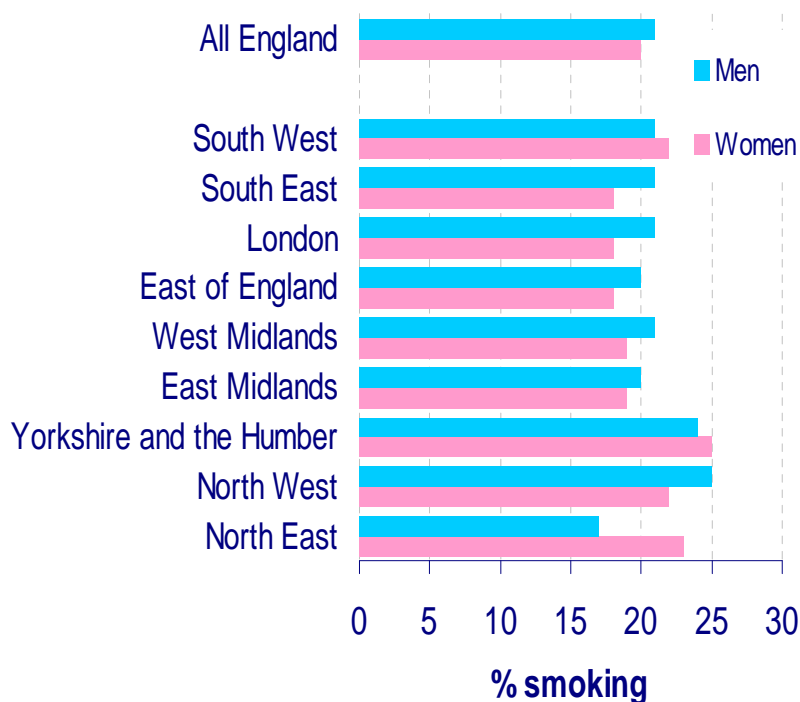


Liskeard School and Community College

Liskeard School and Community College serves the town of Liskeard and surrounding villages. The school is larger than average with 1350 students. Most of the students are from a white British background, with a small number of ethnic minorities. The school has had engineering status since 2004 and has received a number of external awards to recognise its commitment to promoting sports, the arts, enterprise and work related learning. Around 20% of the students are on the register of need and 8.6% receiving free school meals.

As a teacher and lead in PSICHE I wanted to ensure that the programmes of study in school focussed on smoking as a major priority. Although there are no really high numbers of smokers in the school (36 confirmed) there are an increasing number who are suspected to may be involved with smokers (189). when teaching students there was a certain degree of apathy, I also felt that not a lot of work was done at the higher end of the school to reintroduce the message of what smoking can do to young people. As you can see from the graph below there are a high number of smokers in the region.

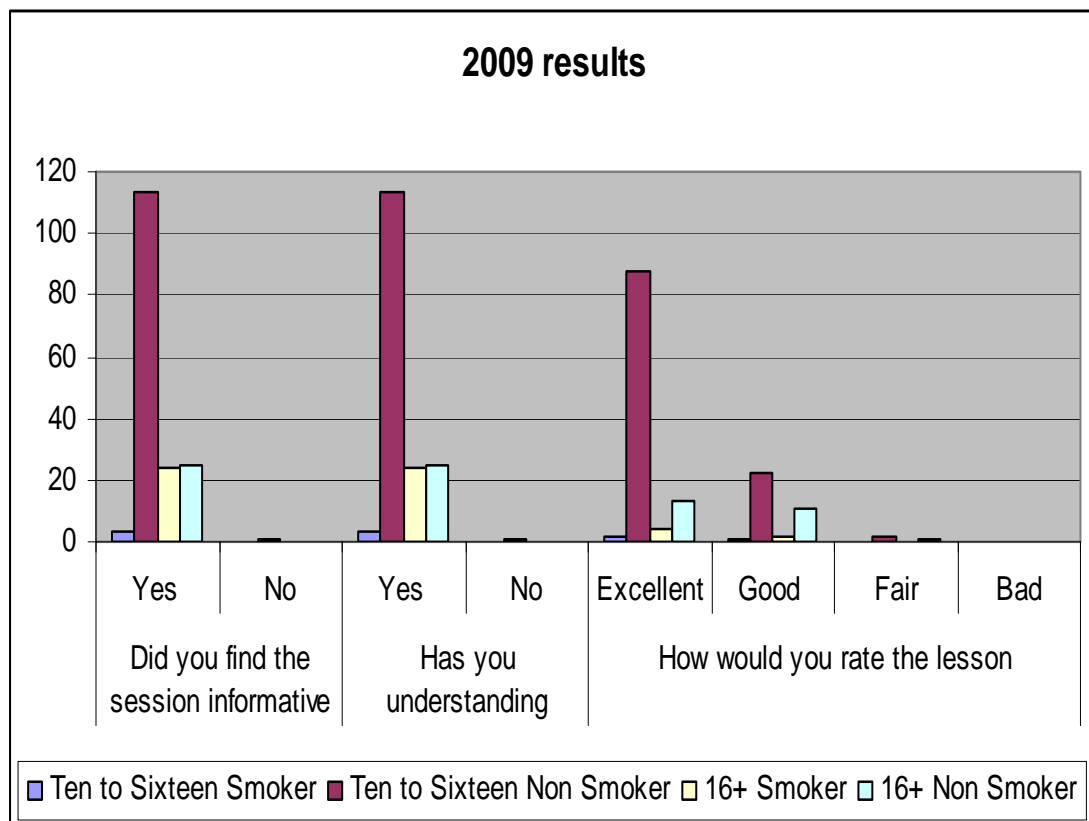
Figure 6.5: Prevalence of cigarette smoking by sex, England and Government Office Regions, 2008



