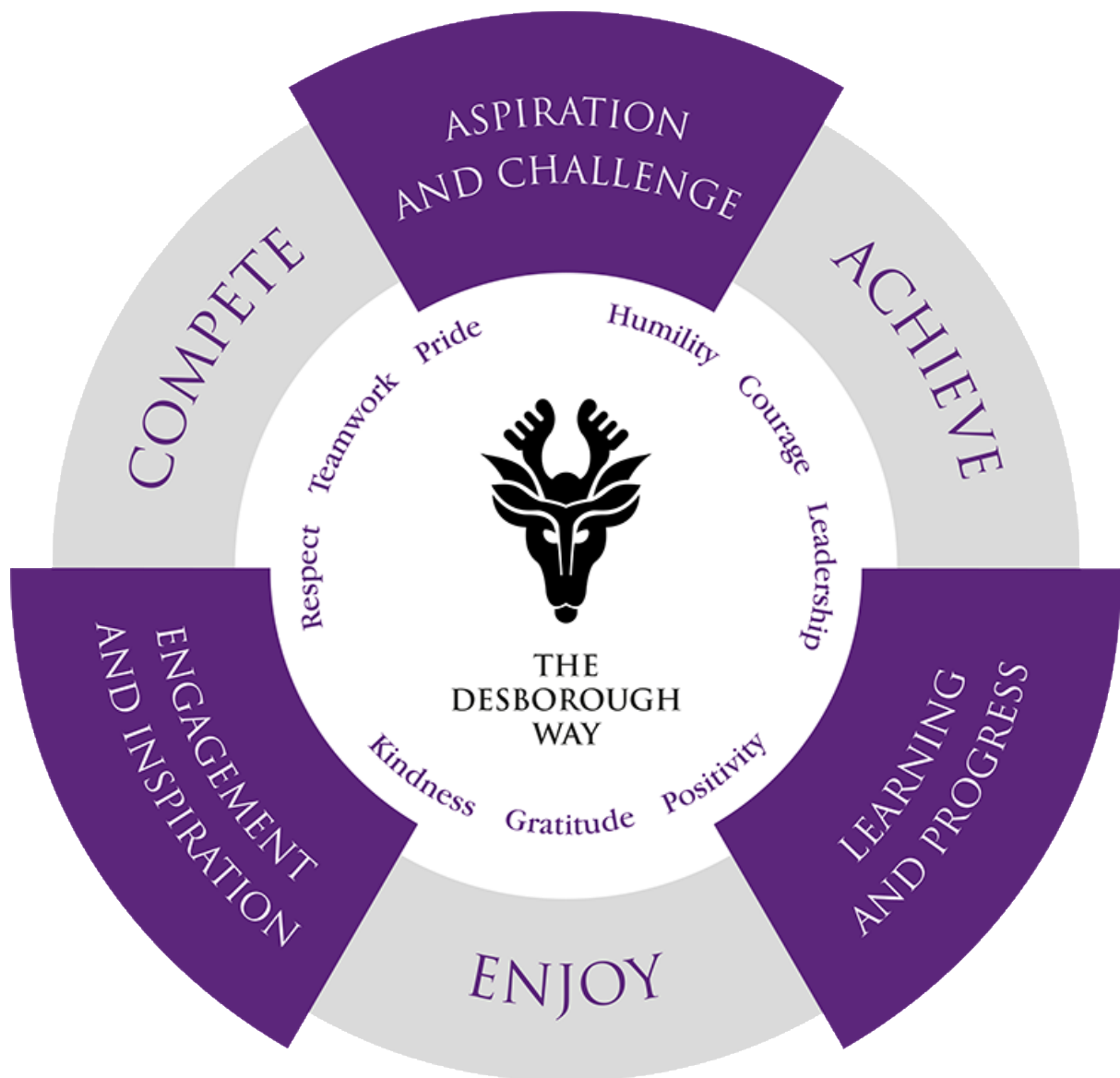


THE DESBOROUGH COLLEGE

JUNIOR STAG AWARD

YEAR 7



NAME:

TUTOR:

INTRODUCTION

The application and practice of our **Desborough Character Virtues** will help us to:

1. Provide a sense of purpose
2. Nurture our own emotional, mental and physical well-being
3. Support the health and well-being of our family, friends and local community
4. Recognise and celebrate your achievements in service of others and your own character development
5. Spread our contagious spirit of positive resolve and kindness



INSTRUCTIONS

Individual Challenge Sheets

- Attempt all challenges on the Challenge Sheet for each virtue.
- To achieve the Gold Award for a virtue you need to complete all challenges and achieve Gold in the majority of them. Your tutor will sign off your challenge sheet.
- To achieve the Silver Award for a virtue you need to complete all the challenges and achieve Silver or better in the majority of them.
- To achieve the Bronze Award for a virtue you need to complete all of the challenges to a Bronze standard.

