



Trinity Academy
Sowerby Bridge

Year
Of
Us

Challenge

Name: _____

Form: _____

The Year of Us Challenge

Rationale

How does The Year Of Us Challenge work?

As a school, we want to continue to challenge and enrich all of our students. This particular challenge is targeted at Year 9 students and is designed to prepare them for their GCSE choices, future education and training, as well as their future career.

The challenge is split into three distinct levels, with a specific focus for each:

Bronze - these challenges emphasise the life skills that focus on personal development and establishing life-long skills.

Silver - opportunities that will allow students to build skills and experiences to discuss when completing their personal statements, as well as focusing on their career aspirations and exploring how they will achieve them.

Gold - these opportunities will really make their personal statements and applications stand out from the crowd.

We will support students to achieve the very highest standards and we hope that they will aim for Gold - we will certainly be willing to help them every step of the way.

What additional opportunities will there be?

Throughout the year we will promote new and exciting opportunities that will support students in their journey to completing The Year Of Us Challenge.



The Three Tiers

At Trinity Academy Sowerby Bridge we have high expectations of all of our students, which is why we encourage you to aspire to achieve the Gold level. Here is a recommended time line to ensure that you can complete all of the tasks before the end of Year 9:

Bronze – complete all challenges by Christmas 2020.

Silver – complete all challenges by Easter 2021.

Gold – complete either The Duke of Edinburgh Award **OR** the four additional challenges.

Once you complete each challenge, you will need to ensure that it is agreed and signed off by an appropriate person. For example, anything that needs to be completed outside of school could be signed off by a parent or group leader. All of the challenges that are school based should be signed off by either your Form Tutor, Head of Year, or another relevant member of staff.

Good luck!

Mr Harper and Miss Bartlett

Useful Contacts

Senior Leadership Team Year Of Us:

Name: Mr Harper

Where: B2/05

When: Before or after-school

General Questions about Year Of Us/ The Duke of Edinburgh Award:

Name: Miss Bartlett

Where: B3/17

When: Break, lunchtimes or after-school

The Duke of Edinburgh Award:

Name: Mr Gunning

Where: B2/12

When: Break, lunchtimes or after-school

Student Leadership Team:

Name: Miss Jones

Where: B2/05

When: Break, lunchtimes or after-school

Careers Officer:

Where: B2/33

When: Break, lunchtimes or after school

Bronze

Challenges

These tasks are designed to help you learn some of the many life skills that you will need in order to live independently. We have given a brief explanation next to each challenge to help you understand why we have chosen it.

B1 - Learn how to tie a tie

You need to be able to tie a traditional tie because you may need to wear one at an interview, job or for a special occasion.

Completed on (date):

Signature of witness:

Print name:

B2 - Iron a shirt

First impressions count, so you need present yourself in the best possible way when you are attending an interview, a day at work, or any other special occasion.

Completed on (date):

Signature of witness:

Print name:

B3 - Change your bed sheets

It's important that you know how to change and wash the sheets for your bed, especially when you leave home and you will have no one else to do it for you.

Completed on (date):

Signature of witness:

Print name:

B4 - Cook a meal

You need to be able to prepare a healthy meal for yourself. You have been taught how to cook during your food lessons at TASB, this will help you to cook independently.

Completed on (date):

Signature of witness:

Print name:

B5 - Complete a wash load

It is important that you know how to separate your washing into light, dark and colours, and how to use the washing machine to clean your clothes. This is a skill that you will need to have when you leave home and there is no one else around to help you.

Completed on (date):

Signature of witness:

Print name:

B6 - Borrow a book from the library and read it

Literacy is an essential life skill, so you should continue to read once you have left school. Accessing a library to borrow books is free and is a habit that you should embrace. You should find a book that you are interested in and read it. If there's a particular book that you would like to read but we don't have it in the library, you should speak to Miss Barraclough to see if she can order this for you.

Completed on (date):

Signature of witness:

Print name:

B7 - Write a letter to someone

This letter can be for any purpose, it could be a thank-you letter, a complaint letter, a letter to a local MP or organisation - the choice is yours. You should make sure that you are following a standard letter format.

Completed on (date):

Signature of witness:

Print name:

B8 - Run a mile

Keeping fit and healthy is essential. Set yourself the goal of running a mile. You might be able to achieve this in PE, or you might achieve this in your spare time.

Completed on (date):

Signature of witness:

Print name:

B9 - Attend a school event

Get involved with the school community and support school events. You just need to attend an event in school, whether it's a sporting event, performance or open evening, the choice is yours!

Completed on (date):

Signature of witness:

Print name:

B10 - Say 'hello', 'goodbye', 'please' and 'thank you' in three different languages. One of these must be British Sign Language.

Being able to greet people in the correct manner is really important and you may find that you are introduced to a whole host of new and exciting people throughout your life whose first language isn't English. Being able to say hello in a range of languages is a great way to start developing your linguistic skills and can be a real ice breaker when meeting new people.

