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# School Ethos

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The School ethos is to provide a safe, happy and supportive environment in which each individual feels valued and respected, where true potential is recognised, high expectations are fulfilled, and personal achievements are celebrated.

## Our aims are:

- to develop the whole individual through high quality learning experiences.
- to promote high levels of personal esteem, confidence and courtesy.
- to create an environment in which we each respect and value each others' rights, needs and abilities.

## Our curriculum will:

- be varied, challenging and inspiring.
- build upon first-hand experiences.
- be rich, stimulating and relevant.
- enable pupils to enjoy learning.
- prepare pupils for the future.

**“God First,  
Others Second,  
Self Last.”**

– Colchester School Motto.

# Introduction

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## Introduction by Mr Young, Principal

I am proud to introduce you to our new pupil Character Development Programme that will be offered to all pupils from Nursery to Year 11.

At Colchester High School, we firmly believe that education should develop children's character, not just their ability to pass exams. Our pupils should be able to not only excel in the wider world but also help others, and build a strong community around them. We achieve this by offering our pupils a broad and challenging extra-curricular programme, social and moral guidance through PSHE lessons, opportunities for pupils to take on leadership roles and also support the close-knit Colchester High School community. Our pupils are also encouraged to work together and in so doing be aware of and empathetic to others needs. These aims are clearly laid out in our School ethos and School motto.

## This programme will build upon our ethos by:

- giving the pupils the skills, resilience, wellbeing and confidence required to face the opportunities and challenges of an ever changing world, and to succeed as both individuals and citizens in the future.
- helping them to develop into well-rounded happy confident individuals by providing them with the opportunity to try new experiences.
- providing our pupils with the emotional intelligence to be aware of the needs of others and the mindset to be able to incorporate this understanding into their own behaviour and how they connect with others.
- providing them with a greater understanding of the interconnectivity of the world and the importance of improving the global community for future generations.

The programme has been developed to be progressive through the pupil's time at the school and we hope that pupils will be able to use their journals to support their personal statements and CV's when they apply for Grammar Schools, Colleges, University or employment. We also expect that the programme will better prepare our pupils for the working world by teaching them creativity, people management and emotional intelligence, three skills that are expected to be in the top 10 skills required in 2020!

Although not compulsory, I really do hope that many of the pupils will get involved. Strong character attributes have been linked to higher educational attainment, employment outcomes and positive mental and physical health and I really do want to see every child leave Colchester High School happy and conscious citizens, prepared for the future.

**David Young,  
Principal**

# The History

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## The History of Character Development at Colchester High School

Character development has been an integral part of the Colchester High School's educational ethos since the School was opened in 1882 by Ferdinand Gröne as a 'most desirable establishment for young ladies'.

In the early 1900's when the then new Head Mr Harold Watkin and his Assistant Head, Mr Wilfred Hill together established the 10th Colchester Scout group, the schools aims were to not only provide their pupils with a traditional academic education but to also prepare them for life in general and their future careers.

School opening, circa 1882



The 10th Colchester Scout group, circa 1900.

ROYAL BLUE

# The History

THE HIGH SCHOOL FOR BOYS, COLCHESTER 1945  
 Name Greenwood Keith. (Pink Six) 9yrs

ROAD TO SECOND STAR			PROFICIENCY BADGES	
Tenderpad Tests	Examiner	DATE PASSED	Subject	DATE AWARDED
CUB LAW	✓		Character	BLUE
CUB PROMISE	✓		COLLECTOR	
SALUTE	✓		OBSERVER	✓
GRAND HOWL	✓		GARDENER	
<b>TENDERPAD INVESTED</b>	D.M.S.	8/5/45	<b>Handcraft</b>	YELLOW
1. UNION JACK	W.B.B.	23/10/46	ARTIST	
2. KNOTS	W.B.B.	19/11/46	HOMECRAFT	
3. (a) SOMERSAULT	W.B.B.	✓	TOY MAKER	
(b) LEAP FROG	W.B.B.	✓	<b>Service</b>	RED
(c) HOPPING	W.B.B.	19/11/47	FIRST AIDER	
(d) BALL	W.B.B.		GUIDE	
4. (a) SKIPPING	W.B.B.	28/4/47	HOUSE ORDERLY	
(b) BALANCING	D.M.S.	23/6/46	<b>Physical Health</b>	GREEN
5. CLEANLINESS	W.B.B.		ATHLETE	
6. TELL TIME	D.M.S.	25/6/46	SWIMMER	✓
7. RECITATION	W.B.B.	27/6/47	TEAM PLAYER	
8. TIDINESS				
9. 3 MONTHS' SERVICE	W.B.B.	✓	<b>SERVICE STARS</b>	
<b>FIRST STAR AWARDED</b>			1st Year	2nd Year
1. SIGNALLING			3rd Year	4th Year
2. COMPASS				
3. KNOTS			<b>PROMOTIONS</b>	
4. THRIFT			SECOND	
5. HANDCRAFT			SIXER	
6. (a) HOMECRAFT			SENIOR SIXER	
(b) MESSENGER			LEFT PACK	
(c) TELEPHONE	W.B.B.	✓	UP TO TROOP	
4. PHYSICAL EXERCISE				
8. FIRST AID				
9. 9 MONTHS' SERVICE				
<b>SECOND STAR AWARDED</b>				

