

# Hyde High School

## Character Development **Year 7**



Name:

Form Group and Tutor:

# Character Development

At Hyde High School, we are determined to provide students with a wealth of opportunities, both inside and beyond the classroom. We aim to enable all our students to develop into confident and compassionate young adults with a strong moral code so that they are able to take their place as responsible citizens, ready to contribute positively to their communities and the wider world around them.

We encourage our students to develop a commitment to serving others, to participate in a wide range of activities (both in and outside school), to develop the ability to lead others and of course, the skills to effectively learn.

## Our Four Character Pillars

Increasingly, both employers and further education institutions are looking for qualities that go beyond examination performance. The aim of the Character Development initiative is to help identify and develop these qualities but, perhaps even more importantly, to recognise and reward students whilst they develop into skilled, strong, kind and responsible citizens equipped for a rapidly changing world.

With a range of activities to get involved in, students will be given the opportunity to develop and practise the skills and qualities under the 'Four Character Pillars' highlighted below:

- **Scholarship** – “the acquisition of knowledge or skills through study, experience, or being taught”
- **Leadership** – “the action of leading a group of people or an organisation, or the ability to do this”
- **Community** – “an act of helpful activity”
- **Participation** – “the action of taking part in something”

Students will be rewarded at Hyde High School for demonstrating strong character development. For instance, students may help others in an organised **community** event or by **participating** in a school concert or sporting fixture. Likewise, by demonstrating great **scholarship** by making strong academic progress in a range of subjects, or by showing strong **leadership** by organising and leading other students in an activity.

Progress will be measured against criteria contained in this booklet. Under each of the Four Character Pillars there is a menu of suggested activities that can be completed to develop a particular character trait. The range of activities is designed to allow personalisation so that each and every student can be successful in meeting the criteria to show strong character development.

Activities and tasks can be completed independently, through lessons or extra-curricular activities, or beyond the classroom at home or in the holidays. There are likely to be activities that students consider successfully demonstrate strong character development in one of the Four Pillars that are not shown in the suggested activities or tasks and, in these cases, these will be considered on their individual merit.

Students will be responsible for recording and uploading evidence to demonstrate successful completion of tasks and activities related to each of the Four Character Pillars. **Miss Mahboob** will then verify completion of activities and tasks. This will encourage students to develop their independence and give ownership of their achievements, which will be recorded in their Character Pillars Folder within Google Classroom and this booklet.

Successful completion of activities related to any of the Four Character Pillars will earn students a pin badge to wear proudly on their blazers. These will be awarded to successful students throughout the school year in formal assemblies and at regular celebration evenings to which parents and carers will be invited. There are three levels of achievement for each of the Character Pillars, with each one having gradually more challenging completion criteria:

- Level 1 = **Apprentice** (beginner)
- Level 2 = **Graduate** (developed)
- Level 3 = **Master** (advanced)



**In year 7, you will start here!**

## Pillar 1 – Scholarship

This Pillar is about gaining or acquiring knowledge or skills in something through study, experience or being taught. These can include skills and knowledge both in and out of school. The criteria for achieving this Pillar are outlined below.

### Apprentice (you will need to complete 3 challenges to achieve this title)

1. Gain at least 96% attendance & punctuality for a year (this fits in with the form competitions- which form will win the most prizes)!!
2. Meet or exceed your target grade in at least four subjects
3. Receive a subject badge in at least two subjects over one year
4. Write a book review
5. Support a peer during a lesson/activity
6. Learn to play a new sport/instrument/pastime/skill
7. Complete 100% of homework tasks in a term
8. Complete the Bookmark Challenge
9. Complete a revision poster on a topic from any subject



### Graduate (you will need to complete 3 challenges to achieve this title)

1. Gain at least 96% attendance & punctuality for two years
2. Meet or exceed your target grade in at least five subjects over two academic years
3. Participate in group work effectively
4. Write an article for the student newsletter
5. Read 5 articles/books on a subject of your choice and show your form tutor
6. Learn to play a new sport/instrument/pastime/skill (two different activities)
7. Complete 100% of homework tasks (over two years)
8. Complete the Bookmark Challenge
9. Head of Year commendation

### Master (you will need to complete 3 challenges to achieve this title)

1. Gain at least 96% attendance & punctuality for three years
2. Meet or exceed your target grade in at least six subjects over three academic years
3. Receive a subject badge in at least six subjects over three years
4. Have one of your articles published in the student newsletter
5. Receive a certificate for an Outstanding Tracking Report (three times)
6. Learn to play a new sport/instrument/pastime/skill (three different activities)
7. Complete 100% of homework tasks (over three years)
8. Create revision posters/documents for 3 subjects
9. Headteacher's or an SLTs commendation

## Pillar 2 – Leadership

This Pillar is about being confident and resilient and being able to take on the role of leader with its associated responsibility. This pillar provides opportunities to develop essential skills that will benefit every aspect of life. The criteria for achieving this Pillar are outlined below.

### Apprentice (you will need to complete 3 challenges to achieve this title)

1. Lead an activity within a session as part of an after-school club (e.g lead the warm up)
2. Take a lead role within a group task as part of the Mental Health project
3. Achieve 3 Leadership awards via Go4Schools
4. Provide evidence of one Leadership experience (from outside of school)
5. Become a successful form captain for a half term
6. Lead one form activity (e.g Numeracy activity)
7. Lead in the creation of Hampers

### Graduate (you will need to complete 3 challenges to achieve this title)

1. Lead a session as part of an after-school club (e.g plan and deliver a training session)
2. Help check uniform and equipment with your form tutor
3. Achieve 6 Leadership awards via Go4Schools
4. Lead in supporting the Year 7s during Character form sessions
5. Become tutor/mentor during form time
6. Lead part of an assembly / in school larger event (open evening)
7. Leading in the Winter markets stall

### Master (you will need to complete 3 challenges to achieve this title)

1. Lead a 3-session programme as part of an after-school club to improve the performance of others
2. Lead a new Mental health initiative to younger students
3. Achieve 9 Leadership awards via Go4Schools
4. Provide evidence of three Leadership experiences (from outside of school)
5. Lead in supporting the Year 8s during Character form sessions
6. Leading a group to represent school externally (on a trip)
7. Representing the school/form



## Pillar 3 – Community

This Pillar is about being considerate to others, whether that be to people in our school community or in our wider community. You will need to evidence how you have served others. This Pillar requires you to make a positive contribution either in or out of school and do something that benefits others. The criteria for achieving this Pillar are outlined below.

