



Topic: Mental health
Year group/s: 6-7
Subject: English, Writing

NC link/s:

KS2	KS3	
	Key processes	Range and content
Planning and drafting	Planning and drafting	Develop characters and settings
Writing to imagine and inform	Persuasive techniques	Write poetry, letters, plans
Writing poems, letters, lists	Write imaginatively	

Time: 3 hours (in three or more lessons) plus optional further lesson

Resources: Whiteboard with internet access, pencils and paper, computer suite (optional), blank postcards or letter paper, pens, folders per pupil

Learning outcomes: By the end of these lessons pupils should be able to:

- Write imaginatively about what it would be like to go to a psychiatric hospital
- Tailor their writing to different purposes and audiences
- Plan, draft and review their own written work

Prerequisites: It would be helpful but not essential for pupils to have already completed the *Out of Sight, Out of Mind?* History and English speaking and listening lessons.

Time	Details	Resources
Lesson 1		
5 minutes	Explain to your class that they are going to create an archive of poetry, letters and lists inspired by the <i>Out of Sight, Out of Mind?</i> project to match the archive that Hertfordshire Archives and Local Studies has about Hill End hospital.	Images of Hill End archive on the whiteboard (see web links below)
5 minutes	The first set of archives will be lists of what the class would take to hospital if they had to be admitted as patients. Ask the class to read some of the lists and luggage tags on the whiteboard.	List of some items patients took with them and images of luggage tags on the whiteboard (see web links below)
20 minutes	Ask each pupil to write the five things they would take to hospital with them and why.	Pencils and paper
20 minutes	Pair up your pupils and ask them to share the items they would take to hospital with each other.	
10 minutes	Each pair can then report to the class about one thing they would take to hospital with them.	
10 minutes	Explain that in the early days, patients had all their personal items confiscated when they arrived in	Folders

	<p>hospital. Ask the pupils why they think that was and how it would make them feel.</p> <p>Give each pupil a folder with their name on it that they can use to collect all their writing and art for this project.</p>	
Lesson 2		
5 minutes	Remind your pupils that you are making an archive of documents inspired by the <i>Out of Sight, Out of Mind?</i> project. Explain that the next document you are going to create will be a poem.	
5 minutes	Show images of previous schools' work where pupils wrote poems on the back of photographs of former patients at Hill End.	Images of poems on the whiteboard
5 minutes	Discuss with your pupils what types of poem they know about. You may have already explored rhyming couplets, blank verse, limericks and haiku. Discuss the different features of these types of poem. Ask them which type of poem might be best suited to this task.	
10 minutes	Introduce the idea of using the Fibonacci Sequence (see Notes below) to create poetry.	

	Decide as a class which type of poetry form to use (haiku and the Fibonacci Sequence would constrain the format of the poem – perhaps that is appropriate if the poem is about being in a psychiatric hospital?)	
20 minutes	Give out a selection of photographs from the <i>Out of Sight, Out of Mind?</i> project for each table to use as inspiration for their poem. Pupils can imagine themselves as patients, nurses, doctors or visitors to the hospital and describe their experiences.	Images from website (see below).
15 minutes	As and when pupils are ready, ask individuals to read out their poem to the whole class. Ask each pupil to put their finished poem into their folder.	
Lesson 3		
5 minutes	Remind pupils they are going to create the last document for their <i>Out of Sight, Out of Mind?</i> archive. This will be a postcard or letter to a friend or family member written as if they are a patient in the hospital (if a postcard, they can use one of the images they create in the art lessons as the	

	picture).	
10 minutes	<p>Planning</p> <p>Ask pupils to draw up a plan of what they will write. They should think about:</p> <ul style="list-style-type: none"> • Who they will write to • What type of language they will use (i.e. informal/formal) • Layout (of a letter or postcard) <p>Ask pupils to include one of the following in their letter or postcard:</p> <ul style="list-style-type: none"> • A positive experience in hospital • What you miss most about the outside world • A memory that makes you happy • Your wishes for the future <p>Pupils could think about when they want to introduce this feature into their letter or postcard. Straight-away? At the end?</p>	Pencils and paper
10 minutes	<p>Drafting</p> <p>Ask each pupil to draft their letter or postcard once they have planned it.</p>	Paper and pencils
10 minutes	Reviewing	