I also asked heads of years for known and suspected students involved with smokers and the results are listed in the table below.

Year Group	Actual Smokers (confirmed)	Suspected involvement in smoking
7	0	5
8	1	10
9	5	28
10	21	96
11	10	50

Initially I asked the Breathers Club to come in and do a talk with my year 11 (15-16) to talk about the dangers of smoking. I was really impressed with the way they looked at the subject. Their session was based on telling their stories to the students. I felt this was a superb way of educating students as they could see the relevance. Both Joe and Mick constantly reinforced that they were there not to preach but to share and this approach worked really well with the students. As a result I wanted to roll out the talk to the rest of the year 11 groups and more importantly we eventually managed to hold sessions for 165 students.



The activities we chose to do were initially a talk to the year groups involved at class level. Dates were given for each class and Joe and Mick attended all of them. In the session Joe and Mick outlined their own stories of how they began smoking and the effects it has had upon them. As the course has developed they have been able to secure funding for props to help them explain what is happening to them physically. The talk then proceeds to talk about the long term health effects and how both Joe and Mick cope with their illness, this is an extremely powerful part of the lesson as they go through the medication they are on and what it does, they finish off with a question and answer session which is always well supported by the students.

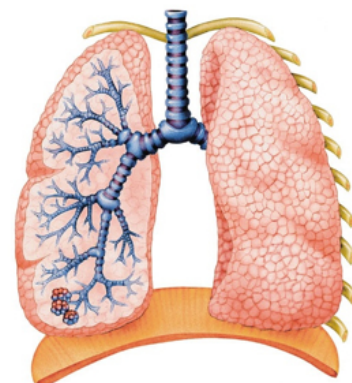
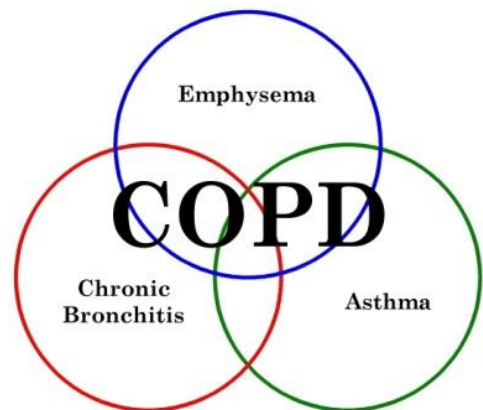
As well as this we decided to do a Discovery Day (the school curriculum is collapsed for the day) with a group of young students looking closer at the work breathers club do with its members and to gain a higher appreciation of Chronic obstructive pulmonary disease. We planned the day to be a two way learning experience so initially the breathers club did an exercise workout with the group of students. The students then designed a workout for the breather's club members; we found this exercise superb for the students because it enforced just how badly the body is affected by COPD. The afternoon was spent by the students researching COPD and producing a leaflet on it to help educate students of a similar age an example can be seen below.