### Apprentice (you will need to complete 3 challenges to achieve this title)

1. As part of your form, take an active part in raising money for a charity
2. Bring a friend to an extracurricular club
3. Volunteer 5 hours of your time to support others (a charity, a teacher, a parent, another student etc.)
4. Mentor another student (reading during form)
5. Achieve a school award for community work (eg. praise postcard)
6. Demonstrate an understanding of our school charity (eg. poster/leaflet)

### Graduate (you will need to complete 3 challenges to achieve this title)

1. Raise over £25 for a charity event
2. Organise a school fundraising event (eg. cake sale)
3. Volunteer 10 hours of your time to support others (a charity, a teacher, a parent, another student etc.)
4. Mentor a student or a group of students
5. Achieve a local award for community work (eg. witness statement from a local charity)
6. Gain at least 50 participation points.

### Master (you will need to complete 3 challenges to achieve this title)

1. Raise a considerable amount of money for charity (eg over £50)
2. Encourage being more sustainable (help look after the environment)
3. Volunteer 15 hours of your time to support others (a charity, a teacher, a parent, another student etc.)
4. Mentor a student or a group of students and evidence progress in performance
5. Be an event organiser/helper (ask Miss Mahboob)
6. Raise awareness of bullying- assembly/form group visits





## Pillar 4 – Participation

This Pillar is about being involved in the life of the school **beyond the classroom** and requires you to take part. This might include clubs or teams or performing at an event. It could also include assisting in some other aspect of school or taking part in a school trip. The criteria for achieving this Pillar are outlined below.

### Apprentice (you will need to complete 3 challenges to achieve this title)

1. Attend 8 extra-curricular sessions
2. Take part or perform in a school subject based event or competition (eg. concert/football match)
3. Assist a member of staff at a subject based school event
4. Attend a school trip (Hyde Day Out/PGL)
5. Achieving 20 participation points for being actively involved in lessons
6. Participate in a club outside of school (eg Scouts/Guides/Cadets/Sports/Drama)

### Graduate (you will need to complete 3 challenges to achieve this title)

1. Attend 16 extra-curricular sessions within an academic year
2. Take part or perform in an inter-school event or competition (eg. Tameside athletics/maths competition)
3. Assist a group of staff at a major school event (eg. Open Evening)
4. Choosing to participate on a school trip (eg. Theatre trip, museum visit etc)
5. Achieving 40 participation points for being actively involved in lessons
6. Participate in creating/helping with displays in/around the school

### Master (you will need to complete 3 challenges to achieve this title)

1. Committed & regular attender of an extracurricular activity (over two years)
2. Take part or perform in an inter-school event or competition at regional or national level
3. Assist a group of staff at an inter-school event
4. Being selected to go on a school trip
5. Achieving 60 participation points for being actively involved in lessons
6. Choosing to volunteer outside school (church, mosque, workplaces)



## Guidance

You will have to be **hands-on** and work with **independence** as you will be **responsible** for how successful you will be.

You will be given time in form to complete your 'Character journey' and will be given activities throughout the year to support you with this.

Check the Google classroom and this booklet for each activity week by week. You will complete the booklet and you will input the evidence for the pillars on Google Classroom and Miss Mahboob will check over this.

You can complete each of the pillars at your own pace and in any order and once you have completed all four you will have completed the APPRENTICE LEVEL.

As explained earlier in the booklet the suggestions under each Pillar does not cover everything. If you feel you have achieved something that could contribute, please discuss with Miss Mahboob.

You will be responsible for adding pictures/videos/audios/witness statements to your Character assignments within Google classroom and this booklet. When you have completed the assignment then submit your slides for review.

The team of staff that will be working with you throughout your Character journey is listed below. If you need any help or advice, please speak to your form tutor or one of the Character team.

Miss Mahboob - Character Development Lead

Mrs Poole - Deputy Headteacher

Mr Leadbeater - Pastoral Lead

Mrs Kearns- Head of Year 7





**Week 1 and 2-** Introduction to Character and What it is.

Read through ALL the information above summarise in your own words, what you think Character Development is all about.

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Why do you think Character Development is important?

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What level will you start your year 7 Character Development journey on?

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Who can you go to if you are unsure in any part of your Character Development curriculum?

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What are the four pillars all about?

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Where will you submit all of your evidence for each of the pillars?

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Who will mark you Character work?