Whole Award

- To achieve a Gold Award in Year 7 you need to complete all three Challenge Sheets and achieve Gold in at least two of them; for Silver you need to complete all three Challenge Sheets and achieve Silver in at least two of them; and for Bronze you need to complete all three Challenge Sheets. You will receive a Gold, Silver or Bronze badge to recognise your achievement.
- To achieve a Gold Award in Year 8 you need to complete all three Challenge Sheets and achieve Gold in at least two of them; for Silver you need to complete all three Challenge Sheets and achieve Silver in at least two of them; and for Bronze you need to complete all three Challenge Sheets. You will receive a Gold, Silver or Bronze badge to recognise your achievement.
- At the end of Year 9 your total across Year 7-9 will determine your overall Stag Award. To achieve a Gold Stag Award and receive a Gold Stag tie, you will need to complete all Challenge Sheets and achieve Gold standard across at least 2 of the 3 years.

GRADUATE PROFILE



Kindness

Students demonstrate kindness by being caring, considerate and thoughtful towards each other. Kindness is shown by gestures such as a smile, and through actions such as taking the time to help someone in their time of need, or simply surprising someone with an act of generosity. Students also demonstrate the ability and the aptitude to be kind to their physical and mental well-being through healthy choices and a positive influence on their physiology.

Gratitude

Students demonstrate their gratitude by taking the time and the trouble to always show their appreciation through their words and their actions. Students learn to be grateful for who they are and appreciate their own strengths and vulnerabilities. Gratitude enables students to experience, savour and enjoy everything that is positive and beautiful in the world.

Positivity

Students show their positivity by approaching everything with enthusiasm, tenacity and a growth mindset. Students use positive language, recognise each other's strengths, and celebrate achievement. Each individual works hard to see events through a positive lens, to broaden and build their emotional resilience to cope with the challenges and struggles of life. Negative behaviour is marginalised by praising commendable behaviour. Positivity and an optimistic outlook enhance the functionality of the brain, the health of the body and mind, and improves achievement. Students develop agency and self-efficacy by setting aspirational targets that contain short term goals, which sustain motivation. Grit, perseverance and tenacity is encouraged and developed to bring purposeful persistence.

Respect

Students treat themselves and each other with respect, without ever belittling or humiliating each other. Students honestly challenge themselves and each other without being disrespectful or disruptive. Difference, diversity and tolerance is celebrated to build self-respect and to ensure that all individuals feel safe, valued and free to reach their potential. Students demonstrate respect for their immediate, local and global environment.

Pride

Students demonstrate their pride by always looking smart; by striving to be the best version of themselves; and by ensuring that the school site is clean and tidy. Students organise, curate and present their work neatly and treat their own property and the belongings of others with care. Students show loyalty to each other and the school, by striving to fulfil their potential and bring out the best in each other. The expression of pride in their appearance, their efforts and their school build a sense of belonging and connectedness.

Teamwork

Students treat each other as teammates; collaborate and support each other; and consistently follow the Desborough Way. No one is ever left behind, and everyone works together towards competitive greatness. Students move beyond passive dependency on others; go beyond the naïve feeling that they can do everything better on their own; and develop the maturity to build collaborative networks of support for themselves and others.

Courage

Students enjoy success by overcoming physical, emotional, moral and intellectual challenges through tenacity, resilience and grit. Students show a willingness to take risks; to innovate; to challenge; to question; to be creative; to be curious; to be adventurous; to be resourceful; and to learn by responding positively to their mistakes. Students show a willingness to stand up for what they believe in and bravely challenge adversity to achieve success.





