

What is our new
topic?

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Previously, this half-term was focused on SATs revision, SATs and writing coursework. With these elements gone, Ms Sparrow asked that we fit in all of the science and that the rest of the topic was up to us!

What is our new topic?

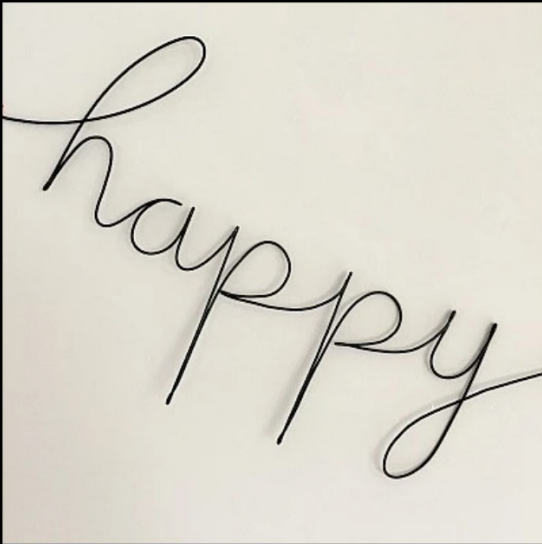
This was a huge opportunity and we talked and thought a lot. We decided we wanted a topic that would equip you with lots of skills and knowledge that we thought you'd enjoy and which are important.

What is
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We realised the reason we agreed on those things was that it ultimately came down to happiness and a desire to help you live the happiest life you can.

Think about time when
you feel happy.

A photograph of the word "happy" written in a cursive script on a white piece of paper. The word is written in black ink and is slightly tilted to the right.

That isn't just the times
when you feel super
excited, amazed, joyful,
grateful etc, but also
when you feel content
and just kind of cool
with how things are.

Some happiness comes from:

- being purposeful, such as doing something and achieving something)
- pleasure, such as hanging out with friends or eating tasty food

#FEELUNDERSTANDACT

WORLD
HAPPINESS
SUMMIT

HAPPINESS IS
THE EXPERIENCE
OF PLEASURE
AND PURPOSE
OVER TIME

PAUL DOLAN

PLEASURE +
PURPOSE =
HAPPINESS

We can try to maximise both.

For pleasure, we can try to fit in more pleasure and find out what gives us pleasure.

PLEASURE +
PURPOSE =
HAPPINESS

For instance, Mrs Gillett listens to podcasts while commuting- not only does she find these interesting and funny, but it also helps her stop her mind going over the same old worries and annoyances about work!

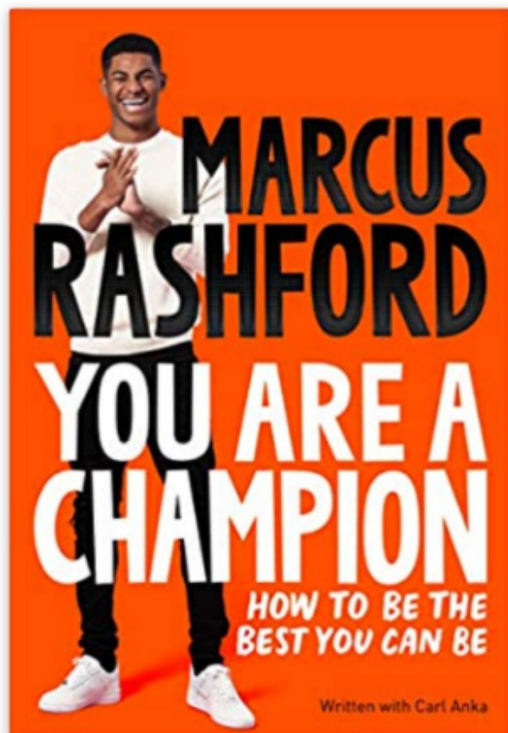
Or we can now - with lockdown easing - contact friends and arrange to meet them outside.

We will look a little later at practical things to do for purpose (understanding public transport timetables for trips and thinking more about careers.



- Manchester United and England footballer
- recently campaigned on homelessness and child hunger
- grew up in Manchester with his mum (who often had several jobs and skipped meals as they had so little money)

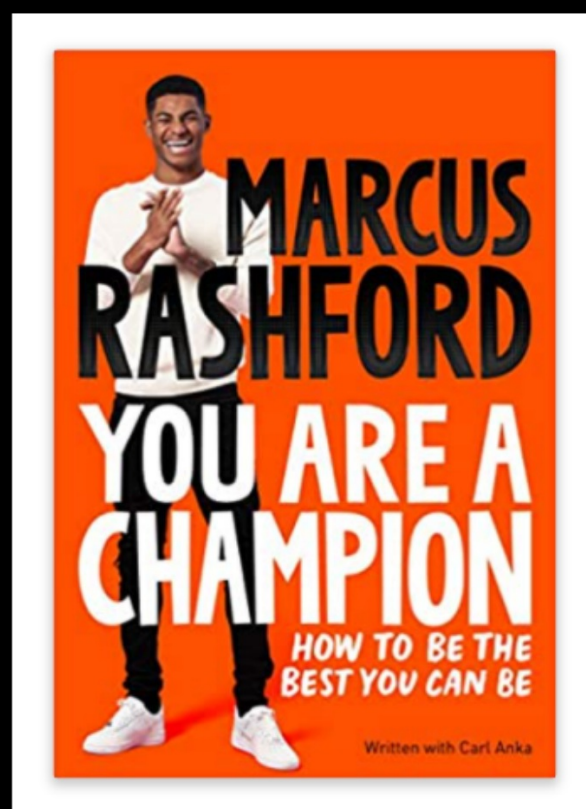
No matter who you are and no matter where you come from, every single person in the world has the potential to be a champion. In *You Are a Champion*, the nation's favourite footballer gives you the tools you need to reach your full potential, showing you how to be the very BEST version of yourself you can be.



His main messages are basically about being as happy as you can be - he has recognised that happiness is about more than pleasure, and he has really focused on the idea of having purpose in life and doing the best with those things to bring more happiness.

On the next slide is a list of the different areas his book works on.

Think about how knowing about - and being better at - these things can help us to be happier.



- Know who you are and be comfortable with this.
- Dream big.
- Practise like a champion.
- Get out of your comfort zone and learn from your mistakes.
- Navigate adversity in a positive way.
- Find your 'team'.
- Use your voice and stand up for others.
- Never stop learning.

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What might we need to learn, and work on, for each of the above?

What skills and knowledge do they require?

We need to develop our understanding of the following areas in order to achieve the things Marcus Rashford has focused on:

- Social media - its positive and negatives, and how to navigate them
- Power - what it is, who has it and why it matters
- Equality - the types of equality and why it matters
- Values - recognising what we each see as important
- Mental health

As a year group we are
going to choose our
topic title.

We will share the ideas
and vote on the ideas
this week!

What is our
new topic to be
called?