Colchester School Badge programme, circa 1900.

With this aim all the boys of the School were expected to join the Scouts and participate in the School Badge programme as illustrated on the left. This traditional approach to education was recognised in an article in the Essex Telegraph on December 24th 1917, which noted that

“the training by Mr Watkins was making boys into useful citizens and sturdy men of the future”.

The importance of character building and preparing the pupils for the future was also beautifully described in the 1936 prospectus

“Education is not merely the execution of a scientific system of inculcating knowledge. It should be something far deeper and far more lasting. It should not only train a mind to assimilate facts but should develop self-reliance and perseverance....”

The School prospectus also emphasised that the

“The High School provides on modern lines an education which prepares pupils for the professions or commercial life.”

Bill Jolliffe, the well known military and civilian outfitter who attended the school in 1936 said about the School,

“We were a fair cross-section of boys from the commercial life of the town, and above all, our masters did their utmost to prepare us for later life. Characters were formed, standards were upheld, and there is not a school friend to this day that I would not acknowledge.”

The importance of the school's role in developing pupil character and preparing them for the future, was again referred to in the opening lines of the The School Song which was written by Mr Phillip Heathcote-Barrow, the School Principal from 1990 to 1996, and Mrs Pam Garland (Music teacher)

**“Our School's a  
firm foundation  
On which we  
build our life.”**

*– Colchester School Song, opening line.*

### **Looking To The Future:**

Fast forward 135 years and this fundamental belief in the importance of developing a child's character as well as their academic knowledge, is still as important today as it was then. As technology and globalisation changes the world we live in, it is even more important that our children are taught to be flexible, resilient and confident and also able to mix

socially and in the work place with people from different cultures and genders. As a co-educational school that welcomes diversity and promotes character, community and leadership, Colchester High School is well positioned to prepare our pupils for this future.

# The School Song

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Our School's a firm foundation  
On which we build our life  
Four Houses sound as granite  
That resist all strife;  
Each year builds up new courses,  
One mortar binds them fast:

God First! Others Second! Self Last!

We all have skills to offer;  
We all have parts to play  
Within our corporate building  
Whose walls will not decay.  
One Architect's design  
Links future with the past:

God First! Others Second! Self Last!

Our gateway opens prospects;  
Our paths line up our goals;  
Achievements stand in columns,  
Recording all our roles.  
Our roof beams ring in triumph,  
Our banner's on the mast:

God First! Others Second! Self Last!



Identity,  
confidence,  
perseverance,  
empathy,  
manners,  
teamwork,  
leadership,  
respect,  
motivation,  
integrity,  
fairness,  
responsibility,  
curiosity,  
commitment,  
compassion,  
initiative,  
happiness  
understanding,  
resilience.

# The Programme

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## How The Programme Works

During the School year, pupils are encouraged to participate in a wide range of activities that will help develop character according to four core characteristics—**personal character building, citizenship, creative expression, physical and mental wellbeing**. It is expected that pupils will undertake activities in each of the four characteristic groups.

These activities may be part of the normal school day teaching and learning, but the programme has also been designed to encourage the pupils to take part in a wide range of exciting and creative learning activities outside of the normal school day. These activities could be before school, during break and lunchtimes, after school, and during weekends.

At the end of the academic year, pupils will be required to prepare a personal statement with respect to their achievements in the four core characteristics. They will also complete a ten minute presentation to a member of the Colchester High School Leadership Team. Pupils may be awarded bronze, silver or gold awards. A certificate will be awarded to each pupil participating in the scheme at the School's annual prize giving ceremonies.

