

Explore

This includes:

- Any residential in the UK/abroad.
- Any half day, day or evening trip in the UK/abroad.

The below is not an exhaustive list, please check with Mr MacPhail or Mr Elbourne if you are unsure.

Art - Gainsborough House Printmaking Workshop - July - Year 9	English - Young Citizens Mock Magistrates Competition - March - Key Stage 4	MFL - Paris - April - Year 10 and 11	
BPE - Denominational church visit - December - Year 9	English - Inter-Schools Public Speaking Competition - June - KS4	MFL - Madrid - April - Year 10 and 11	
BPE - London cultural including Mosque visit - June - Year 10	Geography - King George Playing Field - October - Year 7	MFL - Rust - November - Year 8 and 9	
BPE - Revision denominational church visit - December - Year 11	Geography - Tollgate (GCSE) - June - Year 9	PE - Ski Trip - February - All years	
Careers - Careers convention - October - Year 11	Geography - Walton on the Naze (GCSE) - June - Year 10	PE - Sports Tour - April - Year 8 and 9	
Drama - Evening theatre trips - Month depends on theatre - All years	History - Colchester Castle - January - Year 7	PE - Women's FA Cup Final - May - All years	
English - Poetry Live - January - Year 10	History - Ypres - April - Year 8	PE - Canoe and Coast - August - Year 8	
English - Romeo & Juliet theatre trip - Depends on theatre - Year 8	History - Norwich Castle - June - Year 9	Whole School - Camps International Expeditions - July - Year 10 and 11	
English - Macbeth - Depends on theatre - Year 9/10	MFL - Arras/Amiens - December - Year 8 and 9	Whole School - Danbury Camp - June - Year 7	
	MFL - Disneyland - May - Year 9	Whole School - Duke of Edinburgh - Month depends on activities - Year 10 and 11	
	MFL - Le Touquet - July - Year 7		

Contribute

This includes:

- Any volunteer work completed in school.
- Any volunteer work completed outside of school.
- Remember for **any** volunteer work you must provide a piece of evidence.

The below is not an exhaustive list, please check with Mr MacPhail or Mr Elbourne if you are unsure.

Volunteer to support school charity events	Volunteer to participate in an inter house competition	Volunteer to run, organise and/or support a charity event outside of school	Volunteer to help your parents organise a big family event e.g. a wedding, birthday or special occasion
Volunteer to assist at a parents' evening	Volunteer to support younger students in the school to settle in over at least a term	Volunteer to run, organise and/or support a community event outside of school	Volunteer in a leadership role at cadets
Volunteer to assist with tours of the school	Volunteer to assist and/or deliver PSHE	Volunteer to assist coaching younger people at a sports club	Volunteer at the local library
Volunteer as part of the LRC team	Volunteer to support a department at open evening	Volunteer as a first aider with St John's Ambulance	Volunteer in a litter picking event
Volunteer to run a personal charity event within school	Volunteer to help during Year 5 and 6 taster day	Volunteer in a leadership role with Scouts	Volunteer to support backstage for a Drama group production
Volunteer to referee at least three sporting fixtures	Volunteer as a language leader	Volunteer to help the elderly in your community	Volunteer to support and assist at a local sports team's presentation/fun day
Volunteer to assist coaching of a sports team for at least a term	Volunteer to support with Sports Day	Volunteer to help at a food bank	Volunteer to assist with a community scheme
Volunteer to help younger students with their reading	Volunteer to be a form buddy for a new student	Volunteer to support the running of a local church	Volunteer to assist at a sporting event outside of school
Volunteer to support backstage for the school production	Volunteer to help with the school garden	Volunteer to support those with a disability in your community	
Volunteer to coordinate inter house competition teams	Volunteer to help care for the school fish tank		

Engage

This includes:

- Taking part in a school event/experience outside the normal day to day expectations of a student.

The below is not an exhaustive list, please check with Mr MacPhail or Mr Elbourne if you are unsure.

