



Head Pupil Manifesto 2020 - Iris Ramage

About me:

Vote Iris as head pupil if Health and Wellbeing is your priority.

Knox Academy has provided me with numerous opportunities, and guided me through experiences which have pushed me out of my comfort zone and shaped me into the **outgoing** and **passionate** person I am today. I have developed into a person who has been able to overcome challenges by learning to be **dedicated, ambitious**, and accept and seek help when needed. To this day I'm truly grateful to Knox for the amount of support and opportunities I have been offered: coaching the S1-S2 girls football team, pipe band competitions, performing in sporting events, and having a seat in the pupil council. This is why, if I am elected to become head pupil I would be honored to join and help contribute my skills and experiences to push this school to its full potential in supporting pupils in every aspect I can.

With my experience of playing football my whole life I have encountered numerous skills like **communication, team building, organization** and **leadership skills** into my resume. With these skills I believe I can help other pupils explore their love and passions within the school. All of my skills that I have developed are all important qualities to me of being a successful head pupil because I will lead the pupils to educate and support one another, to stand up for each other, fight for their own dreams, and create an atmosphere in the school to allow pupils to express themselves.

With Knox Academy's support I have been successfully able to balance and succeed in both school and football. Without having sports in my life I wouldn't have the courage to be running for head pupil today. Sport has taught me how to flourish in many situations of discomfort and anxiety.

Everyone in life will experience anxiety and we can't dodge it, however if we learn how to control it, it would have less of an affect on our decision making. There are many different ways of putting a lid on your anxiety, for example my football helps me control my anxiety. When I feel anxious I run it off on the football pitch. I want to educate the pupils of Knox Academy that playing sports isn't just so you stay healthy physically, it is to keep your mind healthy and clean too. Social media can sometimes have a bad input of putting a dark cloud of anxiety and depression over your mind, and I am going to help pupils find their ray of sunshine to clear that cloud.

My goal for being head pupil is to have every pupil at Knox Academy experience a love or passion for something like the way I feel for football, and to help them grow into a greater person in the school.

Why you should vote for me:

If I was elected to become Head Pupil, I would do my very best to further improve the schools ambition, and respect. I would strive with all my power for my policies to leave a legacy at the school and give future head pupils something to build on. My policies should not only improve the schools **ambition** now, but also in the years to come.

Having recently joined a professional football team at 17 years old I have learned that just like everything, everyone has a different opinion in every aspect of life. This has taught me how to **listen** to other people's opinions and knowledge and create my own to pass down to future generations. To become a significant head pupil I want to build a **positive, caring** relationship with the younger pupils. Educating them on my experiences and listening and learning from their episodes in life.

A valuable football team or friend group only grows with communication. As a loud, humorous friend I thrive to share my opinions on relevant topics. My strong **communication** skills will allow me to effectively put across my opinions and views to the pupils. I would be able to create dynamic conversation with members of staff and pupils to acknowledge their ideas and intuitions of the school.

By being involved with a well-known football club I have learned how to fully commit and have **dedication** to a role in succeeding in the club, this commitment will push me as a head pupil to drive forward with my desires for the school. I am also able to support other pupils who may be balancing a number of sports with school work and to help them succeed and balance both.

An experience that developed me in becoming a role model on and off the pitch was when I captained a Scottish Cup final. Being the leader of the team I had to motivate myself and 10 others for 90 minutes, this was a challenge. But overcoming this challenge has assured me that as a head pupil I have the **confidence** and **motivation** to guide pupils in challenging situations.

My main goal for the school:

My main goal if chosen to be head pupil is to improve the **health** and **wellbeing** of pupils across the school, with a predominant focus of sports and social media.

After speaking to numerous teachers across the school I gathered that with my experience of football I can help make a change with the way pupils may feel about sports, and educate them to have an interest in what sporting activities can do for your health and your happiness. From the words of our head teacher "sport builds resilience in people", as a head pupil I want to inspire every pupil to be built with resilience. A big focus is the pupils **mental health**, especially after this COVID-19 period. Pupils haven't been able to see their friends or play with their sporting teams for months. As a victim to this I understand the mental challenges of feeling trapped, distressed and anxious about not being able to play sports and have a normal routine. This is why my main focus is to get pupils safely back to their

normal routine as I can. With extra sporting activity, mental health support and freedom around the school I believe I can help.