	<p>Ask each pupil to swap their first draft with the person next to them.</p> <p>Ask them to read their partner's letter or postcard and come up with two stars and a wish (two positive things and something that could be improved)</p> <p>Each pair can then discuss the comments.</p>	
10 minutes	<p>Writing</p> <p>Ask each pupil to take back their first draft with the comments and write up their final letter.</p>	Blank postcards or letter paper and pens
15 minutes	<p>Sharing</p> <p>Ask for volunteers to read their letter or postcard out to the class.</p> <p>Ask each pupil to put their finished postcard or letter into their folder.</p>	
<p>Lesson 4 (Optional – after the art lessons)</p> <p>Contact the website editor at <i>Out of Sight, Out of Mind?</i> at the following email address to let them know when you are doing this lesson and they will endeavour to approve and publish each postcard to the website as soon as possible.</p> <p>Daphne.knott@hertscc.gov.uk or llinos.thomas@hertscc.gov.uk.</p>		
5 minutes	Tell pupils they are going to upload their postcard	Computer suite/

	to the <i>Out of Sight, Out of Mind?</i> website.	computers in class
20 minutes	Show the class how to open Notepad and type their postcard text into the file. Show them how to save this to the desktop or a folder you have already set up.	Notepad software.
20 minutes	Show the class how to log on to the <i>Out of Sight, Out of Mind?</i> website and how to copy and paste the text in Notepad to the text box on the website. They can then format the text to look more like a postcard online.	
10 minutes	Show pupils how to upload an image of their favourite piece of art (each image should be less than 10mb in size).	Pre-scanned images of one piece of each pupil's artwork
5 minutes	Make sure that each pupil has saved their upload to the website before logging out.	

Key Stage 3 Differentiation/Extension

Kay Stage 3 pupils could choose one of the three creative writing tasks from the lesson plan above and come up with one other that they devise.

Notes

Here are links to archival material on Hill End Hospital:

http://www.stalbansoutofsightoutofmind.org.uk/page_id_99_path_0p2p21p.aspx
http://www.stalbansoutofsightoutofmind.org.uk/page_id_101_path_0p2p21p.aspx
http://www.stalbansoutofsightoutofmind.org.uk/page_id_104_path_0p2p21p.aspx
http://www.stalbansoutofsightoutofmind.org.uk/page_id_105_path_0p2p21p.aspx
http://www.stalbansoutofsightoutofmind.org.uk/page_id_103_path_0p2p21p.aspx

Here is a link to images of the luggage tags filled out at the project exhibition and lists of some of the items people arrived at hospital with:

<http://www.stalbansoutofsightoutofmind.org.uk/prizedpossessions>

Here are poems written by students at Francis Bacon School:

http://www.stalbansoutofsightoutofmind.org.uk/page_id_62_path_0p31p36p.aspx

Here are some links to images to use for inspiration for poetry:

http://www.stalbansoutofsightoutofmind.org.uk/page_id_109_path_0p2p21p.aspx
http://www.stalbansoutofsightoutofmind.org.uk/page_id_134_path_0p2p21p.aspx
http://www.stalbansoutofsightoutofmind.org.uk/page_id_59_path_0p2p21p.aspx
http://www.stalbansoutofsightoutofmind.org.uk/page_id_89_path_0p2p21p.aspx
http://www.stalbansoutofsightoutofmind.org.uk/page_id_111_path_0p2p21p.aspx
http://www.stalbansoutofsightoutofmind.org.uk/page_id_5_path_0p3p.aspx

The Fibonacci Sequence is named after the Italian mathematician who lived in the 12th century AD who observed it in nature. Pine cones, for instance, show this number

sequence in the arrangement of scales in spirals around the main stalk.

The Fibonacci Sequence is:

1, 1, 2, 3, 5, 8, 13, 21, 34, 55 etc...

It is made by adding up the previous two numbers (starting with 1):

$$1 + 0 = 1$$

$$1 + 1 = 2$$

$$2 + 1 = 3$$

$$3 + 2 = 5$$

$$5 + 3 = 8 \text{ etc...}$$

If you want to create a six line poem, it could look something like this:

Hill,

End.

Hill End.

Hill End Hospital.

Hill End Hospital was home.

Hill End Hospital was my home for years.

Haiku in English tends to have three lines of up to a total of 17 syllables, but most have 14 or 15. You could stick to the strict 5-7-5 structure per line. Haiku also includes at least one seasonal word and generally compares two ideas, images or objects.

You could make your pupil's documents look more like historical documents by painting them with a wash of weak cold tea (without milk!). Perhaps the edges could also be cut a little to look older.

How to add to the *Out of Sight, Out of Mind?* website.

Register on the website by clicking on the bottom left hand side of the website. You could use a generic school email address to register and will receive a confirmation email on that address with your username and password details. Contact the website editor to create an area for your postcards.

Ask your pupils to enter the username and password you have chosen to log on when they are ready to upload their text. Click on the edit pages button at the bottom left hand side of the website. Choose to add a page. Pupils can then write a title and sub-title. Click on the tab 'Add words'. Get your pupils to copy and paste their text from Notepad into the text box. They can then play around with the formatting to change the text type, underline it etc...

Next ask them to the 'Add photos' tab. Click on browse to search for their postcard image. When they are happy with the page, they can click on Save, and then Save and submit. It will go to the website editor for publishing.