English - Sigma Summit - October - Year 10	PE - Sports clubs - Advertised at the start of each term - All years	Whole school - Sign language club - September onwards - All years	Drama, Dance and Music - StanFest - May to July - All years
English - Public speaking club - September onwards - All years	PE - NSEA Equestrian events - Depends on competition dates - All years	Whole school - First aid champions - October for 10 weeks - All years	BPE - Sanctum - July - Year 7 and 8
English - English Speaking Union: Winston Churchill Competition - October - Year 9	Whole school - STEM club - September onwards - All years	Whole school - Homework club - September onwards - All years	LRC - Film Friday - September onwards - All years
English - Sigma BP Debate - December - All years	Whole school - VEX IQ club - September onwards - Year 7 and 8	Whole school - Parents' evenings	Music - Stanway Singers - September onwards - All years
English - Creative Writing Club - September onwards - All years	Whole school - VEX EDR club - September onwards - Year 9 and 10	Whole school - Open week tours	Music - String Group - September onwards - All years
English - Vocabulary Club - September onwards - All years	Whole school - School production - September until March - All years	Whole school - Year 5 and 6 taster day support	Music - Orchestra - September - All years
Maths - UK Maths Challenge - March - All years	Whole school - Revision classes (attendance for a whole term at least) - Varies for each subject - Year 10 and 11	Whole school - School charity events	Music - Christmas Concert - December - All years
Maths - NEMO - Year 7 to 10	Whole school - Tabletop gaming club - September onwards - All years	Whole school - Inter house competitions	
Maths - Sigma Maths Grade 8/9 Masterclasses - October - Year 11		School garden - Let's Grow - September onwards - All years	
MFL - Language Leader award - October - Year 9			

Develop

This includes:

- Learning a new skill. Remember! You **MUST** provide **evidence** to prove this and it must be a **new** skill.

The below is not an exhaustive list, please check with Mr MacPhail or Mr Elbourne if you are unsure.

Learn a new instrument	Learn new scientific skills at VEX club	Learn how to navigate using a compass at Danbury Camp or as part of the DofE	Learn how to canoe at Danbury Camp and on Canoe and Coast
Learn and recite a monologue at Stanfest	Learn how to have a conversation in another language in another country	Learn how to put up a tent or hammock as part of the DofE	Learn how to cook a native dish on a international trip
Learn to play a new sport over an entire academic year or in an inter house competition	Learn how to record congestion in a public area	Learn how to build a website in your own time	Learn how to cook your favourite recipe, in your own time, for people at home
Learn skills for & partake in a Mock Magistrates competition	Learn the etiquette of a theatre	Learn new techniques to revise for exams in your own time	Learn how to brick lay in your own time or on a Camps International expedition
Learn how to perform a character in the school show	Learn the etiquette of a gallery	Learn how to create a successful advertising campaign for an event	Learn to debate
Learn how to ski	Learn the customs of a religious place of worship	Learn a new style of dance at a dance club	Learn how to dress correctly for different occasions e.g. careers day & interviews
Lead or assist with an assembly	Learn how to lead of a group of people effectively	Learn to perform different first aid skills at first aid club	Learn a new language at an extra-curricular club
Learn how to grow vegetables in the school garden	Learn how to make a concrete mix on a Camps International expedition	Learn how to create a tutorial to teach others' a new skill	Learn bushcraft skills in your own time
Learn how to maintain the school garden	Learn how to be considerate & support others in your own time	Learn how to find a book in the school library and a public library (different systems)	
Learn how to organise a community project	Learn how to talk persuasively at a mock interview or debate club	Learn how to sail a boat on Canoe and Coast	
Learn how to organise and run a successful charity fundraiser			
Learn how to build a robot			

Appreciate

This includes:

- Attending a trip that broadens knowledge of a particular subject area.
- Participating in an experience that broadens knowledge of a particular subject area.

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BPE - Denominational church visit - December - Year 9	Geography - King George Playing Field - October - Year 7	MFL - Rust - November - Year 8 and 9	Maths - NEMO - Year 7 to 10
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Careers - Careers convention - October - Year 11	History - Colchester Castle - January - Year 7	PE - Sports Tour - April - Year 8 and 9	English - Sigma BP Debate - December - All years
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English - Poetry Live - January - Year 10	History - Norwich Castle - June - Year 9	PE - Canoe and Coast - August - Year 8	Music - Christmas Concert - December - All years
English - Romeo & Juliet theatre trip - Depends on theatre - Year 8	MFL - Arras/Amiens - December - Year 8 and 9	Whole School - Camps International Expeditions - July - Year 10 and 11	Whole school - School production - September until March - All years
English - Macbeth - Depends on theatre - Year 9/10	MFL - Disneyland - May - Year 9	Whole School - Danbury Camp - June - Year 7	Whole school - VEX IQ club - September onwards - Year 7 and 8
English - Young Citizens Mock Magistrates Competition - March - Key Stage 4	MFL - