

# WOODBROOK VALE SCHOOL

Aspire • Enjoy • Succeed



---

## STUDENT BOOKLET

NAME



Being a resilient person means being able to persevere against adversity and to bounce back when you encounter setbacks or changes.

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." Martin Luther King



Being a citizen and a community member means developing your sense of belonging to your school and organisations in your local area, in your country and in the world. You know what your rights are, but also you know what your responsibilities are.

"Not everything that counts can be counted. And not everything that can be counted, counts." Albert Einstein



A leader is a generous person who is skilled enough to share experiences and expertise to further enhance an organisation and team. This involves learning how to work collaboratively, engage with different types of people and adapt how you choose to present your ideas and make a difference.

"Leadership is about making others better as a result of your presence." Sheryl Sandberg



Acting on initiative means you show the confidence to start a task or solve a problem that no one else has noticed or one that no one else wants to do. Showing initiative requires you to seek answers and support from others where you have not been directed to do so.

"Initiative is doing the right thing without being told." Victor Hugo



Being an effective communicator means being able to speak clearly and audibly, listen closely and formulate questions, read and select information from different texts, write in different formats for different purposes and audiences and adapt your vocabulary freely as required.

"Good words are worth much and cost little." George Herbert



Having healthy habits means eating a balanced diet, getting regular exercise, regular sleep and knowing strategies to help improve your mental health and well-being. It also means learning how to take action to prevent chronic diseases in later life and to make sure you can thrive.

"The first wealth is health." Ralph Waldo Emerson



Being knowledgeable about careers means knowing where to find out information about different jobs and education routes. It means dreaming as big as you can for yourself and your own career by exploring the many options and opportunities in the world.

"The future belongs to those who believe in the beauty of their dreams." Eleanor Roosevelt

The objective of this award is for all students to achieve accreditation in personal development. The Bronze award is for all Year 7 students 2019-2020. The Futures award will be progressive and students will continue this as they move through the school.

#### **Advice and guidance:**

It is expected that all students will aspire to achieve the Bronze award in Year 7. Students must complete at least one activity from each category and each category must be signed off by a tutor to achieve the award. There will be opportunities to complete some activities in Personal Development lessons. Other activities will require students to participate in the wider life of the school or be able to evidence something that they have completed or achieved outside of school. To achieve the Bronze Star Award students must complete one activity from each category plus five more activities from any other category. Any student that completes all activities from all categories will receive a bespoke headteacher award.



Being a resilient person means being able to persevere against adversity and to bounce back when you encounter setbacks or changes.

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." Martin Luther King

## SUGGESTED ACTIVITIES:

- ☒ Demonstrate 'effort over talent'. Identify the subject you find the most challenging, maintain an ATL of an A and improve your WAG over a half term period.
- ☒ Produce an item for display that explains why growth mind-set makes you a more resilient person.
- ☒ Attend an extra curricular activity that you haven't tried before for at least 6 weeks.

☒ .....  
.....

---

## KEYWORDS:

Stickability

Fortitude

Grit

Staying Power

---

## EVIDENCE:



Being a citizen and a community member means developing your sense of belonging to your school and organisations in your local area, in your country and in the world. You know what your rights are, but also you know what your responsibilities are.

“Not everything that counts can be counted. And not everything that can be counted, counts.” Albert Einstein

## SUGGESTED ACTIVITIES:

- ☒ Regularly help a member of the community (e.g. supporting an elderly neighbour with house work).
- ☒ Take part in the organising/running of a charity event, either in or out of school.
- ☒ Demonstrate how you have promoted environmentally friendly actions, this could be through a presentation to your form or a year assembly.
- ☒ .....
- .....

---

**KEYWORDS:**    Humility    Respect    Compassion    Tolerance

---

## EVIDENCE:



A leader is a person with the ability to inspire and motivate others to change. This involves learning how to work collaboratively, engage with different types of people and adapt how you choose to present your ideas and make a difference. A leader is a generous person who is skilled enough to share experiences and expertise to further enhance an organisation and team.

"When I talk to a manager I get the feeling that they are important, when I talk to a leader I get the impression that I am important." Anon

## SUGGESTED ACTIVITIES:

- ✓ Actively take part in one of the school's Student Leadership Teams and demonstrate a commitment to change. Write about your experiences.
- ✓ Research into a young person who has inspired change. What did they do? How were they successful? Create a presentation to show what you have learnt.
- ✓ Research into and produce a piece of work on growth mind-set. Explain how that can make you an effective leader.

✓ .....  
.....

**KEYWORDS:** Positivity    Resourcefulness    Trustworthiness  
Self-management    Creativity

## EVIDENCE:



Acting on initiative means you show the confidence to start a task or solve a problem that no one else has noticed or one that no one else wants to do. Showing initiative requires you to seek answers and support from others where you have not been directed to do so. Additionally, if a barrier is put in your way, you work hard to overcome that barrier and find an alternative route to your chosen goal.

"Sometimes if you want to see a change for the better, you have to take things into your own hands." Clint Eastwood

## SUGGESTED ACTIVITIES:

- ☒ Conduct your own independent research into a topic that might make the world a better place.
- ☒ Be part of or lead a student leadership team. This could be an existing team, or consider introducing a new team.
- ☒ Identify a change that you think needs to be made to help Woodbrook Vale to be a better place, take action to make the change.

☒ .....  
.....

---

**KEYWORDS:**    Self-starter    Self-reliance    Hardihood    Vitality

---

## EVIDENCE:



Being an effective communicator means being able to speak clearly and audibly, listen closely and formulate questions, read and select information from different texts, write in different formats for different purposes and audiences and adapt your vocabulary freely as required.

“Good words are worth much and cost little.” George Herbert

## SUGGESTED ACTIVITIES:

- ☒ Deliver a short speech to an audience as big as a class.
- ☒ Attend a staff meeting to discuss a school initiative you are involved in.
- ☒ Produce a poster or a mindmap for primary school students about the importance of communication and how that links with the Woodbrook Vale motto and vision.

☒ .....  
.....

---

**KEYWORDS:** Persistence Clarity Literacy Active Listening

---

## EVIDENCE:





Having healthy habits means eating a balanced diet, getting regular exercise, regular sleep and knowing strategies to help improve your mental health and well-being. It also means learning how to take action to prevent chronic diseases in later life and to make sure you can thrive.

"The first wealth is health." Ralph Waldo Emerson

## SUGGESTED ACTIVITIES:

- ☒ Produce a piece of work which shows you understand what constitutes a healthy balanced diet.
- ☒ Walk 10,000 steps for 5 consecutive days.
- ☒ Regularly use a mindfulness app and explain how it has helped to improve your own wellbeing.

☒ .....  
.....

---

**KEYWORDS:** Nutrition Exercise Stamina Cleanliness Wellbeing

---

## EVIDENCE:



Being a resilient person means being able to persevere against adversity and to bounce back when you encounter setbacks or changes.

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." Martin Luther King

## SUGGESTED ACTIVITIES:

- ✓ Interview an adult about their job and produce a summary about what you have found out.
- ✓ Investigate into what qualifications and skills you may need for a job that you are interested in.
- ✓ Identify soft skills that are needed to be successful in the workplace. Decide what you need to work on and spend a half term actively improving that skill. For example time keeping, organisation, communication.

✓ .....  
.....

---

**KEYWORDS:**   **Ambition**   **Endeavour**   **Employability**  
                  **Entrepreneurship**   **Professionalism**

---

## EVIDENCE:





DATE COMPLETED

SIGNATURE