

# Journey Awards FAQs



## Why should I get a Journey Award?

Our Journey Awards recognise everything we do and learn outside of the classroom.

Throughout life, you carry an imaginary suitcase of all of experiences you have outside of the classroom. The more you have in your suitcase, the easier it becomes to learn new things!

By achieving a Journey Award, you will develop skills, ideas and hobbies that will help you in school and throughout your life. You will also learn to recognise your strengths and be able to talk about them to others which is a really important skill.



# Journey Awards FAQs

What do I need to do to get an award?

BRONZE Journey Award – complete FIVE challenges

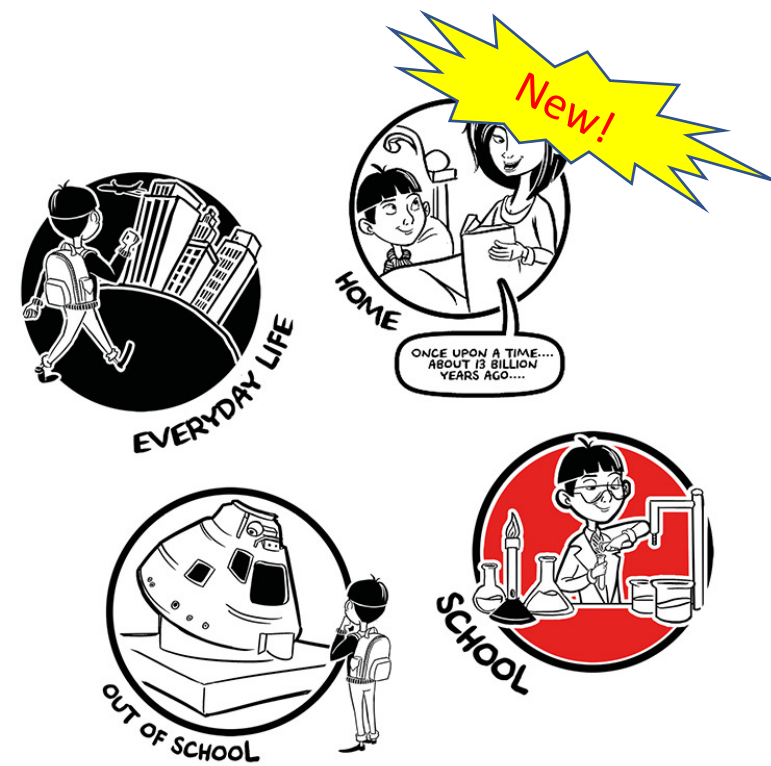
SILVER Journey Award – complete TEN challenges

GOLD Journey Award – complete TWENTY challenges

PLATINUM JOURNEY AWARD – complete at least THREE challenges in every category and show evidence that you have continued improving on your favourite challenges.

JOURNEY GUIDE AWARD – work as a Journey Guide within your tutor group. Share your experiences and help another person to complete a challenge.

**You must show evidence to your tutor!**



# Journey Award FAQs



## Are there any student leadership opportunities?

You can speak to your tutor about becoming a Journey Guide – this will involve mentoring other students and using the knowledge and experience you have gained to help another student to achieve an award.

## Do I have to work on my own to complete a challenge?

You can do each challenge with friends, family or on your own. To receive a recognition for a completed challenge, you must provide evidence to your tutor (this can be a photo, a letter from a parent/carer, a piece of writing or a discussion with your tutor).



# Journey Awards

1. Set up your My Journey, My Story Folder

2. Read about the Journey Awards

3. Find out about the awards

4. Take a look at the six categories – which ones have you already been doing?

In order to gain an award you must provide evidence and discuss it with your tutor

5. There is a space for you to add your own activities/challenges

Name: \_\_\_\_\_ Tutor Group: \_\_\_\_\_

## Journey Awards

### #TEAMCullington -

The things we do outside of the classroom can help us to better understand and enjoy what we learn inside of the classroom. By achieving a Journey Award, you will develop skills, ideas and hobbies that will help you in school and throughout your life. You can do each challenge with friends, family or on your own. To receive a recognition for a completed challenge, you must provide evidence to your tutor (this can be a photo, a letter from a parent, a piece of writing or a discussion with your tutor).

**BRONZE Journey Award** - complete FIVE challenges

**SILVER Journey Award** - complete TEN challenges

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**PLATINUM JOURNEY AWARD** - complete at least THREE challenges in every category and show evidence that you have continued improving on your favourite challenges.

