



Anthem in Schools



**Anthem
Mental Wealth
& Wellbeing in Schools**



Supporting Christian Schools in Nurturing Faith, Identity & Emotional Resilience

Who We Are

Anthem is a Christian organisation delivering structured wellbeing and faith-based music programmes in secondary schools using professional silent disco technology.

We help young people explore:

- Identity and self-worth
- Emotional resilience
- Anxiety and overthinking
- Faith in real life
- Biblical wisdom for modern pressures

Through music, reflection, and guided discussion, students engage deeply without pressure or performance.



We believe young people need:

- Truth with compassion
- Faith with honesty
- Worship with understanding
- Emotional resilience grounded in hope

Anthem exists to serve Christian schools in raising confident, thoughtful, faith filled young people.



Free for Schools • Supported by GPS • Here to Serve

Why Music?

Teenagers already process life through music.
We use that natural connection to:

Create safe reflective spaces

Open honest conversations

Explore biblical truth in relatable ways

Encourage emotional literacy

Strengthen spiritual formation

Music allows students to
lower defences and
engage heart as
well as mind.

What Makes Anthem Different?

We do not simply perform songs, we:

- Unpack lyrics
- Draw out biblical principles
- Identify emotional triggers
- Offer practical coping strategies
- Encourage authentic faith expression

Students leave with tools, not just inspiration.

Our Equipment

Anthem uses professional "Harry" wireless headphones and "Falcon" transmitters, this means:

- Three simultaneous audio channels
- High-quality sound
- Comfortable adjustable fit
- Clear LED channel indicators
- All-day battery life
- Quick setup and pack-down
- No disruption to neighbouring classrooms

The result: immersive engagement without noise.



What We Offer

1. Mental Wealth Workshops

We listen to original Anthem songs and:

- Explore their themes
- Examine the biblical foundations
- Identify practical life tools
- Discuss real world application
- Encourage thoughtful faith development



Sessions are structured, age-appropriate, and discussion-led.

2. Anthem Lunch Clubs

For students who:

- Feel overwhelmed in busy dining halls
- Struggle with anxiety or social pressure
- Prefer smaller environments
- Need calm, safe connection

We provide:

- A supervised quieter space
- Three simultaneous music channels
- Reflective Christian music
- Uplifting worship



Students can regulate, reflect, and reconnect during the school day.

3. RE Through Music

We explore:

- Christian ethics and moral decision making
- Forgiveness, humility, sacrifice
- How theology shapes art
- Christian worldview and culture
- Identity in Christ



Students are invited to think critically, ask questions, and deepen understanding.

Ready to Bring Anthem to Your School?

We would love to explore how Anthem can support your students' faith, identity, and wellbeing. Visit: www.gpsuk.org

Submit an enquiry through our website to arrange a conversation, pilot workshop, or themed event.

