COURAGE, COMMITMENT, COMPASSION

YOUR PASSPORT TO EXPERIENCE WELLBEING DURING LOCKDOWN!

WELLBEING PASSPORT



WHAT IS THE STUDENTWELLBEING PASSPORT?



- WE BELIEVE THAT IN THESE STRANGE AND CHALLENGING TIMES, YOU SHOULD HAVE AN OPPORTUNITY TO TRY NEW THINGS, CHALLENGE YOURSELF, SUPPORT YOUR COMMUNITY AND YOUR FAMILY AND...
- DEVELOP YOUR COURAGE, COMMITMENT AND COMPASSION ASWELL AS YOUR RESILIENCE AND SELF ESTEEM.
- The student passport is a series of daily and weekly challenges that you will tackle, evidence and eventually share when we are all reunited at BEDALE HIGH SCHOOL.

THE PASSPORT IS SPLIT INTO 4 CATEGORIES:



1: Getting creative

2: LEARNING SOMETHING NEW

3: CONTRIBUTING TO YOUR COMMUNITY/FAMILY LIFE

4: WELL-BEING AND HEALTH

HOW DO YOU DO IT?

- There will be a series of challenges and tasks for each category
- These tasks will take between 45 mins and 10 hours
- Each Task will have a points system
- Get 100 points and you receive a CERTIFICATE AND A PRIZE!
- Get to 200 points and you will receive a CERTIFICATE AND ADDITIONAL PRIZES!

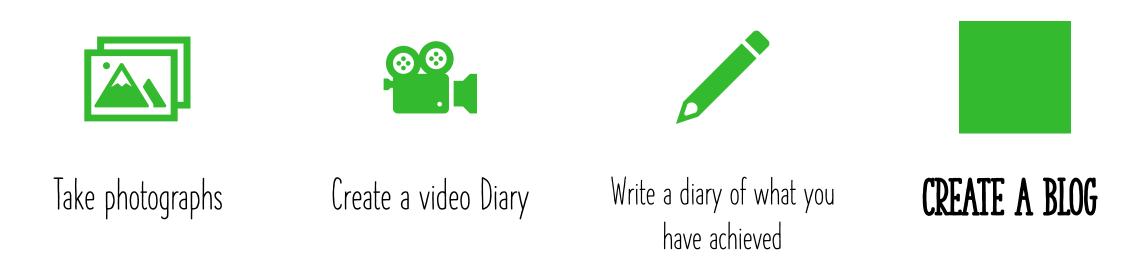


Your Job over the coming weeks will be to choose 5 things from each category

- Challenge yourself to achieve them
- Find your own way to evidence that you have achieved them
- Share what you have achieved with your Teachers in A DESIGNATED TEAMS GROUP for your year group
- Tick them off as you complete them



HOW CAN I PROVE THAT I HAVE DONE THE CHALLENGES?



CATEGORY 1- GETTING CREATIVE



- Create a completely original piece of Artwork in ANY Art Form (5)
- Draw a self portrait (5)
- Create a collage of your Experiences during lockdown(5)
- Write a Short Story on any topic (5)
- Write a Script of an original piece of Drama (5)
- Write and Record a Song or Rap (5)
- Write a Children's Story Book and Illustrate it (8)

CATEGORY 1- GETTING CREATIVE

- Bake and Decorate a Celebration Cake or Batch of Cupcakes (5)
- Design a dream garden or home (10)
- Write a new National Anthem (5)
- Create and Design a new School Magazine (10)
- Write a series of poems about anything (8)
- Create an at home lesson for a younger sibling and teach them the lesson (8)
- Create a Lego Mega Build (5)



CHALLENGE	TICK WHEN COMPLETED	date complted	HAVE YOU GOT EVIDENCE? Y/N
Create a completely original piece of Artwork in ANY Art Form			
Draw a self portrait			
Create a collage of your Experiences since the lockdown			
Write a Short Story			
Write a Script of an original piece of Drama			
Write and Record a Song or Rap			
Write a Children's Story Book and Illustrate it			

CHALLENGE	TICK WHEB COMPLETED	DATE COMPLETED	do you have evidence? y/n
Bake and Decorate a Celebration Cake or Batch of Cupcakes			
Design your dream garden or home			
Write a new National Anthem			
Create and Design a new School Magazine			
Write a series of poems about anything			
Create a at home lesson for a younger sibling and teach them the lesson			
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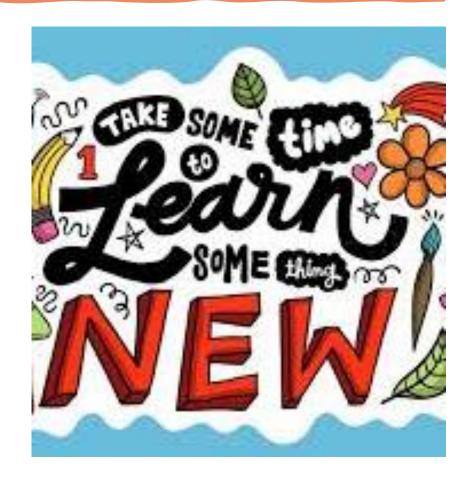
CATEGORY 2- LEARNING SOMETHING NEW