Completed on (date):

Signature of witness:

Print name:

B11 - Visit a religious building

It's important to understand the world around you, and have an understanding of the different faiths and religions.

Completed on (date):

Signature of witness:

Print name:

Silver Challenges

These challenges are designed to help you expand your knowledge of career options and which qualifications you will need to complete in order to get there. Whether you are applying for a Post-16 course, an apprenticeship or a job, you will need to write a personal statement. By completing these challenges you will ensure that you have broad range of experiences to talk about, showing how you have an appropriate range of skills that you make you an ideal candidate.

S1 - Meet the careers officer

Although you don't have to decide your career path right now, it is important that you know what your options are so that you can make the right decision for YOU. Our careers officer can discuss career options that you might not have even heard of! Even better, they can help you get there!

Completed on (date):

Signature of witness:

Print name:

S2 - Write a CV

Once you move into year 10, you will have a lot to juggle; exams, Achieve sessions and revision will take up a lot of your time. Now, you have the opportunity to start working on your CV so that next year will feel less intimidating! You are also taking part in lots of exciting things this year that you can include in your CV.

Completed on (date):

Signature of witness:

Print name:

S3 - Attend an Involve club for at least two terms

When you go for a job interview or are writing your CV, it is important that you have lots to say about yourself. Attending an Involve club will not only provide you with something for your CV that showcases your skills, but it is a fun and engaging way to learn new skills, such as team work, leadership, sportsmanship and more!

Completed on (date):

Signature of witness:

Print name:

S4 - Research an inspiring individual

It is important that you have ambitious aspirations as a student and, more importantly, someone to look up to. Researching a person who inspires you will demonstrate how they achieved their goals and will also help you to set your own goals for the future.

Completed on (date):

Signature of witness:

Print name:

S5 - Represent the school at an event (sports, performance, school council, open evening, etc.)

What a way to make your CV stand out as well as gaining some serious confidence! When you have a job, you represent your company. When you wear your school uniform, you represent us! What better way to showcase your talent and skill than at a school event.

Completed on (date):

Signature of witness:

Print name:

S6 - Research a career that you are interested in

Ever wanted to be a fashion designer? Lawyer? Doctor? Footballer? Mechanic? Electrician? The list is endless! But, the first step is knowing how to get there. Use the pro forma provided by your Form Tutor to guide you on how to achieve your dream job. Make sure you use university websites, our careers adviser or ask your Form Tutor if they know how you can achieve that goal.

Completed on (date):

Signature of witness:

Print name:

S7 - Help run a charity event to raise money

Helping the community around you is so important when it comes to showing your organisation skills and who you are as a person. As a community, it is our duty to help those around us who need it the most. By organising a charity event (with the help of a teacher), you are showcasing your empathy as well as your ability to pull an event together - which will be crucial in the future. Reach out to Miss Bartlett in English with your ideas if you are looking to complete this challenge!

Completed on (date):

Signature of witness:

Print name:

S8 - Experience a workplace

As part of your studies at TASB, it is necessary for you to visit a workplace and experience what life will be like when you leave us! There will be many opportunities for this throughout the year, however, you could always complete this in your own time at a family or friend's business!

Completed on (date):

Signature of witness:

Print name:

S9 - Complete an application for Post-16

When you begin your GCSEs in Year 10, you will have limited time to write applications. This is a fantastic opportunity for you to get ahead! Then, when it comes to your applications in Year 11, you will already have a draft application drawn up.

Completed on (date):

Signature of witness:

Print name:

S10 - Attend a meeting with SLT to confirm your option choices

In Year 9, you will need to make some exciting decisions about what you want to study going forward. This is a real chance to explore your future options and decide which subjects are likely to get you there. Discussing this with our Senior Leadership Team at school will allow you to get a great perspective on your subject options and a chance to explore your future.

Completed on (date):

Signature of witness:

Print name:

Throughout the year, we may be made aware of some new and exciting opportunities that you can use as part of this challenge. If you choose to select one of these challenges, you will need to note the details in the boxes below:

S11 - Silver Opportunity	
Title: _____	
Brief Description	

Completed on (date):	
Signature of witness:	Print name:

S12 - Silver Opportunity	
Title: _____	
Brief Description	

Completed on (date):	
Signature of witness:	Print name:

S13 - Silver Opportunity	
Title: _____	
Brief Description	

Completed on (date):	
Signature of witness:	Print name:

Gold Challenges

Really want to stand out from your peers at a job or college interview? The below 'Golden Opportunities' will highlight your most commendable attributes and really show you off as a well-rounded and skillful individual!

G1 - The Duke of Edinburgh award

This is a well-known and accredited programme. To complete The Duke of Edinburgh, you will need to complete the following four challenges:

DE1 - Volunteer for three months. This can be completed at school by volunteering at an Involve Club OR volunteer at local charity shops, animal shelters or care homes.