My Policies:

- **S6 volunteer programme** - help mentor classes in free periods.
- **Award system** for the pupil volunteers in school to be recognised.
- **Celebrating Success days.**
- **Anonymous student led anti-bullying online support.**
- **Increase fundraising in sports teams across the school.**

S6 volunteer programme:

Before writing this manifesto I communicated with the PE staff about problems they can face in the PE department. A main problem being a number of young pupils not taking part in PE lessons, especially girls. I have witnessed this myself as I have studied PE for a number of years. As head pupil I want to change that, and to do so I want to introduce S6 volunteers who might be from a sporty background to go and help mentor and support these pupils to join in the lessons or do something more beneficial than sitting at the side. This may involve the S6 volunteers taking a lesson about body image and advice that they can give. I believe by having a pupil to pupil relationship the younger pupil will be more inclined to be responsive about why they don't want to join in. The relationship between both students will be built with trust and empathy and the focus to help this student benefit in that lesson as much as possible, even if that just involves a chat. Senior pupils have experienced what younger students may be feeling, and with that experience they can pass their advice down to pupils. I want to concentrate on only the year of S1 to begin with. By teaching it from the youngest year of the school I anticipate that it should be carried on into other years of the school in generations to come.

Introduce an award system:

As a volunteer in the Knox Academy S1-2 girls football team I feel that myself and a number of other pupil volunteers aren't being awarded (Certificated award) for the time and effort we are putting into developing the schools teams. Therefore by offering an award to pupils who volunteer, you are not only giving them another certificate to put on their university application, but also spreading a positive outlook on volunteering within the school. This positive outlook will increase the amount of volunteering we have around the school, whether that being in classrooms or coaching after school.

Universities are increasingly harder to get into without having job experience or volunteering etc. As head pupil I want to boost the amount of volunteering awards that you can achieve within the school. Two main awards that I want to implement through the school is the Saltire Award and the Youth Achievement Award. I want every pupil volunteer to be recognised to enable me and the teaching staff to help them be recognised and given the achievement and praise they deserve.

Celebrating Success Days:

Celebrating Success Days are days for the whole school to recognise achievements that pupils, or pupil teams have been rewarded. This recognition would be completed in the morning assemblies, the bulletin, and on school tv's. I think it's extremely important for pupils and teachers to identify the achievements of Knox pupils, whether that being in the rugby team, or eco team etc. It will help improve the community feel of the school because all pupils will acknowledge the school's achievements, and will be surrounded by the successful teams in the school with pictures and videos for the whole school to admire. The teams will feel more appreciated and supported by the rest of the school, increasing the amount of pupils wanting to participate in school teams.

I want to further reward pupils by having a subject tournament every month in the school. Being a participant in the 5 aside football tournament in March, I was able to witness the community feel that was created for the school. Pupils and teachers were taking part but also watching and supporting the teams. This created an amazing atmosphere for the school and a day of fun for the pupils and teachers. The tournaments would vary from subject to subject - PE sports like football and rugby etc, and social subject tournaments involving political debates. This is a great way for all years in the school to come together and in the words of Miss Cook "**be inclusive as one**" and work as a team.

Anonymous online Student led bullying support:

Social media is unfortunately a very easy platform to be bullied on. Younger pupils are targeted to it, and aren't always able to ignore it. Approaching a teacher about being bullied can sometimes be intimidating especially if the bullying is occurring in school. With the knowledge of that I believe by having an anonymous senior led online platform that young pupils can ask for support or advice on, they would feel less intimidated and more likely to be comfortable to ask for help. The head pupils/leadership team would be in charge of it, and they would monitor any responses they get. Pupils then have the option to contact for advice on bullying online or in person. Further building on Pupil to pupil relationships which will be built between younger and older years with trust.

The anonymous platform would be built on google forms with the help of students and teachers with technological knowledge. Pupils would be able to access it through their edubuzz account and choose to be anonymous or not. The leadership team would monitor any activity and stay contacted to the teachers in case of any serious problems that need to be reported. The platform should be announced in every bulletin that it is available for pupils, ensuring that pupils know it is accessible. Further into the term we would possibly ask a question each week to pupils to get a response. For example, "have you been made to feel anxious by someone this week over social media or in school?". This would hopefully generate a response from pupils who may be feeling belittled by others and aren't wanting to talk to someone in person.

I also want to create a post box in the library for pupils who may not have access to the internet at home, where they can write any problems they are having in the box. I shall then monitor the box every once or twice a week and communicate with the pupil who may be facing trouble.

Increase fundraising for sports teams across the school:

A smaller policy that I want to propose to all the sports teams in Knox Academy, is team fundraising. Each team should fundraise for equipment, supplies and kit. This fundraising can be done in any way, within the school or out in the community. As head pupil I would take charge of it and make sure each team is committing to fundraising to ensure they have a fitted kit and enough equipment for training sessions. Captains and teachers of the teams will be in charge of each team's fundraising along with the support of the head pupil and the leadership team.

Conclusion:

Thank you for taking the time to read my manifesto. Stay safe and vote **IRIS for head pupil!**