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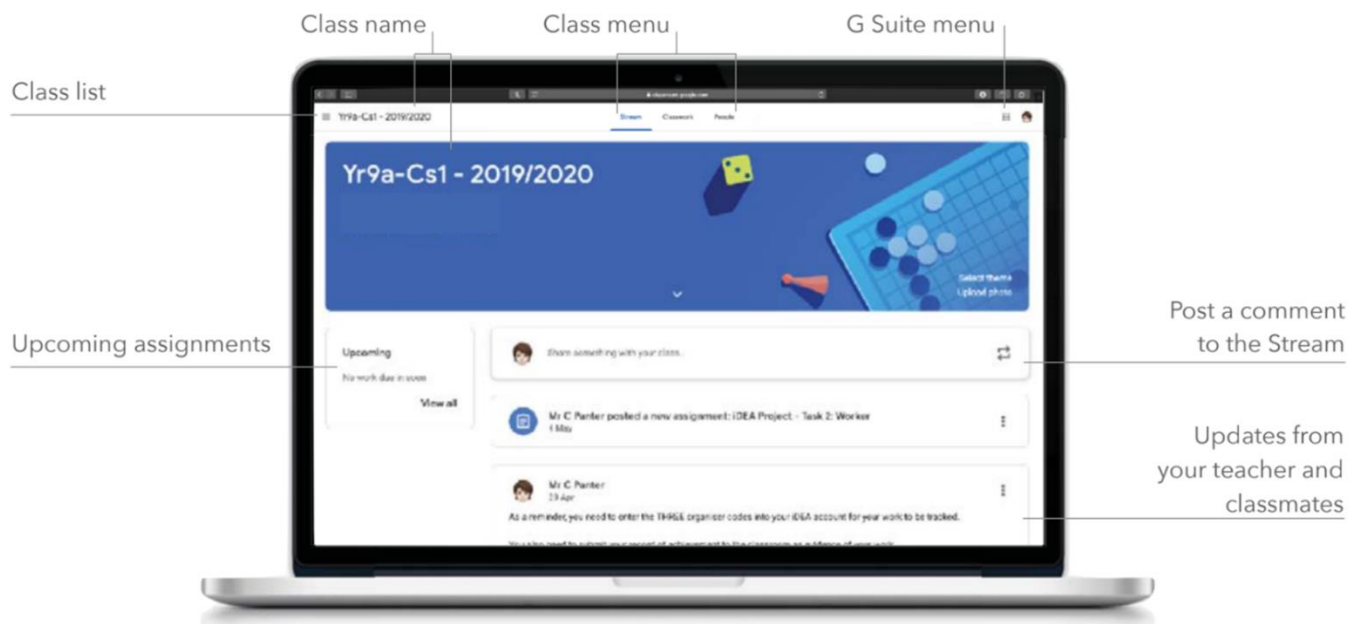
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How many activities in each pillar do you need to complete to receive a badge?

### Week 3- Overview of Google Classroom and Go4Schools

Read through the following bits of information and if you have any questions ask your form tutor or write these down to ask Miss Mahboob when you see her!

#### Google Classroom-



You will be set work on the 'classwork tab'

9B-Character-2021/2024

Mrs Petrucci / Miss Mahboob



Stream

**Classwork**

People

Marks



+ Create

All topics



Aspirations

Due 25 Jun 2023



First Aid Training re run!

Due 31 Mar 2023



ICT HELP

Posted 18 Jan 2023



Humanities - Easter Food Bank Appeal









Posted 15 Mar 2022



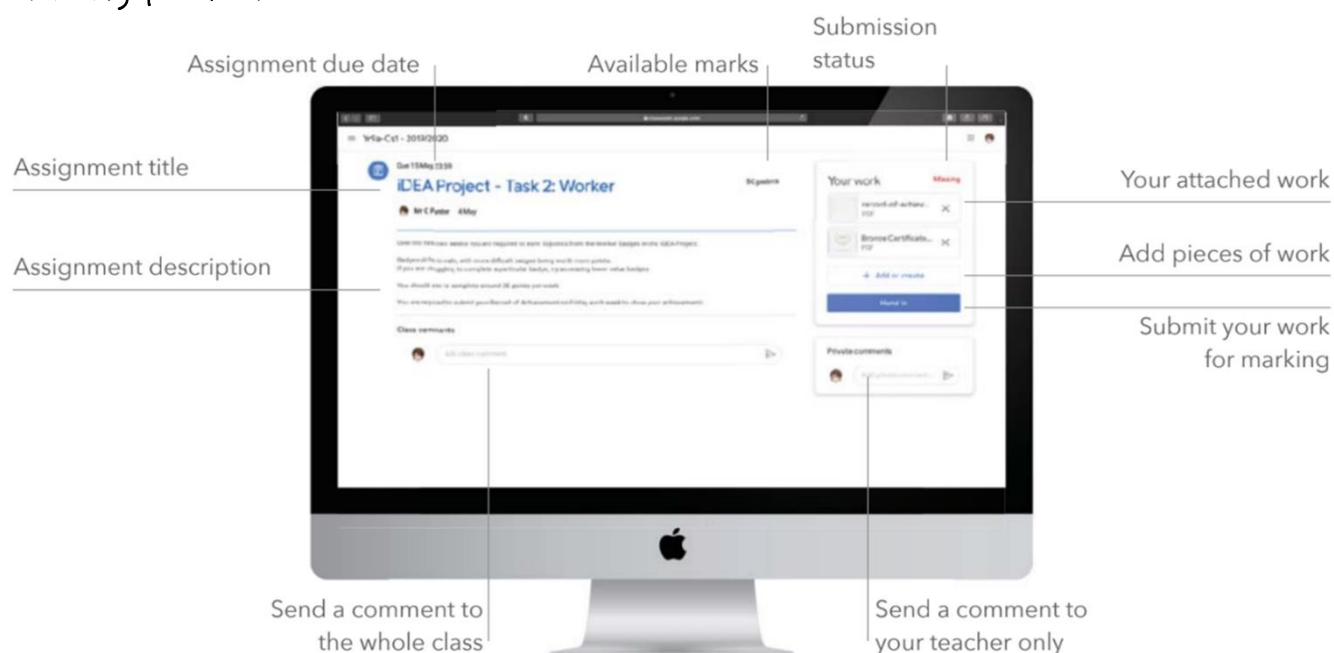
VA Bookmark Challenge



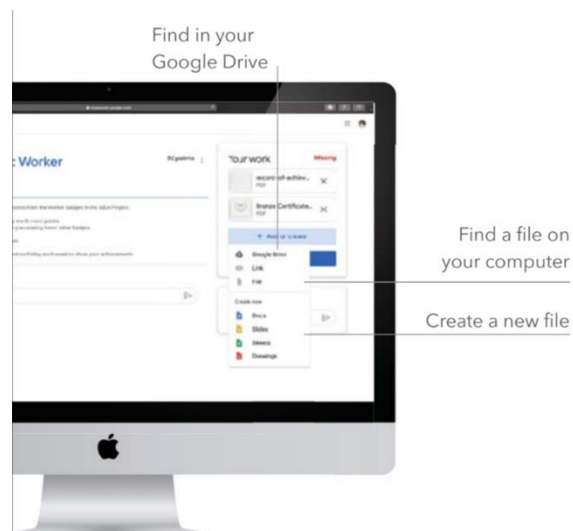
You will be submitting your work on the 'Apprentice tab'.