COPD

(COPD), also known as chronic obstructive lung disease (COLD), chronic obstructive airway disease (COAD), chronic airflow limitation (CAL) and chronic obstructive respiratory disease (CORD), refers to chronic bronchitis and emphysema, a pair of commonly co-existing diseases of the lungs in which the airways become narrowed. This leads to a limitation of the

COPD

AWARNESS



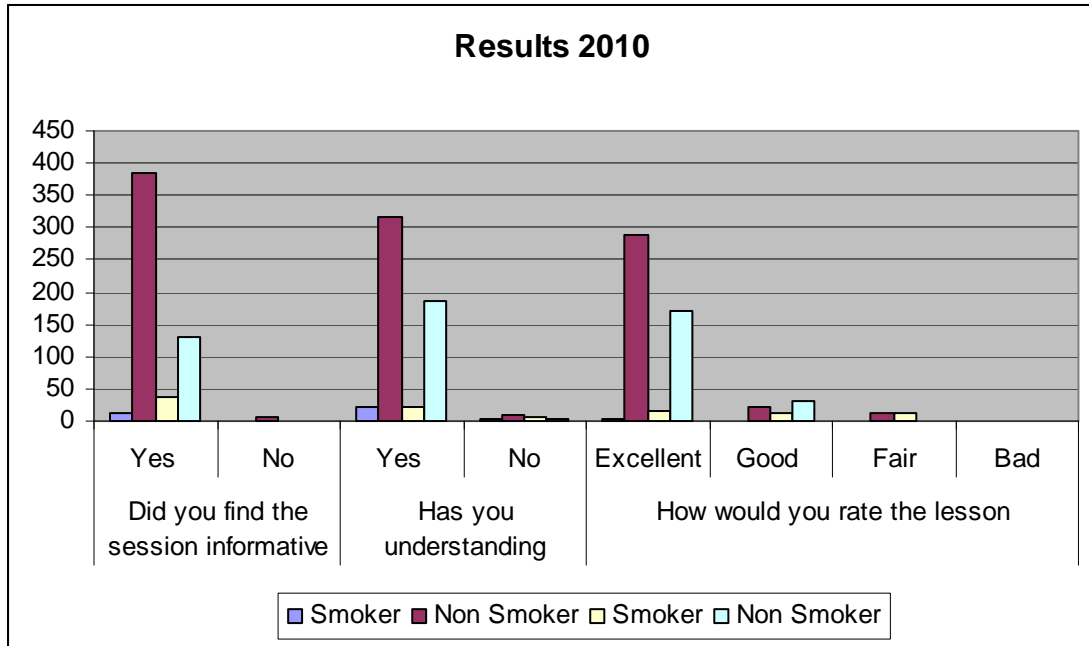
An example of one students work

As a result of this initial survey we thought it vital that the programme the Breathers Club was giving should be expanded to include the year 9 students, we felt this important as it will be two years from their initial talk in year 7 and a venerable age for students in terms of starting to smoke. This is supported by a cancer research survey (2008) that suggests "While less than 1% of 11 and 12-year old children smoke, by the age of 15 years, 15% of children in England report being regular smokers despite the fact that it is illegal to sell any tobacco product to under 18s. There is evidence that actual smoking rates among 15-year olds may be higher than reported, based on measurements of cotinine in saliva, with 21% of 15-year old boys and 19% of 15-year old girls having cotinine levels indicative of active smoking" We made sure that the talk was delivered to all classes in years 7, 9 and 11. We also made sure we identified students who were known smokers and made sure that they were in the sessions, we did not want to separate these students out and isolate them so we checked that they attended through the class register. These expanded sessions gave us the opportunity to do sessions with 190 students in year 7, 191 in year 9 and 205 in year 11 a total of 586 students.

As previously identified from the cancer research there are a high percentage of smokers in the region. At school level we have a low number of confirmed smokers 37 in total (children caught smoking) we also have a number of students that we believe may be smoking out of school or involved with smokers 189 in total, this was especially apparent in year 10 Hence the focus this year (the group have moved up to year 11) on year 11.

We agreed that the impact of the breathers club had been substantial the previous year, 151 students out of the 166 surveyed found the sessions excellent (110) or good (41) therefore as part of the healthy schools plus accreditation it was vital that we forged the good links and move forward to expanding what we did with the Breathers Club. To make sure we were monitoring the success of the talks we gave students feedback questionnaires out again so students could anonymously feedback on the session not all students chose to feedback hence the difference in numbers taught and feedback results This gave us a very good idea on student's perceptions of the session and gave Joe and Mick instant feedback on the individual session that they had just taken.

