

Head Pupil Manifesto

2021/22



Livvie Matthews

About me

I'm Livvie Matthews, i've lived in Scotland for 6 years and i've spent 5 of those at Knox Academy. The transition from England to Scotland alone was scary but then only a year later moving up to S1 it was a lot of change in a short amount of time. However the school helped me through this transition and gave me the support and confidence i needed. I won't lie i haven't had the best secondary school experience and i've gone through alot physically and mentally over the last 5 years. The school have been great in helping me cope and work through the tough times, they helped me build back my confident in not only coming to school but to also be more outgoing in classes and with people. So i am running for head pupil to help those who struggle with confidence and mental health just like i have and try make sure they have a great experience at Knox Academy. I personally believe that all students all students should have the opportunity to get help if they need it and know it is there for them whenever they need it.

Why i would make a good head pupil?

The reason i would be a good head pupil for Knox Academy is because i am confident and always have faith in the things i say and do. I pride myself on being very caring and understanding, i also have a very good work ethic and i never give up. I live by a quote my mum told me when i was young which was "even if things seem tough and challenging and you just want to give up, push through the night and in the morning when the sun is rising you'll see all you have done and realise working through the dark was worth it."

LGBT and Racial Issues

The school have done well in promoting pride week and the BLM protests, however i feel like it should be discussed about more. This could be done through assemblies putting educational videos and powerpoints on the school website to educate more people on these serious issues. I have helped start up the LGBTQ+ group in school and i've also helped start up the Amnesty International group and i encourage more people to join to help educate people and raise more awareness on these minority groups.

Student Stress

I personally know the stress of transition up to secondary school and how scary it can be to be the youngest in a big school. I don't know the full stress of exams but the assessment done this year were stressful enough, and i think things need to be done to help pupils with this stress. So i want to encourage S6 pupils to start up a group for S4 pupils to come along to, to get helps with revision and how to cope with the stress of exams. I also want to encourage S4-S6 pupils to help S1's transition up to Knox Academy to make sure they feel comfortable enough around the school and know the school well to help them cope with the transition.

Mental Health

Mental health is a really important thing to me and with it becoming more of a rising matter in our society with it affecting 1 in 6 school aged children suffer from a mental health problem, more measures should be taken in school to make sure each student feels as though they are not alone. To work on this i would start up a little group for people to drop in whenever they feel like they need someone to talk too. I would encourage S6 and teachers to volunteer to be running these drop ins for people who just need someone there for them so they don't feel as though they are going through whatever they are going through alone.



Clubs

Clubs would be a good way to get all years involved in things together and to hopefully boost morale. Clubs would be a good way for S5-6's to gain new skills such as leadership skills and a good thing to put on CV/ personal statements. Some friends and I have started up a dance club to help make a start to the clubs that could go on in the school.