



Society Working Intergenerationally Towards Community Harmony



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## St John & St James Podcast Course Jan to Feb 2020 Summary Report

The Niburu London *SWITCH* Project is a National Lottery funded project, working within the local community and offering groups and individuals of all ages short, fun, easy to access Health and Wellbeing and Music and Media workshops. The workshops can help develop physical and mental health and wellbeing, the chance to learn new skills, provide opportunities to meet new people, to improve communication skills and increase confidence.



Having made contact with Shani Glover, the St John & St James Extended Schools Lead, the Switch Project team Music and Media Co-ordinator developed plans to deliver a five week Podcast

course for a total of ten Year 5 pupils. Linked to their current PSHE curriculum topic of "Dreams and Goals", the Podcast was given the title "*Positive Aspirations*".



Over the course of the five week project, the group were encouraged to develop each

element of the Podcast which involved them working as a team as well as individually to plan, discuss, script and record each segment.



Discussions about their own individual future job aspirations were enlightening and the honesty displayed when pupils were asked to assess the skills and attitudes they would need to improve in order to reach their future goals was really pleasing.

With the Podcast almost complete, the children were asked to decide what more they could include. It was agreed that for any of the other pupils of St John & St James listening to the Podcast, it would be useful for them to hear recommendations about what you need to do in order to stay positive. We recorded some really positive and insightful suggestions such as:

“you need to have a growth mind set” “you need to think about what you are doing and do the things you like” “you need to have a good attitude” “you need to never give up”.



Overall, the Switch project team were really pleased with the outcome of the course and observed an increase in confidence amongst all the pupils involved in the

workshops, with one or two of the children in particular, really seeming to benefit from the experience.



It is hoped we will be able to return to St John & St James to deliver further courses with different groups in the future but we are happy we have now

created a good format for delivering Podcast Courses within primary schools and will endeavour to develop relationships with other schools in the area in the coming months.

**Niburu London Switch Project Team  
March 2020**