Apprentice			
	Community - Apprentice	Edited 24 May 2022	
	Participation - Apprentice	Posted 9 Sept 2021	
	Scholarship - Apprentice	Posted 9 Sept 2021	
	Leadership - Apprentice	Posted 9 Sept 2021	

## Submitting your work



## Choosing your files



When choosing work to add to the assignment, you will be given a list of sources from which to upload your work.

Work already written using Google Docs, Slides or Sheet will be saved in your Google Drive.


You can upload work from your computer such as Word Documents, PowerPoints, or PDFs and images.

Alternatively, you can choose to create a new document using apps in the Google Suite.

In the Android/iPhone app, you will also have the option to choose a photo from your camera roll, or take a new picture using the camera.

You will see this when you submit-

Your workAssigned



Miss M Mahboob ...  
Google Slides

✕

+ Add or create

Hand in

Go4Schools-

You can use evidence for the pillars looking at attendance and behaviour

Overview

Timetable

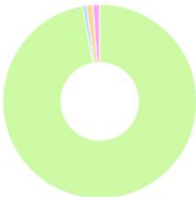
09:00	10:05	Design and Technology, Yr9b/Dt1	Mr C Brown	TEC4
10:05	11:10	Design and Technology, Yr9b/Dt1	Mr C Brown	TEC4
11:25	12:30	MFL Yr9b/Mf1	Miss H Williams	1.20
13:05	14:05	Science, Yr9ab/Sc1	Mrs J Halliwell	SC2
14:05	15:10	Mathematics, Yr9ab/Ma1	Mr M Abdul-Mohid	1.14

Homework (4)

Due within the next 7 days or the last 7 days

Due	Subject	Task	Done
Yesterday	English Yr9ab/En1	Slim essay Guidance time: 60 min.	
2 Feb 2024	English Yr9ab/En1	pee paragraph Guidance time: 60 min.	
5 Feb 2024	Science Yr9ab/Sc1	booklet pg 30/31 Guidance time: 60 min.	

Attendance98%



Present

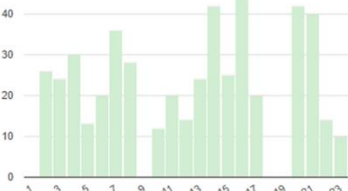
Approved educational activity

Authorised absence

Unknown

Behaviour+484 | 0

PointsCount



If you click on attendance, it will show you a complete summary you can use as your evidence (see below)

Overview

🕒

Timetable

09:00	10:05	Design and Technology, Yr9b/Dt1	Mr C Brown	TEC4
10:05	11:10	Design and Technology, Yr9b/Dt1	Mr C Brown	TEC4
11:25	12:30	MFL, Yr9b/Mf1	Miss H Williams	1.20
13:05	14:05	Science, Yr9ab/Sc1	Mrs J Halliwell	SC2
14:05	15:10	Mathematics, Yr9ab/Ma1	Mr M Abdul-Mohid	1.14

👤

Attendance

98%

● Present

● Approved educational activity

● Authorised absence

● Unknown

Attendance summary

Calendar view

Attendance

📄

Export attendance marks with comments. Record attendance

Summary session attendance

	Sessions	%
Present	171	97.16%
Approved educational activity	1	0.57%
Authorised absence	2	1.14%
Unauthorised absence	0	0%
Missing mark	2	1.14%
Late	0	0%

● Present

● Approved educational activity

● Authorised absence

● Missing mark

Parents & students shown "Unknown" instead of "Missing mark"

Session attendance marks of various types, expressed as a raw figure and as a percentage of the maximum possible session attendance over the whole year.

Behaviour can be shown if you click on the behaviour section and it will show all what you have received your points for

Behaviour summary

View behaviour events

🕒 Detention summary

Summary

Recent behaviour

Yesterday	1. Scholarship
Mrs Wrigley	Year 9, Art, Ar, Yr9b/Ar1, Room: ART2
Mon, 29 Jan	1. Scholarship
Ms Williams	Year 9, MFL, Mf, Yr9b/Mf1
Mon, 29 Jan	4. Participation
Mrs Fletcher	Year 9, English, En, Yr9ab/En1, Room: 2.03
Mon, 29 Jan	1. Scholarship
Miss Whitney	Year 9, Physical Education, Pe, Yr9b/Pe4, Room: Mug4
Mon, 29 Jan	Postcard
Mr Freeman	Year 9, Music, Mu, Yr9b/Mu1, Room: Music 1

Behaviour over time

○ Points

● Count

200  
150  
100  
50  
0

1 3 5 7 9 11 13 15 17 19 21 23

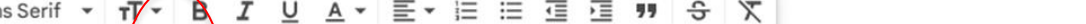
- Overview
- Attendance
- Behaviour
- Homework
- Progress**
- Reports
- Timetable
- Documents

Taking pictures and then attaching on email to send to yourself can be used as evidence (this can be printed and stuck in the booklet). You can also take pictures of this booklet to upload onto Google Classroom.