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Award Category/Challenge	Tutor Signature
<b>Heritage</b> <ul style="list-style-type: none"> <li>Research (and visit) relics and ruins in the local area ("SAFETY")</li> <li>Present to your tutor group on "The History of Cullington"</li> <li>Take a photo of five local landmarks and write a summary of each ("SAFETY")</li> <li>Record five sounds that represent Cullington and write a summary for each</li> <li>Watch a play with The National Theatre and write a review</li> </ul>	
<b>Wellbeing</b> <ul style="list-style-type: none"> <li>Organise or join in with a College charity event</li> <li>Eat a healthy breakfast every day</li> <li>Work through the Wheel of Strength</li> <li>Plan your daily routine (revision, rest, commitments) and discuss with your tutor</li> <li>Play sports regularly</li> </ul>	
<b>Discovery</b> <ul style="list-style-type: none"> <li>Ask a teacher to recommend a documentary or article related to your learning and watch or read with a family member or friend</li> <li>Borrow and read 5 books from the College library</li> <li>Learn how to fix something that is broken (document your progress)</li> <li>Read a book or an article about someone who is not like you</li> </ul>	

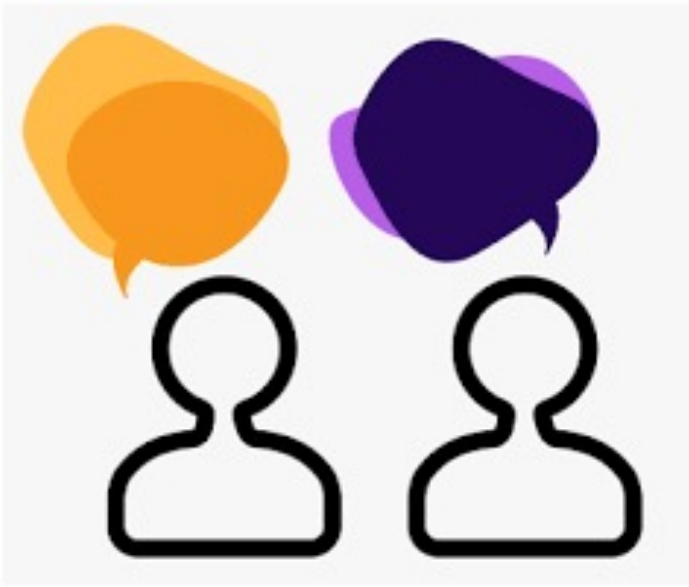
THINK AND DISCUSS: Are you ready to share your experiences and achievements?	<b>Creativity</b> <ul style="list-style-type: none"> <li>Invent a new recipe and treat it with family and friends</li> <li>Develop and submit an article for International Writing Day (June 2023)</li> <li>Take a screen break for two hours every day for a week</li> <li>Find a daily 'think' and discuss with a friend</li> <li>Take a picture of something that inspires you</li> </ul>	
	<b>Community</b> <ul style="list-style-type: none"> <li>Write a formal letter to an official person about something you are passionate about</li> <li>Become an active subject ambassador</li> <li>Take the lead on a class display or notice board</li> <li>Represent the College (music/sport/drama)</li> <li>Research and raise awareness for a whole college initiative (e.g. BHM, Antibullying Week, Mental Health Week)</li> </ul>	
	<b>Mindfulness</b> <ul style="list-style-type: none"> <li>Take a photo of the same point/place every day for a full month, what changes do you notice?</li> <li>Write 25 words to describe something you succeeded at every day for a week</li> <li>Make an A-Z list of things that make you feel happy</li> <li>Draw a picture of someone you really admire</li> <li>Practice mindful colouring for a week</li> </ul>	

Of course, you may have done something that is not on this list, you can gain recognition for these. Simply write your hobbies/interests in the table below and discuss these with your tutor. You can combine your own activities with those above to achieve an award.

Activity	Award Category	Tutor Signature

Remember! You don't have to do any challenge by yourself – you can work with family, friends or even a member of staff





**Can you talk and write about yourself?**

What are your strengths?  
Which experiences have shaped you?  
What are you working on?

- ✓ Opportunities to present about yourself, your experiences and your knowledge
- ✓ Build a portfolio of knowledge, experiences and skills outside the classroom
- ✓ Boost your CV, personal statement and applications
- ✓ Practical examples to show your character and strengths
- ✓ Official College-endorsed recognition to include in your record of achievement
- ✓ Ideas for new things to try
- ✓ Important strategies for ensuring and supporting wellbeing



**#TEAMCallington**  
**Everything is Possible**