Completed on (date):

Signature of witness:

Print name:

DE2 - Complete physical activity for three months; join an Involve sports club OR outside of school by competing with your own sports team, club or sports centre.

Completed on (date):

Signature of witness:

Print name:

DE3 - Learn and develop a new skill over three months; join a 'skill based' Involve Club or you can teach yourself a new skill by using videos online or attending your own 'skill based' club outside of school.

Completed on (date):

Signature of witness:

Print name:

DE4 - Complete an expedition for two days and one night: this expedition will be organised at school and completed during the school year.

Completed on (date):

Signature of witness:

Print name:

G2 - Run/support an Involve club for at least three terms

This is a key opportunity to showcase your leadership skills. By helping to run an Involve club, you will be acting as a role model for younger students who need someone to look up to. It is also an opportunity to pass on your skills and talents to others and demonstrate your skills of organisation and team work. You can choose to set up and run your own club (you will need to find a teacher to support with this) or assist with one that already exists.

Completed on (date):

Signature of witness:

Print name:

G3 - Apply for a leadership role in school

Our school leaders are responsible for acting as a voice for their year group. This opportunity will allow you to work closely with our Senior Leadership Team and also demonstrate your leadership skills as a student. You will help to write columns for our school newsletter, act as a tour guide for visitors around the school, act as a panellist for interviews and help out at school events.

Completed on (date):

Signature of witness:

Print name:

G4 - Visit a home for the elderly

It's really important to help support your local community, especially working alongside some of the most vulnerable people within it. Helping out, or even just visiting a care home can make a huge impact on their lives and yours.
Speak to Miss Jones to find out how to organise this.

Completed on (date):

Signature of witness:

Print name:

G5 - Learn a new skill and teach at least one person in your form

What new skill would you like to learn? How can you learn this new skill? Join a club? Teach yourself? It's entirely up to you, but you must make sure that you share this with someone else in your form and share your knowledge.

Completed on (date):

Signature of witness:

Print name:

Throughout the year, we may be made aware of some new and exciting opportunities which could qualify as a Gold challenge. If you choose to select one of these challenges, you will need to note the details in the boxes below.

G6 - Golden Opportunity	
Title: _____	
Brief Description	

Completed on (date):	
Signature of witness:	Print name:

G7 - Golden Opportunity	
Title: _____	
Brief Description	

Completed on (date):	
Signature of witness:	Print name:

G8 - Golden Opportunity	
Title: _____	
Brief Description	

Completed on (date):	
Signature of witness:	Print name:

Your Gold Challenges

Throughout the year, you might complete some additional challenges that we don't know about. If you think that they may be sufficiently challenging enough to count as a 'Gold Challenge', you should speak to either Mr Harper or Miss Bartlett. If we agree that this challenge is appropriate for 'Gold', we will happily sign it off.

G9 - Gold Opportunity

Title: _____

Brief Description

Agreed by: _____ Date: _____

Completed on (date):

Signature of witness:

Print name:

G10 - Gold Opportunity

Title: _____

Brief Description

Agreed by: _____ Date: _____

Completed on (date):

Signature of witness:

Print name:

Platinum Challenges

Once you have completed all of these challenges and have achieved Gold, you should come and speak to either Mr Harper or Miss Bartlett and we will get you started on the Platinum Challenges!

Termly Reflection Log

Term 1

You have completed a range of different challenges, consider these when answering the following questions.

1. What new skills have you learnt?

2. Why are these skills important for you and your future?

3. What do you still need to complete next term to achieve Bronze/Silver/Gold?

Term 2

You have completed a range of different challenges, consider these when answering the following questions.

1. What new skills have you learnt?

2. Why are these skills important for you and your future?

3. What do you still need to complete next term to achieve Bronze/Silver/Gold?

Term 3

You have completed a range of different challenges, consider these when answering the following questions.

1. What new skills have you learnt?

2. Why are these skills important for you and your future?

3. What do you still need to complete next term to achieve Bronze/Silver/Gold?

Term 4

You have completed a range of different challenges, consider these when answering the following questions.

1. What new skills have you learnt?

2. Why are these skills important for you and your future?

3. What do you still need to complete next term to achieve Bronze/Silver/Gold?

Term 5

You have completed a range of different challenges, consider these when answering the following questions.

1. What new skills have you learnt?

2. Why are these skills important for you and your future?

3. What do you still need to complete next term to achieve Bronze/Silver/Gold?

Term 6

You have completed a range of different challenges, consider these when answering the following questions.

1. What new skills have you learnt?

2. Why are these skills important for you and your future?

3. What do you still need to complete next term to achieve Bronze/Silver/Gold?

Trinity Academy Sowerby Bridge
Albert Road
Sowerby Bridge
Halifax
HX6 2NW

www.sowerby.trinitymat.org
admin@sowerby.trinitymat.org

01422 831 011