New Message

To |

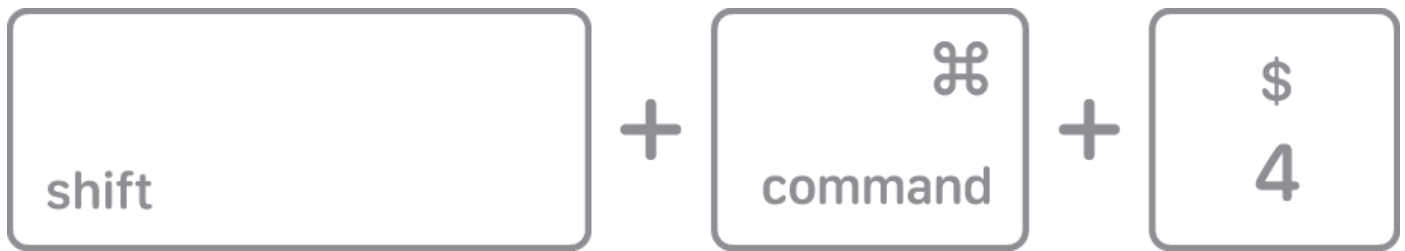
Subject



A screenshot of the Google Docs toolbar. The 'Attach files' button, represented by a paperclip icon, is circled in red. Below the button, a tooltip with the text 'Attach files' is visible. Other icons in the toolbar include undo, redo, font face, font size, bold, italic, underline, text color, background color, bulleted list, numbered list, decrease indent, increase indent, quote, link, and unlink.



How to take a screenshot



Is there anything you are not sure about or any questions? write them down below.

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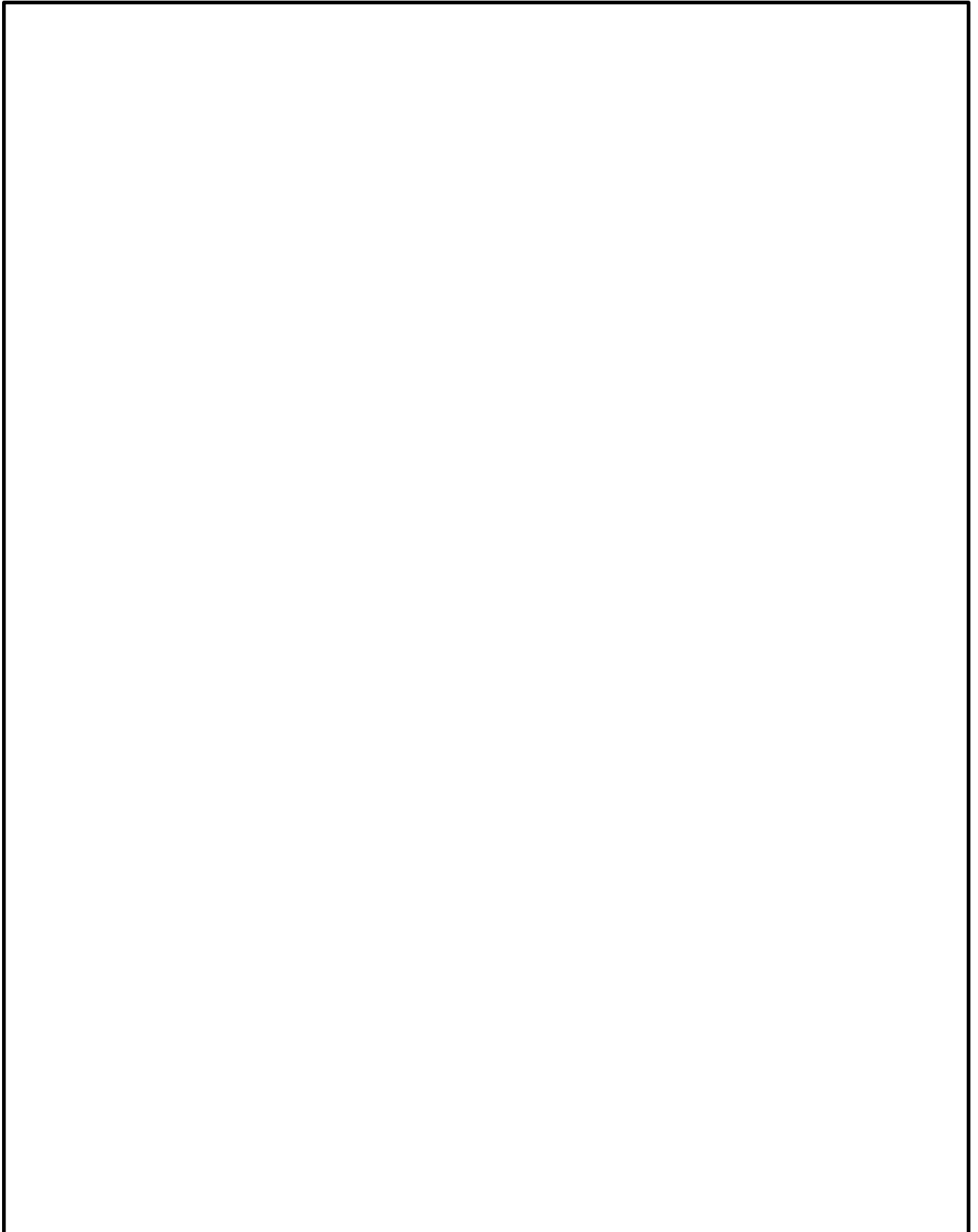
#### Week 4- Introduction to Charity

Using Google research, the school charity Reuben's Retreat and write down as much information as you can (you will need this next week).



**Week 5-** Create a poster on our school charity!

If you were not in last week to gather information, your form tutor will put some information on the

A large, empty rectangular box with a solid black border, intended for students to create a poster. The box occupies the majority of the page below the introductory text.

**Week 6-** You will be collecting money for Reubens Retreat by creating some hampers and carrying out a raffle. Your job is to design YOUR hamper below and say what your form will include!

