. No two weeks on the programme are the same. One week may look at planning a route via public transport and then putting that into practice, whilst another week may involve visiting further education establishments such as colleges. This gives our students the chance to meet and connect with other individuals outside of the school environment, which in turn helps to build on their social and communicative skills. We work continuously with the students on the programme to make it student led and so if needs change, then we are able to easily adapt the sessions where we can offer an ad-hoc Thrive / well-being session to meet the individual needs at the time.