A description of the four core characteristics and a list of suggested activities for each age group can be found in this booklet. The suggested activities are for illustrative purposes only and pupils are free to choose their own activities as long as they incorporate each of the four core characteristics.

# Character Building

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Our children live in a multi-cultural global world that is constantly changing and with it so are their futures. An excellent academic education provides a strong foundation for our pupils but they will need more to live well and succeed, they will also need character. By "character", we mean a set of attitudes, skills and behaviours

such as; **self-control, self-belief, confidence, determination, adaptability, resourcefulness, tolerance, ambition, connectivity, empathy & resilience.** These essential life skills will help our children work well with others, build relationships, manage emotions, cope with difficult situations and respond to set backs.







# Citizenship

In the spirit of our School Motto of **“God First, Others Second, Self Last”**, we believe that it is important for our pupils to be active, informed and responsible citizens of our school and the greater community; to contribute to the common good and be tolerant and supportive of others

and to be informed about social and wider world issues. The activities undertaken should convey an understanding of the importance of **community spirit, volunteering, leadership, and help develop the virtues of tolerance, compassion and empathy.**



# Creative Expression

**Art, Music and Drama experiences can spark creativity and help young people to connect with their emotional self.** They also has a powerful ability to help children, and the adults they become, to be happy and mentally healthy. Music, Art and Drama play a huge part in school life at Colchester High School so there are plenty of opportunities for pupils to get involved. There are choirs, dedicated instrument lessons, regular

performances to parents and the local community. There are Drama productions throughout the year and pupils can get involved, not only in the performance, but also with stage management and stage set or costume design. Those more interested in Art can submit work for House and National Competitions and participate in the annual Colchester High School Art Festival.









# Wellbeing

Happy and healthy pupils are better prepared to learn to develop their educational potential and to become responsible individuals well prepared for life beyond school. A culture of taking care of yourself will also better prepare our pupils to manage the stresses of life and work. Sport is an intrinsic component of our curriculum, but regularly throughout the year during PSHE or themed activity weeks or through participation in school clubs, we also provide the children with the opportunity to learn additional wellbeing techniques such

as mediation, yoga, connectivity and healthy eating. There are also many opportunities for our pupils to participate in outdoor learning activities through trips arranged with the Cognita Active Learning Group and other approved third party providers. These activities include Forest School, team building days, multi-activity residential trips and the Duke of Edinburgh Scheme. This module is not about being the best at sport but about each individual pupil's effort, attitude, attendance and overall commitment to a healthier lifestyle.



# Illustrative activities by age group

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## PERSONAL CHARACTER DEVELOPMENT

Share work with Reception in Show and Tell time

Participate in "Star of the Week" celebration

Try something new during curriculum week / well-being week

Participate in a visitor presentation

## CITIZENSHIP

Participate in circle time

Participate in school or external charity activities

Learn how to say your name and age in a foreign language

Learn 5 facts about another country / religion, culture, or international holiday

## CREATIVE EXPRESSION

Participate in the Prep Nativity and end of year production

Visit an art gallery or museum

Design a birthday card

Sing a song you have learnt to your friends in circle time

Attend a music workshop

## WELLBEING

Try some new fruit and vegetables

Attend Forest School

Complete a 20 piece jigsaw

Learn to skip

Learn to scooter

Visit the dentist

# Reception

The list below are suggested activities for each age group and are for illustrative purposes only.

## PERSONAL CHARACTER DEVELOPMENT

Read your favourite book to the class

Present on a subject to your class

Read at an Early Years Parent Workshop

Try something new during curriculum week / well-being week

Join your local library

Be kind to a new pupil

## CITIZENSHIP

Earn at least 100 House points during the school year

Participate in a House competition

Join a school committee

Participate in a School or external charity or community event

Learn 50 words in a foreign language

Learn 10 facts about another country

Grow a herb pot

## CREATIVE EXPRESSION

Participate in a school production

Join a school or external Music, Art or Drama Club

Sing a song to your class

Draw a self portrait

Visit a museum

## WELLBEING

Join a school or external sports club

Attend Forest School

Learn 5 yoga moves

Try a new fruit

Learn to ride a bicycle (without stabilisers)

Attend a Junior Park Run

## PERSONAL CHARACTER DEVELOPMENT

Read to the Reception or Nursery class

Present on a subject to your class

Read at a Prep Open Afternoon

Try something new during curriculum week / well-being week

Participate in the library summer reading scheme and or school recommended reading list

Be kind to a new pupil

## CITIZENSHIP

Earn at least 100 House points during the school year

Participate in a House competition

Join a school committee

Participate in a school or external charity or community event

Join a youth activity group (Girl Guiding, Scouting, Girls Brigade, Air and Sea Cadets etc.)