All year groups mentioned received the session and feedback was overall very good indeed (see graph overleaf). The students, both smokers and non smokers, responded extremely positively to the talk and gave back some very good quotes which are found at the end of this report. We were pleased that the programme had expanded and moved on so much in the space of a relatively short time. The breathers club now work with a number of other schools as a result of the work they have carried out with the school. The discovery Day went ahead but we did not get the students we really needed to see as a reward trip was planned that day. We felt that if we made the targeted students do the day they would see it as a punishment rather than a learning experience.



Overall I feel the work with the breathers club this year has gone from strength to strength, the feedback from the PSCHE lessons was superb and I feel that the students really have learnt about the effects of smoking. 478 students rated the session as excellent and 66 rated it as good no student rated the talk as bad and as a result Joe and Mick have really grown in confidence as they have worked with the school. I believe they are doing a fantastic job. I was however disappointed that we could not get our targeted group of students in for the Discovery Day, but as a result we are planning to run special sessions after school for targeted students, we also want to get them involved in the delivery of the talks with the breathers club. The students that did take part in the discovery day produced some outstanding work; they worked superbly with the members of the breathers club and really enjoyed the day.

Feedback from students

"I thought the lesson was really good, it taught me about all the risks there are. It also taught me lots of things that happen inside the body that I didn't know."

"This lesson was interesting and I definitely do not ever want to smoke."

"Wow it's really opened me up to what smoking can do it really has affected me. It was an amazing lesson."

"It has made me realise the damage smoking can do to you. This lesson was amazing."

"This has been a brilliant lesson they should do this lesson to more children"

I think the lesson was very truthful and real. It really makes you think how much smoking can do to you.”

“I thought it was good because it made you think about what could happen if you start smoking...and them telling you actually what happened to them was good.”

“My mom and her boyfriend both smoke. Luckily now I can tell them what could happen to them because of smoking.”

“I found the session very helpful” (confirmed smoker).

“I didn’t know what could happen to a smoker until today, I’m happy that they came to talk to my school” (confirmed smoker).

“This discussion has really opened my eyes to things that happen when you smoke. It will have a great effect on other people too.” (Confirmed smoker)

Feedback from Staff

“Effective in terms of understanding lung disease and the effects of cancer. Good use of amount of medication needed to demonstrate lifestyle”.

“The tone of the discussion was spot on. I enjoyed the information and the way it was put across. Facts and not preaching, which I think was a great for the audience.”

“I found the talk frightening and spine-chilling. It is a wonder that anybody can take up smoking in the light of the personal accounts that we heard and the sheer weight of medication which you showed us.”

The session was well thought out and very appropriate to the age group. The children were engaged throughout the whole lesson and took part enthusiastically.

What is COPD

What is COPD



COPD stands for chronic obstructive pulmonary disease. This is a term used for a number of conditions; including chronic bronchitis and emphysema.

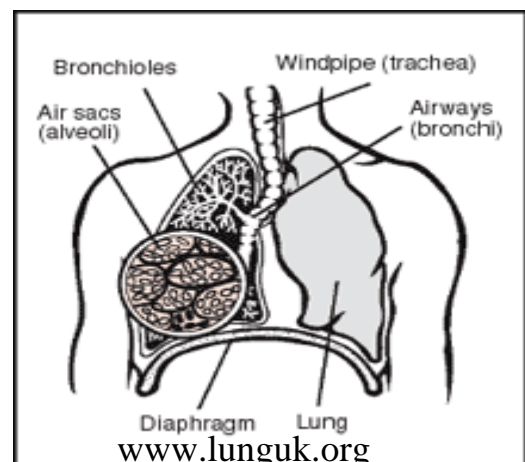
This all about the COPD

Find information more go to www.secbreathersgroup.co.uk

COPD leads to damaged airways in the lungs, causing them to become narrower and making it harder for air to get in and out of the lungs. The word 'chronic' means that the problem is long-term.

thank you

By Manot Pongkanphai
Liskeard school



We plan to keep the talks at years 7,9 and 11 as well as work with small focus groups of targeted students that have been identified as smokers this method of small group work has worked extremely well with SRE education to vulnerable students in the school. I plan to write this up as may case study for next year. We are also planning to use the breathers club on a health awareness day that will be ran in the summer for year 10 students.