- To learn how to cook a Sunday Dinner with a Parent/Carer (5)
- Learn how to Knit/Crochet/Sew (10)
- Learn to play a Musical Instrument (10)
- Learn a recipe for a Traditional Meal from a Different County of the World (8)
- Learn how to write a Sonnet (5)
- Learn 10 phrases in 3 New Languages (10)
- Learn how to make pastry and bake a pie (5)



CATEGORY 2- LEARNING SOMETHING NEW

- Learn how to use sugar craft (8)
- Learn how to Iron Shirts (Safely and supervised) (8)
- Learn how to do face painting (5)
- Learn how to poach and egg (5)
- Learn how to put up a tent (10)
- Learn how to read a map and use it to go somewhere new (8)
- Learn some basic first aid (10)



CHALLENGE	TICK WHEN COMPLETED	DATE COMPLETED	do you have evidence? y/n
Learn how to write a Sonnet			
Learn how to Knit/Crochet/Sew			
Learn to play a Musical Instrument			
Learn a recipe for a Traditional Meal from a Different County of the World			
To learn how to cook a Sunday Dinner with a Parent/Carer			
Learn 10 phrases in 3 New Languages			
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Learn how to do face painting			
Learn how to poach and egg			
Learn how to put up a tent			
Learn how to read a map and use it to go somewhere new			
Learn some basic first aid			

CATEGORY 3- CONTRIBUTING TO YOUR COMMUNITY/FAMILY LIFE

- Read bedtime stories to your younger siblings for 1 week (10)
- Safely Cook a Meal for your family (8)
- Hand write letters to 5 Friends/Family member and post them (10)
- Raise money for a Local Charity (10)
- Safely drop off supplies for someone who is self-isolating (8)
- Create some uplifting art-work and display it for the neighbours (8)
- Make some positivity cards and deliver them Safely to the neighbours (10)



CHALLENGE	TICK WHEN COMPLETED	DATE COMPLETED	DO YOU HAVE EVIDENCE? Y/N
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Safely Cook a Meal for your family			
Hand write letters to 5 Friends/Family member and post them			
Raise money for a Local Charity			
Safely drop off supplies for someone who is self-isolating			
Create some uplifting art-work and display it for the neighbours			
Make some positivity cards and deliver them Safely to the neighbours			

CATEGORY 4- WELL- BEING AND HEALTH



- Growing Herbs, Fruit and/or vegetables from seeds (10)
- Learn some Yoga and complete a short daily work out (8)
- Start a Journal to reflect on your day and complete it every day (5)
- Use a mindfulness colouring book (5)
- Do 20-40 Minutes of Exercise Every day (5)
- Learn how to Knit/Sew/Crochet (10)
- Learn how to meditate and do this regularly (5)

CATEGORY 4- WELL- BEING AND HEALTH

- Take a walk (Using Social Distancing) and make a note of all of the wildlife that you spot- (8)
- Go for a long walk (Using Social Distancing) collect 10 pebbles/rocks and paint/decorate them. (8)
- Call an elderly relative for a chat (8)
- Learn some basic First Aid Skills (10)
- Keep a week long journal of how you have taken care of your pet (8)



CHALLENGE	TICK WHEN COMPLETED	DATE COMPLETED	do you have evidence? Y.N
Grow herbs, fruit and/or vegetables from seeds			
Learn some Yoga and complete a short daily work out			
Start a Journal to reflect on your day and complete it every day			
Use a mindfulness colouring book			
Do 20– 40 Minutes of Exercise Every day			
Learn how to Knit/Sew/Crochet			
Learn how to meditate and do this regularly			

CHALLENGE	TICK WHEN COMPLETED	DATE COMPLETED	do you hae evidence? Y.N
Take a walk (Using Social Distancing) and make a note of all of the wildlife that you spot			
Go for a long walk (Using Social Distancing) collect 10 pebble/rocks and paint/decorate them.			
Call an elderly relative for a chat			
Learn some basic First Aid Skills			
Keep a week– long journal of how you have taken care of your pet			



WHAT IF YOU HAVE SOME IDEAS FOR CHALLENGES?

MY CHALLENGE IDEAS! Each worth between 8–10 points– Teachers will award you your points	TICK WHEN COMPLTED	date completed	DO YOU HAVE EVIDENCE? Y/V

GUIDANCE AND ADVICE

- This is a chance to try new things and challenge yourself
- Choose things that maybe you have **never done before**
- Make sure you create as much evidence as you

can

- Create new opportunities for yourself
- Design some challenges for yourself and your family
- Share your success with your friends, family and Teachers at Bedale High School!

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WHAT NEXT...?

- Check out your Wellbeing Teams group for updates, ideas and support
- Decide which challenge you are going to attempt first and **make a plan** - how are you going to do it? What do you need to achieve your aim?
- Decide how you are going to record your challenges

 you could keep a hand-written notebook, diary,
 video diary, blog, picture book, audio diary....

• Take photos of your completed challenges and share them on the Wellbeing teams page and with Mrs. Woodward.



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