Some hampers from last year's year 7:



**Task 7-11- Hamper Task**, this is part of the Community Pillar and you will design your hamper and decide what role people will be playing.

What theme will your hamper be/what will it include?

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How will you source the items for your hamper? Some examples include:

Everyone involved donates e.g £1 each and the money is put together to buy items to put in the hamper?

Everyone involved donates an item for the hamper based on the decided theme?

Ask for donations from local businesses, family or friends?

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Each form will be given a raffle ticket book, who will be selling the raffle tickets?

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You will **KEEP** one number  
and you will write the  
persons **FULL** name and  
form on this.



You will give one number  
to the person who has  
bought the ticket (leave  
this blank).

Some points for you to consider include:

Who will be taking part?

Theme for your hamper prize?

Who will lead the project?

Who will collect money?

Who will shop for the products?

Who will make up your 'hamper'?

How many people will sell the raffle tickets?

How much will you sell the raffle tickets for?

How will you advertise (poster)

## Who will do the Prize Draw?

## Delivering the Prize

Document the process as evidence - how will you do this? E.g Photos, notebook, presentation?

Use the space below to write down ideas REMEMBER to include the points above.

[illegible]



Leadership Roles during the hamper task:

Who will lead discussions / make decisions?

Who will manage the finances?

Who will be in charge of shopping tasks?

Who will put the hamper together?

Who will manage and coordinate the sale of raffle tickets?

Who will take pictures as evidence?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Use the space below to get down any ideas, pictures and roles for the hamper task.

Use the space below to get down any ideas, pictures and roles for the hamper task.

**Task 12-15-** You will now upload your evidence

You can write below everything you have done in Character Development so far; you can also use the pictures/evidence you have taken and print and stick them in this booklet.

You will then need to submit all of this evidence on Google Classroom. Remember YOU NEED TO INCLUDE EVIDENCE of completing each task.

Look at the lists of all four pillars. What can YOU evidence and SUBMIT on Google Classroom?  
For each pillar you will need THREE pieces of evidence, which ones can you complete?

*Apprentice (you will need to complete 3 challenges to achieve this title)*

1. Gain at least 96% attendance & punctuality for a year (this fits in with the form competitions- which form will win the most prizes)!!
2. Meet or exceed your target grade in at least four subjects
3. Receive a subject badge in at least two subjects over one year
4. Write a book review
5. Support a peer during a lesson/activity
6. Learn to play a new sport/instrument/pastime/skill
7. Complete 100% of homework tasks in a term
8. Complete the Bookmark Challenge
9. Complete a revision poster on a topic from any subject



*Apprentice (you will need to complete 3 challenges to achieve this title)*

1. Lead an activity within a session as part of an after-school club (e.g lead the warm up)
2. Take a lead role within a group task as part of the Mental Health project
3. Achieve 3 Leadership awards via Go4Schools
4. Provide evidence of one Leadership experience (from outside of school)
5. Become a successful form captain for a half term
6. Lead one form activity (e.g Numeracy activity)
7. Lead in the creation of Hampers

*Apprentice (you will need to complete 3 challenges to achieve this title)*

1. As part of your form, take an active part in raising money for a charity
2. Bring a friend to an extracurricular club
3. Volunteer 5 hours of your time to support others (a charity, a teacher, a parent, another student etc.)
4. Mentor another student (reading during form)
5. Achieve a school award for community work (e.g. praise postcard)
6. Demonstrate an understanding of our school charity (e.g. poster/leaflet)

*Apprentice (you will need to complete 3 challenges to achieve this title)*

1. Attend 8 extra-curricular sessions
2. Take part or perform in a school subject based event or competition (e.g. concert/football match)
3. Assist a member of staff at a subject based school event
4. Attend a school trip (Hyde Day Out/PGL)
5. Achieving 20 participation points for being actively involved in lessons
6. Participate in a club outside of school (e.g. Scouts/Guides/Cadets/Sports/Drama)

**Task 16-** Watch the video on resilience <https://www.youtube.com/watch?v=qw8pDexGCFI> and complete the questions below.

1. What is resilience?

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2. How do we become resilient?

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3. When is failure only really truly failure?

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4. Why should we push our comfort zone?

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5. Where can you get good support from to help when things are scary or uncomfortable?

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6. When we get negative thoughts what should we do?

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7. How can you take time for you?

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This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

### Task 18- Staying Safe Online

Watch the following video: <https://www.youtube.com/watch?v=UW5d58P4aMQ> and create a mind map below. Give reasons on how you can stay safe online.



## Task 19- Participation

Why is it important to get involved?

Extracurricular activities are a critical part of your school life, as they demonstrate who you are outside of the classroom. When you're applying for college or looking for a job you will need to have more on your CV than just your academic achievement, so make the most of any opportunities to take part in a range of activities

There are a lot of benefits of getting involved:

- Improved academic performance
- Explore interests and learn new skills
- Higher self-esteem - improved confidence
- Social opportunities - making new friends
- Productive breaks away from studying
- Developing essential life skills
- Great for personal statements when applying for college/jobs

Below list ways you think you already get involved:

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Below list ways you think you **can** get involved:

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## Task 20- Acts of Kindness

Why do you think it is important to be kind?

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Watch the following video: <https://youtu.be/O9UByLyOjBM?si=PECrSQOK-L4OU012> and write down why its good to be kind.

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Think about yourself now, how can you be kind? Answer the following questions:

Who do you want to show kindness to?

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How many people can receive this kindness?

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How will you show kindness?

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When will you show kindness?

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### Task 21- Global Issues/Current Affairs

Using Google, research an issue or an event which interests you. This could be a recent natural disaster or a global issue such as Climate Change. Once you have found a topic create a newspaper article below (or on the computer and print and stick it).