Humility

Students seek to reach their potential and respond to winning or losing with grace and dignity. Humility is demonstrated by not thinking less of yourself but by thinking of yourself less. Students show humility by being self-aware and having an awareness of others, by being prepared to put others first, and recognising that they are part of something more important than themselves.










Leadership

Leadership is demonstrated by students knowing their own strengths and being aware of the strengths of others. Leadership involves taking responsibility to improve your own life and the lives of others; setting high standards and achievable goals; showing honesty and integrity; making others believe they can be better than they think they can be; and relentlessly following a vision of fulfilment. Students acquire knowledge and experience of different leadership styles, and the ability to coach themselves and others to success.

KINDNESS

Bronze Activity	Silver Activity	Gold Activity
<p>Accumulate at least 15 House Points for Kindness.</p> <p style="text-align: center;"></p>	<p>Accumulate at least 20 House Points for Kindness.</p> <p style="text-align: center;"></p>	<p>Accumulate at least 25 House Points for Kindness.</p> <p style="text-align: center;"></p>
<p>For at least 6 weeks perform at least 3 random acts of kindness every week for different pupils (one person must be someone you don't know).</p> <p style="text-align: center;"></p>	<p>For at least 6 weeks, perform at least 4 random acts of kindness every week for different pupils (one person must be someone you don't know).</p> <p style="text-align: center;"></p>	<p>For at least 6 weeks, perform at least 5 random acts of kindness every week for different pupils (one person must be someone you don't know).</p> <p style="text-align: center;"></p>
<p>For at least 6 weeks, make your bed every day and help to prepare at least one meal each week.</p> <p style="text-align: center;"></p>	<p>For at least 6 weeks, make your bed every day, keep your room tidy and help clean up after every meal.</p> <p style="text-align: center;"></p>	<p>For at least 6 weeks, make your bed every day; keep your room tidy; help clean up after every meal; and help to keep the house tidy.</p> <p style="text-align: center;"></p>
<p>For at least 6 weeks surprise your parents with a random act of kindness each week.</p> <p style="text-align: center;"></p>	<p>For at least 6 weeks surprise another family member or family friend with a random act of kindness each week.</p> <p style="text-align: center;"></p>	<p>For at least 6 weeks, surprise a teacher or someone in your neighbourhood (inform your parents first) with a random act of kindness each week.</p> <p style="text-align: center;"></p>
<p>For at least 6 weeks, start and finish every day with a smile and a compliment for every member of your family.</p> <p style="text-align: center;"></p>	<p>For at least 6 weeks, start and finish every day with a smile, a compliment, and a hug for every member of your family.</p> <p style="text-align: center;"></p>	<p>For at least 6 weeks, start and finish every day and with a smile, a compliment, a hug for every member of your family and an offer to help in some way.</p> <p style="text-align: center;"></p>
<p>For at least 6 weeks, be kind to yourself and your parents by going to bed and getting up at normal school time.</p> <p style="text-align: center;"></p>	<p>For at least 6 weeks, be kind to yourself and your parents by going to bed and getting up at normal school time and eating healthily.</p> <p style="text-align: center;"></p>	<p>For at least 6 weeks, be kind to yourself and your parents by going to bed and getting up at normal school time, eating healthily and exercising for at least three times a week for 45 minutes.</p> <p style="text-align: center;"></p>