Learn 50 words in a foreign language

Learn 15 facts about another country, religion or culture

Participate in an Eco School activity

## CREATIVE EXPRESSION

Participate in a school production or musical performance

Join a school or external Music, Art or Drama Club

Recite a poem to your class

Create a model

Experiment with musical instruments and sounds

Record an event using photography

## WELLBEING

Attend Forest School

Join a school or external sports club

Complete a 10 minute yoga session

Try new health foods

Go on a bike ride

Attend a Junior Park Run

## PERSONAL CHARACTER DEVELOPMENT

Read or present your favourite book to Prep Assembly

Present at the Prep Open Afternoon

Try something new during curriculum week / well-being week

Participate in the library summer reading scheme and or school recommended reading list

Be kind to a new pupil

Participate in the ESB Programme

## CITIZENSHIP

Earn at least 100 House points during the school year

Participate in a House competition

Join a school committee

Participate in a school or external charity or community event

Learn 100 words in a foreign language

Learn 20 facts about another country, religion or culture

Join a youth activity group (Girl Guiding, Scouting, Girls Brigade, Air and Sea Cadets etc.)

Participate in an Eco School activity

## CREATIVE EXPRESSION

Participate in a school production or musical performance

Join a school or external Music, Art or Drama Club

Write a poem

Design a book cover

Learn an instrument

Attend and report on a live show

## WELLBEING

Attend Forest School

Join a school or external sports club

Manage a 5 a day diary for one month

Complete a 15 minute yoga session

Try a new healthy food.

Participate in a charity race

## PERSONAL CHARACTER DEVELOPMENT

Speak in a Parent Class Assembly

Participate in the ESB programme

Try something new during curriculum week / well-being week

Participate in the library summer reading scheme and or school recommended reading list

Be kind to a new pupil

## CITIZENSHIP

Earn at least a silver House points certificate

Participate in a House competition

Participate in a school or external charity or community event

Join a school committee

Join a youth activity group (Girl Guiding, Scouting, Girls Brigade, Air and Sea Cadets etc.)

Make a short presentation about your family in a foreign language

Participate in an Eco School activity

## CREATIVE EXPRESSION

Participate in a school or club production or musical performance

Join a school or external Music, Art or Drama Club

Write a piece of creative writing

Learn an instrument

Go to a professional theatre production

## WELLBEING

Participate in an outdoor day or residential camp

Join a school or external sports club

Learn 5 yoga moves

Learn some mindfulness techniques

Try a new vegetable

Learn to roller skate

Play in a competitive match or participate in a sporting competition

## PERSONAL CHARACTER DEVELOPMENT

Take on a class responsibility

Speak in a Parent Class Assembly

Participate in the ESB programme

Be kind to a new pupil

Try something new during curriculum week / well-being week

Join a new club

## CITIZENSHIP

Earn at least a silver House points certificate

Participate in a House competition

Participate in a school or external charity or community event

Join a school committee

Join a youth activity group (Girl Guiding, Scouting, Girls Brigade, Air and Sea Cadets etc.)

Make a short presentation on a subject of your choice in a foreign language

Participate in an Eco School activity

## CREATIVE EXPRESSION

Participate in an external competition in Art, Music, Dance etc.

Participate in a school or club production or musical performance

Join a school or external Music, Art or Drama Club

Create / use ICT software to create a non-fiction presentation

Design your own World Book Day outfit

Learn an instrument

Play / perform your instrument in public

Go to a professional theatre production

## WELLBEING

Lead a mindfulness practice with your class

Participate in an outdoor day or residential camp

Join a school or external sports club

Learn the basic food groups

Take a group warm up in PE

Create a vegetarian recipe

Play in a competitive match or participate in a sporting competition



## PERSONAL CHARACTER DEVELOPMENT

Speak in a Parent Class Assembly

Participate in the ESB Programme

Be kind to a new pupil

Try something new during curriculum week / well-being week

Read to Reception class

## CITIZENSHIP

Earn at least a silver House points certificate

Participate in a House competition

Participate in a school or external charity or community event

Join a school committee or undertake a school leadership role (e.g. Librarian, Playground Leader,)

Apply to be a Prefect or Head Boy or Girl

Volunteer for a school community event (Open Day, CHSA fundraiser, Education or Community day)

Join a youth activity group (Girl Guiding, Scouting, Girls Brigade, Air and Sea Cadets etc.)