Look at the lists of all four pillars. What can YOU evidence and SUBMIT on Google Classroom?  
For each pillar you will need THREE pieces of evidence, which ones can you complete?

*Apprentice (you will need to complete 3 challenges to achieve this title)*

1. Gain at least 96% attendance & punctuality for a year (this fits in with the form competitions- which form will win the most prizes)!!
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7. Complete 100% of homework tasks in a term
8. Complete the Bookmark Challenge
9. Complete a revision poster on a topic from any subject



*Apprentice (you will need to complete 3 challenges to achieve this title)*

1. Lead an activity within a session as part of an after-school club (e.g lead the warm up)
2. Take a lead role within a group task as part of the Mental Health project
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4. Provide evidence of one Leadership experience (from outside of school)
5. Become a successful form captain for a half term
6. Lead one form activity (e.g Numeracy activity)
7. Lead in the creation of Hampers

*Apprentice (you will need to complete 3 challenges to achieve this title)*

1. As part of your form, take an active part in raising money for a charity
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4. Mentor another student (reading during form)
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## Task 22 and 23- Leadership and Presentation (you will present this the following week)

Create a presentation (can be on paper or on the computer) on a topic of your choice and then present it to your form. If you successfully complete this you can use as one of your 3 pieces of evidence for the Leadership pillar (6. Lead one form activity). This will be you presenting a short mini "assembly" to your form about something that you feel is an important to get a message across.

### Some ideas could include:

Anti - Bullying

Peer pressure

Having a positive mindset

Healthy eating

Importance of friendships

Drugs / Alcohol

Dangers of social media

Work ethic

The environment

Religious festivals

Think about the message you are trying to get across and how you will present the information with pictures / text / videos and plan what you will say during your presentation.

Use the space below to get some ideas together!

Look at the lists of all four pillars. What can YOU evidence and SUBMIT on Google Classroom?  
For each pillar you will need THREE pieces of evidence, which ones can you complete?

Apprentice (you will need to complete 3 challenges to achieve this title)

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2. Meet or exceed your target grade in at least four subjects
3. Receive a subject badge in at least two subjects over one year
4. Write a book review
5. Support a peer during a lesson/activity
6. Learn to play a new sport/instrument/pastime/skill
7. Complete 100% of homework tasks in a term
8. Complete the Bookmark Challenge
9. Complete a revision poster on a topic from any subject



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Spend the next week going through uploading evidence and completing any outstanding tasks!

## Task 24-26- Fun Run/Messy Sports

We will be having a Fun Run after school on Wednesday 5<sup>th</sup> May at 3.10pm.

By getting involved in this event you could work towards achieving criteria within the Community, Leadership and Participation pillars.

As part of your Character form time, you will all design a sponsorship form. The best one will be voted for and anyone interested in being involved will then ask family and friends to sponsor you to raise money for charity

As a form you will come up with an idea for your form 'silly station' for the Fun Run/Messy Sports  
Then take part ... walk, jog, run, ... your choice :)

It doesn't matter because it is supposed to be fun!! :)

For the next three character sessions you will design your sponsorship form, think about your 'silly station' and decide who will do what!

### Key information you will need to include;

Title "Character Fun Run 2024"

Reuben's Retreat logo

The name of your Form

Name of sponsor

Amount they are sponsoring

Box to tick when the money has been collected

Total at the bottom of the sheet

Decorate the sheet to look as amazing as you can!! :)

What is your idea for the silly station?

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What will your role be in this fun run?

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Will you participate?

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It will be after school on the 5<sup>th</sup> May. Please ensure you have a change of clothes (it will get really messy!) and make sure to have your stations all ready!

**Sponsorship form**

Follow the instructions above. Create here or on the computer (print and stick in).

Look at the lists of all four pillars. What can YOU evidence and SUBMIT on Google Classroom?  
For each pillar you will need THREE pieces of evidence, which ones can you complete?

Use the evidence from the FUN RUN here! Include pictures and statements!!

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## Task 27-28- Wellbeing

Research the following and think of ways our wellbeing can be improved. Think about what makes you happy and what makes you have a positive wellbeing. You will tell your partner about this next week.

What is wellbeing?

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What can make you have a poor mental wellbeing?

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Look at some ways wellbeing can be improved:

Guided Meditation: Start with a short, guided meditation or breathing exercise to help students relax and focus.

Deep Breathing Exercises: Teach simple breathing techniques like "4-7-8 breathing" (inhale for 4 seconds, hold for 7, exhale for 8) to help students calm their minds.