POSITIVITY

Bronze Activity	Silver Activity	Gold Activity
<p>For at least 6 weeks, start each week by sharing with your family one thing that you are looking forward to about the week ahead. Finish each week by sharing with your family, one thing about your week that was positive. Write these down in a diary or in a notebook.</p> <p style="text-align: center;"></p>	<p>For at least 6 weeks, start each week by sharing with your family two things that you are looking forward to about the week ahead. Finish each week by sharing with your family, two things about your week that was positive.</p> <p style="text-align: center;"></p>	<p>For at least 6 weeks, start each week by sharing with your family three things that you are looking forward to about the week ahead. Finish each week by sharing with your family, three things about your week that was positive.</p> <p style="text-align: center;"></p>
<p>Watch the video clip below about the 3 R's of positive mental well-being (Recognise, Rationalise and Replace). Reflect with a member of your family, a friend, or your tutor on at least one example when you either did or could have used this technique. https://www.youtube.com/watch?v=m2zRA5zCA6M</p> <p style="text-align: center;"></p>	<p>Watch the video clip below about the 3 R's of positive mental well-being (Recognise, Rationalise and Replace). Reflect with a member of your family, a friend, or your tutor on at least three examples when you either did or could have used this technique.</p> <p style="text-align: center;"></p>	<p>Watch the video clip below about the 3 R's of positive mental well-being (Recognise, Rationalise and Replace). Reflect with a member of your family, a friend, or your tutor on at least three examples when you either did or could have used this technique. In addition, reflect on at least one example when you guided a friend through this process.</p> <p style="text-align: center;"></p>
<p>Watch this 2 minute video to learn more about positive brain chemicals. https://www.youtube.com/watch?v=xNYOAAUtH3g</p> <p style="text-align: center;"></p>	<p>Watch this 5 minute video about learning to be more positive. https://www.youtube.com/watch?v=2hHNq45rEnU</p> <p style="text-align: center;"></p>	<p>Watch this 10 minute video about working hard on your positivity to escape negativity. https://www.youtube.com/watch?v=7XFLTDQ4Jmk</p> <p style="text-align: center;"></p>
<p>Watch the video clips below about positive target setting. For at least 6 weeks, start each week by carefully thinking about what you want to achieve. https://www.youtube.com/watch?v=SFjgXNLzsB4 https://www.youtube.com/watch?v=LZpAYmUpX44</p> <p style="text-align: center;"></p>	<p>Watch the video clip below. For at least 6 weeks, start each week by identifying 3 to 5 targets that you want to achieve. Write your targets on a post it note (or something similar) and stick them somewhere visible.</p> <p style="text-align: center;"></p>	<p>Watch the video clip below. Write your 3-5 targets on a post it note (or something similar) and stick them somewhere visible. Share these with your family and review them at the end of each week.</p> <p style="text-align: center;"></p>

GRATITUDE

Bronze Activity	Silver Activity	Gold Activity
<p>Accumulate 15 House Points for Gratitude.</p> <p style="text-align: center;"></p>	<p>Accumulate 20 House Points for Gratitude.</p> <p style="text-align: center;"></p>	<p>Accumulate 25 House Points for Gratitude.</p> <p style="text-align: center;"></p>
<p>Keep a Gratitude Journal for at least 6 weeks, writing down and sharing with your family at the end of every day, one thing for which you are grateful.</p> <p style="text-align: center;"></p>	<p>Keep a Gratitude Journal for at least 6 weeks, writing down and sharing with your family at the end of every day, two things for which you are grateful.</p> <p style="text-align: center;"></p>	<p>Keep a Gratitude Journal for at least 6 weeks, writing down and sharing with your family at the end of every day, three things for which you are grateful.</p> <p style="text-align: center;"></p>
<p>For at least 6 weeks, smile and say thank you each time anyone does anything for you.</p> <p style="text-align: center;"></p>	<p>For at least 6 weeks, at the end of each week send a quick text or message to a friend or family member expressing your gratitude for their friendship, love, and support.</p> <p style="text-align: center;"></p>	<p>Write a letter or a thank you card to someone who deserves your gratitude for the support, love, or friendship they have shown you. Present the letter or card in person and read it out to them.</p> <p style="text-align: center;"></p>
<p>Pick your favourite three things from the natural world and write down why you appreciate them so much.</p> <p style="text-align: center;"></p>	<p>Visit at least five landmarks or areas of outstanding natural beauty and write down why you appreciate them so much.</p> <p style="text-align: center;"></p>	<p>Memorise each of the 7 Wonders of the Modern World and learn at least one interesting fact about each one.</p> <p style="text-align: center;"></p>
<p>Spend some time talking with your friends and family to find out your three best qualities. Spend some time reflecting on their comments and write down your three main strengths.</p> <p style="text-align: center;"></p>	<p>Tell at least one of your friends and at least one member of your family what you appreciate about their main strengths and their best qualities.</p> <p style="text-align: center;"></p>	<p>Tell all your friends and all your family what you appreciate about their main strengths and their best qualities.</p> <p style="text-align: center;"></p>

Student signature:

Date:

Tutor signature:

Date:

Award	Bronze (tick)	Silver (tick)	Gold (tick)
Kindness			
Positivity			
Gratitude			
Overall Year 7 Award			