Journey Awards

#TEAMCallington - Year 7

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
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.

| | Award Category/Challenge | Tutor Signature |
|-------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| THI NK A ND DI SC US | Heritage ★ Take a virtual tour of a museum and write a reflection ★ Learn five Cornish Words and teach them to a family member/friend ★ Make a Hevva Cake, a Pasty or a Cream Tea and share with a loved one ★ Read a book about somebody who is not like you (ask an adult or friend for ideas) ★ Find out about the history of your local area and present to your tutor | |
| S: Ar e yo u re ad y to sh | Wellbeing ★ Complete fitness calendar challenges for a month ★ Learn how to play a card game and play with a relative, friend or teacher ★ Have a healthy breakfast every day for a month and keep a diary ★ Find three positive news stories and share these with friends, family and teachers ★ Give up a sugary snack and replace with a healthy alternative every day for a month | |

| 10° | Discovery | |
|------------|-------------------------------------------------------------------------------------------|--|
| | ★ Take a virtual tour of a zoo or an aquarium | |
| ar | ★ Grow a plant from a seed and track its development | |
| е | ★ Sign up and take part in the RSPB's Wild Challenge (achieve and award) | |
| yo | ★ Read a non-fiction article or book about any interesting topic and share | |
| ur | five new facts | |
| ex | ★ Look at the stars on a clear night and identify five constellations | |
| pe | Look at the stats of a clear flight and identity live constellations | |
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| Creat | ivity |
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| * | Make a suncatcher to hang up in your tutor room |
| * | Learn how to sing a song from beginning to end without looking at the |
| | words |
| * | Draw a picture for your favourite teacher |
| * | Plan and cook a two-course meal for your family |
| * | Write a poem about something which has affected you |
| Comr | nunity |
| * | Ask what needs doing around the house and spend an hour helping every |
| | day |
| * | Write a formal letter to an official person about something you are passionate about |
| * | Join a club or group at school (sports, chess, LGBTQ+, film) and make an active contribution |
| * | Actively get involved in a whole college event (e.g. BHM, Antibullying week, Mental Health Week, Odd Socks Day, Children In Need) |
| * | Become an active subject ambassador |
| Mindf | ulness |
| * | Choose a poem, learn it off by heart and share with your tutor or tutor group |
| * | Keep a diary for a month – write down five positive things from each day |
| * | Take a photograph of something you think is beautiful |
| * | Get up early, make your bed and think of three simple goals for the day – do this for one week |
| * | Learn a mindfulness/breathing technique and teach it to a family |
| | member/friend |
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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 |
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