Mindful eating and hydration

Physical exercise

Peer and teacher conversations/check ins

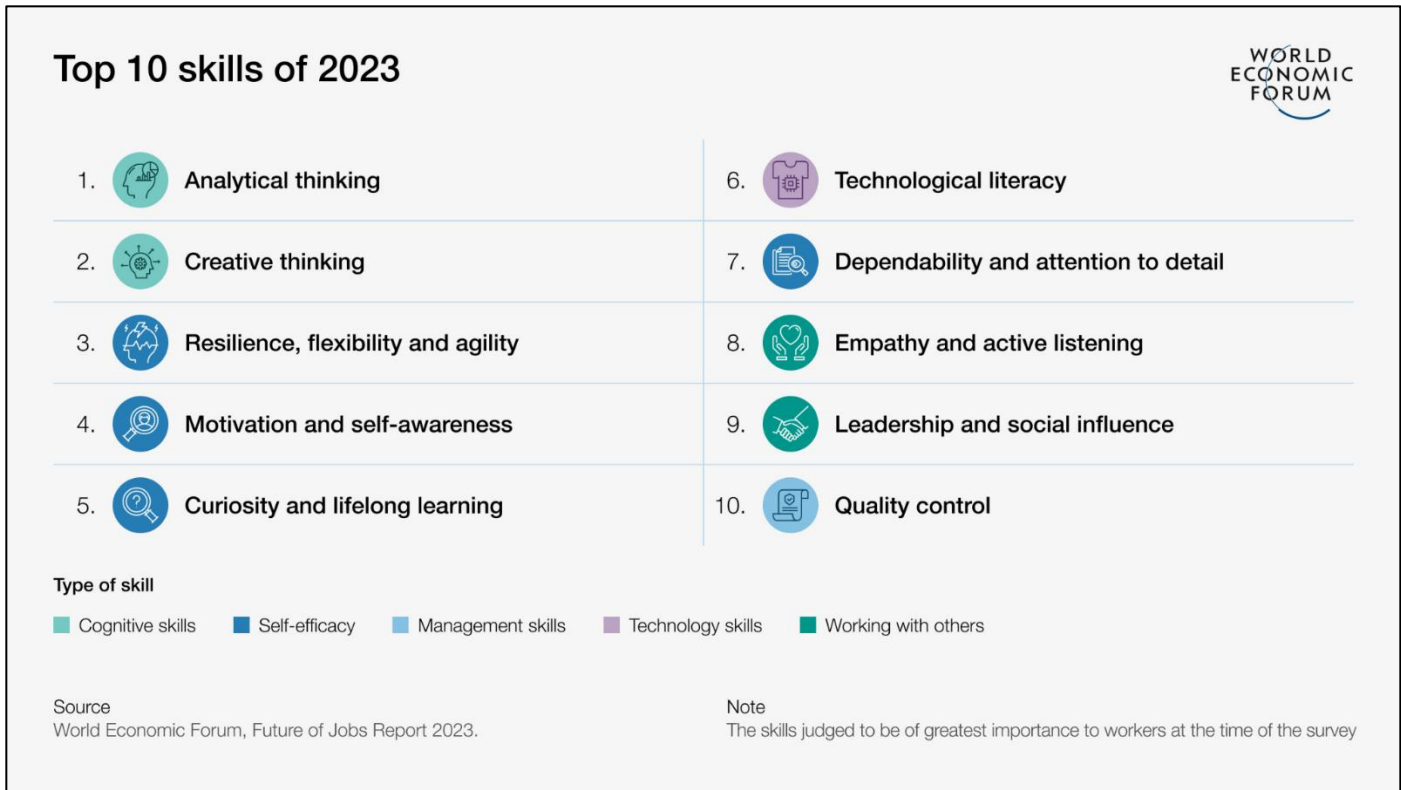
How else do you think you can improve your wellbeing?



Task 29-31- Character and Employability Skills

What skills have you learnt so far, during character development?

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The top photo shows the top 10 skills employers look for.  
How do these link to the skills you've gained so far in character development?

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What other skills have you learnt?

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Watch the following video: <https://youtu.be/tKKPUYfOkvw?si=DykoZ5WlHysDN1C>

## What are 5 things employers look for?

- 1.
- 2.
- 3.
- 4.
- 5.

Why do you think employers look for these skills?

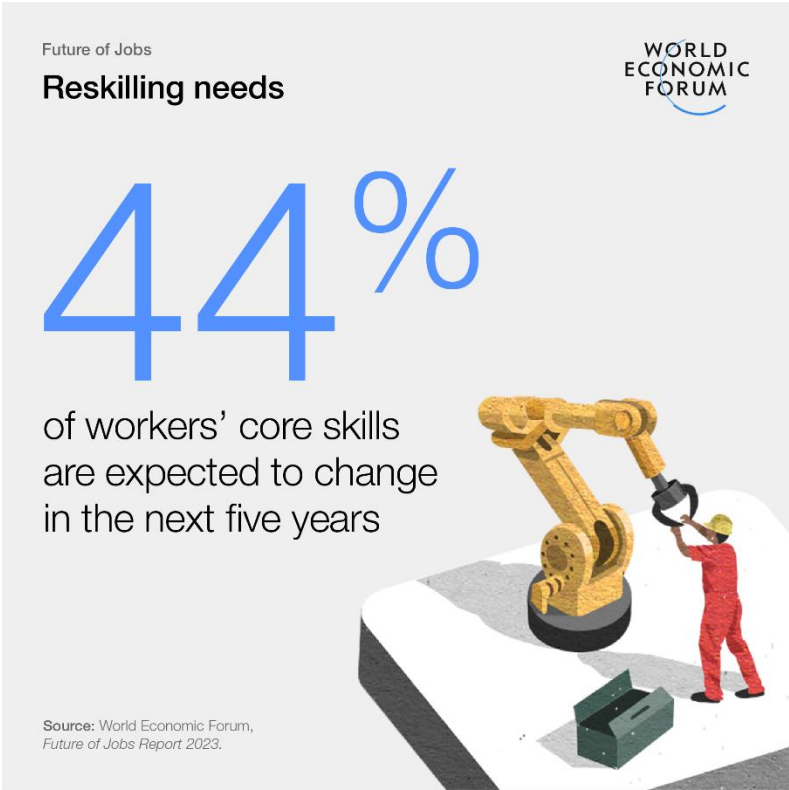
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What does this photo show?

[illegible]

Do you think this Character Curriculum provides you with skills which can be used in the future?

[illegible]



Look at the lists of all four pillars. What can YOU evidence and SUBMIT on Google Classroom?  
For each pillar you will need THREE pieces of evidence, which ones can you complete?

Upload evidence in preparation for the next character awards ceremony.

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Use the next week to catch up on any work which can be used for the Character awards ceremony.

**Task 32-33-** Staying Safe over Summer

Look at the following images, what are the dangers you can see in the pictures- annotate (label) all the dangers.



What are some ways you can stay safe over summer?

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- 
- 
- 
- 

Watch the following video: <https://youtu.be/MsOZl9xMAXs?si=Bf-43ibPi St07IS> take notes on how you can stay safe during summer. Alongside the drawing add a sketch!

