Assembly Script

This assembly script acts as a guide to delivering an assembly about marking the New School Year with the ‘Pledge Your Voice’ campaign.

This assembly resource explores how what we say and do can affect others positively and negatively and introduces the idea that we should pledge our voices to make a positive difference in 2019.

There is a PowerPoint that compliments the assembly script, please do adapt this script and the PowerPoint to best suit your pupils and your school.

If you have one or two students that are confident leading assemblies, we recommend letting them lead – it is a great way to increase pupil engagement!

**Slide 1**

Welcome back to school and Happy New Year!

I hope you all had a wonderful Christmas and enjoyed your time off.

**Slide 2**

Today we’re going to learn about how thinking and acting positively can make a positive change in our school and local communities this year.

**Slide 3**

We often put self-imposed barriers in their way.

We all do it!

It might be during exams, you might be trying a new sport or are just about to start a new project.

**Slide 4**

These thoughts can lead to low confidence and low self-esteem, which can start a downward spiral and creates more negative thoughts.

**Slide 5**

If we all use our voice to be more positive then we can have a positive effect on our own outlook and also for those in our school and local community!

**Slide 6**

So, how can we improve our mental health and positive mental attitude? Does anyone have any ideas?

*Take some answers from the audience.*

**Slide 7**

Those were all great answers! There are lots of other ways you can improve your positive mental attitude….

*Read through some of the options on the slide.*

**Slide 8**

Remember, although we should always aim to have a positive mental attitude it is natural that we might feel unhappy or unsafe at times.

**Slide 9**

When this happens you should always speak-up. There are lots of ways you can speak-up…

You can speak to any of the teachers at school, a trusted adult and you can also use tootoot!

**Slide 10**

We’ve talked a lot about tootoot during this assembly, can any tell me what tootoot it?

*Take answers from the audience*

**Slide 11**

Those answers are all great! Tootoot is an app that you can use to talk through anything that is making you feel unhappy or unsafe, no matter how big or small. It might be something related to our assembly today, or it might be something different such as a worry at home or bullying.

**Slide 12, 13, 14, 15**

*Talk through how pupils can:*

*-Get their logins*

*-Send a message*

*-Receive a reply*

**Slide 16**

Let’s all take a moment to think about how you might like to Pledge your Voice to make a positive change in 2019.

*Pause for thought*

Great! Now you have a few ideas we will be handing out an activity in class for you to complete so that you can commit to your pledge for the year!

**Slide 17**

Thank you all for listening, any questions?