Write an essay or presentation on the Commonwealth

Plan a fund raiser for a charity

Participate in an Eco School activity

## CREATIVE EXPRESSION

Participate in a school or club production or musical performance

Join a school or external Music, Art or Drama Club

Write a 200 word essay

Learn a new creative skill—sewing, knitting, woodwork, photography

Learn an instrument

Take a music exam

Join a choir or orchestra

Go to a professional theatre production

Create a photo album of your family tree

## WELLBEING

Attend the Year 5 & 6 multi-activity residential or Mersea Outdoors trip

Plan and prepare a healthy breakfast for your family

Teach a younger child a sport

Join a school or external sports club

Play in a competitive match or participate in a sporting competition

## PERSONAL CHARACTER DEVELOPMENT

Speak in a Parent Class Assembly

Participate in the ESB Programme

Be kind to a new pupil

Try something new during curriculum week / well-being week

Read to a Year 1 Class

## CITIZENSHIP

Earn at least a silver House points certificate

Participate in a House competition

Participate in a school or external charity or community event

Join a school committee or undertake a school leadership role (Librarian, Playground Leader, Prefect, Head Boy or Girl)

Volunteer for a school community event (Open Day, CHSA Fund raiser, Education or Community Day)

Join a youth activity group (Girl Guiding, Scouting, Girls Brigade, Air and Sea Cadets etc.)

Write an essay or presentation on the Commonwealth

Participate in an Eco School activity

## CREATIVE EXPRESSION

Participate in a school or club production or musical performance

Join a school or external Music, Art or Drama Club

Write a 200 word essay

Create costumes or scenery for the school production

Learn an instrument

Take a music exam

Join a choir or orchestra

Go to a professional theatre production

Create a photo album of your friends

## WELLBEING

Attend the Year 5 & 6 multi-activity residential or Mersea Outdoors trip

Plan and prepare a healthy lunch for your family

Play in a competitive match or participate in a sporting competition

## PERSONAL CHARACTER DEVELOPMENT

Try something new during curriculum week / well-being week

Participate in the LAMDA programme

Listen to a Year 2 class read

Volunteer in Lower School

## CITIZENSHIP

Earn at least 150 House points during the school year

Participate in a school or external charity or community event

Join a youth activity group (Girl Guiding, Scouting, Girls Brigade, Air and Sea Cadets etc.)

Write an essay or presentation on a religion

Join a school committee or undertake a school leadership role (Digital Leader, Peer Mentor)

Volunteer for a school community event (Open Day, CHSA Fund raiser, Education or Community Day)

Raise money for a local or global charity

Investigate a global issue (immigration, refugees, Fair Trade, tourism, poverty, homelessness, climate change, conservation).

Participate in an Eco School activity

## CREATIVE EXPRESSION

Participate in a school production, assembly or musical performance

Join a school or external Music, Art or Drama Club

Enter a writing or art competition (School, House or external)

Repair a piece of clothing

Learn an instrument, take a music exam or show progression to the next level

Join a choir or orchestra

Create a photo album or art project based on one of your hobbies

Try using a new art material

Visit an exhibition or museum

## WELLBEING

Participate in a school or external sports club

Attend Induction Camp or European multi-activity residential

Create your own salad

Keep a gratitude diary

Learn to grow herbs

Try a new sport

Play in a competitive match or participate in a sporting competition

## PERSONAL CHARACTER DEVELOPMENT

Try something new during curriculum week / well-being week

Participate in the LAMDA programme

Volunteer in Lower School

Help run a club

Teach an older person to use the computer, internet or a computer game

## CITIZENSHIP

Earn at least 150 House points during the school year

Participate in a school or external charity or community event

Join a school committee or undertake a school leadership role (Digital Leader, Peer Mentor)

Volunteer for a school community event (Open Day, CHSA Fund raiser, Education or Community Day)

Raise money for a local or global charity

Join a youth activity group (Girl Guiding, Scouting, Girls Brigade, Air and Sea Cadets etc.)

Investigate a global issue (immigration, refugees, Fair Trade, tourism, poverty, homelessness, climate change, conservation).

