



Colchester  
High School



# THE WELLESLEY AWARD

Character Development Programme

**AN EXCELLENT EDUCATION  
THAT NOT ONLY PROMOTES  
ACADEMIC SUCCESS BUT  
CREATES CONFIDENT  
BALANCED  
INDIVIDUALS AND  
CONSCIOUS CITIZENS  
OF THE FUTURE**

## THE PROGRAMME

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 strong community around them.

The programme features a host of creative enrichment opportunities that combine a fantastic education with emotional and physical wellbeing by:

- giving the pupils the skills, resilience 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 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

## 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.

### END OF YEAR AND AWARDS

At the end of the academic year, pupils will be required to complete a presentation to a member of the Colchester High School Leadership Team. A certificate will be awarded to each pupil participating in the scheme at the School's annual prize giving ceremonies with top performing pupils receiving either a silver or gold award.

# PERSONAL CHARACTER BUILDING

Our children live in a multi-cultural global world that is constantly changing and with it so are their futures. A strong 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, ambition, resourcefulness, tolerance, adaptability, connectivity, empathy and 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.

## EXAMPLES OF HOW TO ACHIEVE YOUR GOALS

- Participate in an assembly
- Try something new
- Participate in the ESB Programme
- Participate in the LAMDA Programme
- Volunteer in Lower School
- Teach someone a skill



# 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.

## EXAMPLES OF HOW TO ACHIEVE YOUR GOALS

- Participate in a charity activity
- Learn about another country / religion, culture, or international holiday
- Join a school committee
- Join a youth activity group (Girl Guiding, Scouting, Girls Brigade, Air and Sea Cadets etc)
- Participate in a House Competition
- Volunteer for a school community event (Open Day, CHSA fundraiser, Education or Community Day)
- Investigate a global issue
- Participate in an Eco activity



# 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.

## EXAMPLES OF HOW TO ACHIEVE YOUR GOALS

- Participate in a school production
- Enter an art competition
- Learn an instrument
- Join a music, art or drama club
- Attend a music workshop
- Enter a writing competition
- Learn sewing, photography, videoing
- Go to a gallery, play, concert



# PHYSICAL AND MENTAL 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 pupils effort, attitude, attendance and overall commitment to a healthier lifestyle.

## EXAMPLES OF HOW TO ACHIEVE YOUR GOALS

- Create a healthy eating plan
- Attend Forest school
- Attend a Junior Park Run or charity race
- Learn yoga or meditation
- Play in a sporting competition
- Learn a new sport
- Teach a younger child a sport
- Attend an outdoor residential or trip





# Colchester High School

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**COGNITA**

Colchester High School is part of the Cognita Schools