

Chenderit School Summer Assignment

Every year at Chenderit, students are challenged to complete a summer assignment. This is designed to ensure that everyone makes the most of their time off school, but more importantly, this is about helping each student meet their potential. Our Summer Assignment is about giving everyone an opportunity to make a positive impact on their community and on the world in general. The Chenderit Summer Assignment is about each student doing their best to become a better person, helping make the world a better place. It's about celebrating the qualities that make each individual special. It's about aiming high, working hard and being nice. We call this our "revolution", because every year students who complete their summer assignment begin to understand & appreciate what really matters to them and take their first steps towards becoming better individuals.

Your Challenge

Over the summer holiday, you are invited and encouraged to respond to **each** of the **five** challenges listed overleaf. Each challenge can be approached in whatever way you feel best. The examples given are not exhaustive: if you have a better idea how to complete one of the challenges, go for it!

Try to engage with each of the five challenges. You can complete them in any order you want, but try to complete all five by the time you return to school in September. Select an approach that is appropriate to you as an individual. Choose a path that won't be too easy for you to complete. Challenge yourself. **Aim high.** The more effort you put in, the greater your reward will be.

Growing up is about making choices, trying to become the best person you can be. The things we choose to do, the actions we take, the values that we demonstrate, all begin to define us as we move through childhood into adulthood. The kind of person that we grow up to become is determined by the choices we make. Sometimes this happens by chance or circumstance and sometimes this happens through determination and effort. We each make choices that make us who we are.

This assignment encourages all Chenderit students to think about their own character, encouraging them to develop their best attributes and features. Students are encouraged to respond to each challenge, because doing so will help them become more considerate, more focussed, more generous and more understanding. As a school and a community, we are committed to the development of each of these attributes and recognise their importance for each of our students. This assignment is an important step on that journey.

Over the summer, respond to each of the challenges listed. Record your responses to each of the challenges in whatever way you feel most appropriate, ready to show to your tutor in September. You might create a diary of evidence or annotate some photographs to explain how you have responded to each challenge. You could also choose to provide information regarding what happened next, how you felt or anything else that you feel is important. The best responses will be acknowledged with special Letters of Commendation from your tutors, your Head of Learning or even Mrs Cartwright. Those students who really engage with these assignments though will also benefit in a much more significant way: they will have made the first steps to becoming a better person.

What you choose to do in response to the challenges listed is up to you, but the quality of evidence that you submit will demonstrate the nature of your character.

For Parents:

We hope that students find the challenges listed overleaf both beneficial and rewarding, as well as memorable. The challenges should all be possible with little or no input from adults, and with little or no resources. (Perfect if anyone is ever bored over the next six weeks!) If parents or siblings want to join in,

then all the better. Imagine what a difference we could make to our community if we all attempted these challenges...

Chenderit Summer Assignment 2018: “Our Revolution”

Your first challenge to complete is to do something to improve your health and well-being.

Being healthy is important, so it is vital that each individual takes responsibility for this aspect of their life. Your challenge is to spend some time over the summer break ensuring that you keep fit and healthy. You could consider trying out a new sport or joining a club for a sport that you already enjoy. You could commit to investing time training for a sport or an event that you are particularly passionate about. You might consider setting yourself a challenge to swim, or run, or cycle, or walk further than you ever have before. You might decide to try a healthier diet. You might decide to walk a journey that you would usually take by car, take a long country walk with your family, or even decide just to give the family dog a longer walk each morning. Whatever you decide to, try to remember how important a healthy lifestyle is and how a keeping active can help you become happier and healthier.

Your second challenge to complete over the summer holidays is to do something creative.

Being creative is important. Creativity is about celebrating originality, developing skills and finding unique solutions. Your challenge is to be creative. Take a risk and try something new and unexpected. You could consider taking part in a cultural event: visiting a museum, gallery, concert or performance. You could investigate what others feel are important cultural activities: watch a film that was made before you were born; listen to your parent’s favourite cd or your grandparents’ favourite record; read that book that your neighbour recommended to you. If you are feeling more confident about your creative skills, this challenge gives you the opportunity to really do something amazing that you can be proud of. You could have a go at creating a piece of artwork yourself: paint a canvas; write a poem; start a band; organise an exhibition of your friends’ artwork; write a play, practise it and perform it. Be open to new cultural experiences. If you are looking for specific inspiration, perhaps you could create a new painting, drawing, photograph or poem to be included in next year’s Chenderit Calendar. The more you can engage with a variety of art forms, the more interesting the world becomes.

Your third challenge to complete is to do something that will benefit your family or friends.

Show the people around you what they mean to you. Do something that will make your family or friends smile, help them realise how important they are to you: Bake a cake for someone; do someone else’s chores; write a thank you letter; organise something nice for others to enjoy; cook a meal; plant flowers; visit an elderly relative; spend time making someone something special; do something that goes beyond what others expect of you. Treat those around you how you would wish to be treated.

Your fourth challenge to complete is to write a letter to someone who has inspired you

In a world dominated by email and instant communication, a hand-written letter is something to treasure. Your challenge is to make someone else’s day by writing to them. You might choose to write to a relative or friend that has always been there for you, or to someone who is no longer around as much as you would like them to be. You might choose to write to someone famous who has inspired you, perhaps a sportsperson, a politician, an actor, artist or musician. Tell them what they mean to you and how they have made a difference to your life. You might choose to ask their advice or give you an insight into what inspired them when they were your age. Think carefully about what you write- this is your one chance to make a good impression. Draft your letter and refine it. Write it out neatly. Find an address and post it. (If you are writing to someone famous, consider including a stamped addressed envelope to encourage them to write back to you.) You never know- you might even get a reply!

Your final challenge to complete is to do something that will benefit your community

It is easy to expect more from the world around you, but communities work best when everyone contributes. Your challenge is to do something for your community or that would benefit people that you haven’t yet met: organise a litter pick; organise a charity event; help someone in need in your street or village or town; write a letter to your MP about something affecting your community; bake for

a neighbour; sort out what you no longer need and donate it to someone who might need it more; volunteer; help someone less fortunate than yourself; clear up someone else's mess. Do something nice for someone you don't know. Be kind to others. Always work hard to ensure that others benefit from your actions. Decide how *you* can make the world around you a better place.