Participate in an Eco School activity

## CREATIVE EXPRESSION

Participate in a school production, assembly or musical performance

Join a School or external Music, Art or Drama Club

Enter a writing or art competition (School, House or external)

Up-cycle a piece of clothing

Design a logo

Create a costume for a school production

Learn an instrument, take a music exam or show progression to the next level

Join a choir or orchestra

Go to see a live Shakespeare play

Create a photo album of your holiday

Make a mood board

## WELLBEING

Participate in a School or external sports club

Keep a gratitude diary

Attend European multi-activity residential

Cook a vegetarian meal

Grow a plant or garden at home

## PERSONAL CHARACTER DEVELOPMENT

Try something new during curriculum week / well-being week

Be a Language Leader

Participate in the LAMDA programme

Learn Touch Typing

Volunteer in Lower School

Help run a Lower School Club

## CITIZENSHIP

Earn at least 150 House points during the school year

Participate in a school or external charity or community event

Join a youth activity group (Girl Guiding, Scouting, Girls Brigade, Air and Sea Cadets etc.)

Join a school committee or undertake a school leadership role (Digital Leader, Peer Mentor)

Assist a Lower School class in a lesson

Volunteer for a school community event (Open Day, CHSA Fund raiser, Education or Community Day)

Join a youth activity group (Girl Guiding, Scouting, Girls Brigade, Air and Sea Cadets etc.)

Participate in a School or community clean up or recycling programme

Write an essay or presentation on Fundamental British Values

Investigate a global issue (immigration, refugees, Fair Trade, tourism, poverty, homelessness, climate change, conservation).

Participate in an Eco School activity

## CREATIVE EXPRESSION

Participate in a school production, assembly or musical performance

Join a School or external Music, Art or Drama club

Write a play

Design your own product

Learn an instrument, take a music exam or show progression to the next level

Join a choir or orchestra

Go to a professional theatre production

Produce a short music video

Draw something that is special to you

## WELLBEING

Participate in a School or external sports club

Keep a gratitude diary

Take part in the Duke of Edinburgh scheme

Cook a healthy family dinner

Digitally detox for a weekend

# Year 10

The list below are suggested activities for each age group and are for illustrative purposes only.

## PERSONAL CHARACTER DEVELOPMENT

Try something new during curriculum week / well-being week

Represent the school at External Public Speaking Competition

Read to a Prep Assembly

Plan and run one club for a term

Attend a Digital Awareness course

Develop your interview skills

## CITIZENSHIP

Join a school committee or undertake a school leadership role (Digital Leader, Peer Mentor, Prefect)

Volunteer for a school community event (Open Day, CHSA Fund raiser, Education or Community Day)

Participate in a school or external charity or community event

Volunteer or raise money for a local or global charity

Participate in a National Citizen Service challenge

Blog on an important global issue (immigration, refugees, Fair Trade, tourism, poverty, homelessness, climate change, conservation)

Participate in an Eco School activity

## CREATIVE EXPRESSION

Create a computer game

Participate in a school production, assembly or musical performance

Join a School or external Music, Art or Drama club

Write a play

Create a marketing campaign for a product

Learn an instrument, take a music exam or show progression to the next level

Join a choir or orchestra

Go to a professional theatre production

Produce a short video or animation on a subject of your choice

Devise an assembly theme and present it

Create a student blog or newsletter

## WELLBEING

Participate in a School or external sports club

Keep a gratitude diary for at least 21 consecutive days

Take part in the Duke of Edinburgh Scheme

Design a healthy eating leaflet

Run a 10K Race

## PERSONAL CHARACTER DEVELOPMENT

Deliver a Lower School Assembly

Take a communications skills course

Prepare your personal statement

Set up a revision group

## CITIZENSHIP

Join a school committee or undertake a school leadership role (Digital Leader, Peer Mentor, Prefect, Head Boy or Girl)

Volunteer for a school community event (Open Day, CHSA Fund raiser, Education or Community Day)

Participate in a National Citizen Service challenge

Volunteer or raise money for a local or global charity

Design a local social action project and make your mark in your local community!

Investigate a global issue and present to your year group or form (immigration, refugees, Fair Trade, tourism, poverty, homelessness, climate change, conservation).

Participate in an Eco School activity

## CREATIVE EXPRESSION

Participate in a school production, assembly or musical performance

Join a school or external Music, Art or Drama Club

Write a play

Learn an instrument, take a music exam or show progression to the next level

Join a choir or orchestra

Go to a professional theatre production

Devise an assembly theme and present on it

Design a new invention

## WELLBEING

Participate in a School or external sports club

Take part in the Duke of Edinburgh scheme

Create a healthy eating cookery book – at least 12 pages

Run a charity race and raise money for a good cause

Volunteer at Park Run



## **Colchester High School**

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