

Insight driving innovation and impact

Set for Success Case Study: St Julian's School

Improving the engagement and teamwork of young people at risk.

December 2021

Believing in every child's future

Introduction

St Julian's School is a secondary school located in Newport, South Wales. Its mission is to ensure everyone succeeds by providing an all-round education where students learn effectively, develop and experience.

In 2020, St Julian's School joined Set for Success, a two-year youth leadership initiative that aims to provide young people from disadvantaged backgrounds with the opportunity to develop valuable life and leadership skills through mentoring sessions delivered by inspirational athletes. Set for Success is funded by the Wimbledon Foundation and delivered by the Youth Sport Trust (YST).

Background

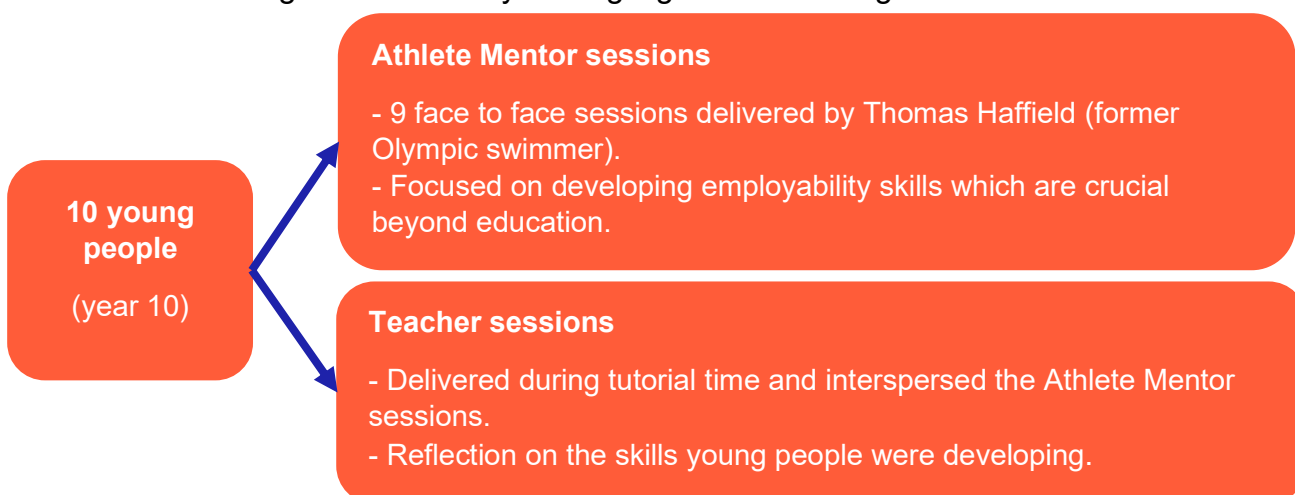
Set for Success offered a valuable opportunity for St Julian's to offer extra support to young people who struggled with their attendance and engagement. The Set for Success model appealed to St Julian's as it aimed to re-engage young people in a different way. In particular, the balance between discussion work and physical activity and sport was seen as an important benefit of taking part, along with having the Athlete Mentor to support the young people. Having a recognized qualification at the end of the programme was also an important element. The school had not previously been engaged with anything similar so were excited at the gap in provision that this programme could fill.

“We were quite impressed with the set-up and what it offers disengaged students - it's niche. It ticked boxes to support students in different ways to help re-engage successfully.”

LEAD TEACHER, ST JULIAN'S SCHOOL

Activities

Covid-19 led to delays to delivery at the start, so the programme activities were extended into the 2021/22 academic year. The key activities that had been delivered at the time of writing this case study are highlighted in the diagram below.



“They [the teacher sessions] were good. We had to break some things down, but they were easy enough to consolidate. With the way the logbook was structured, it was quite easy to follow.”

LEAD TEACHER, ST JULIAN'S SCHOOL

The **teacher-led sessions** were delivered during tutorial time to reduce pressure on staff capacity and to avoid students missing any lessons. The logbook that was part of the programme was effective in helping the teacher to structure these sessions.

A **social action project** had also been planned as part of the programme to enable the young people to put their new skills into practice. However, this had not been delivered yet. A Year 11 student at the school was recently involved in an accident, so the group planned to organise a day to raise awareness of the charity that the student was supported by.

Benefits

Benefits to young people

The key benefits to the young people are as follows:



Increased communication skills and confidence

The programme has had a positive impact on two introverted boys in particular who lacked in confidence; during the programme they came out of their shell. The fact that it was a small group, and they did not know everyone in the group, helped them to open up more. The lead teacher noticed this increase in confidence particularly with the lesser confident students.

“We have one boy who is an asylum seeker from Syria with behaviour issues who lacked confidence, it worked wonders for him.”

LEAD TEACHER, ST JULIAN'S SCHOOL

The programme gave the young people a chance to work in a small group with other pupils who they would not normally speak to. The physical activity and sport part of the programme, in particular, helped the students to all “have a laugh” together and speak together even though they did not know each other prior to the programme.



Improved teamwork

“The programme brought together groups of students who would never come together. They are a difficult bunch but we got them in the same room together and they worked together.”

LEAD TEACHER, ST JULIAN'S SCHOOL

Future

From the start of 2022, St Julian's is delivering Set for Success with a new cohort of young people in year 9. The young people that have already been involved in the programme will work towards a qualification as part of Set for Success and play a mentoring role to the new cohort.

Top Tips

- ✓ Carefully select the right students to be part of the programme; for St Julian's, this meant selecting year 9 students instead of year 10 as they have fewer academic pressures. It also meant choosing the students who were not at the extreme end of disengagement.
- ✓ Follow the guidance in the logbook to facilitate valuable discussions with the young people – break-down the content if needed.
- ✓ Celebrate the programme, for example through social media and telling parents more about it - everyone should know that the programme is happening.



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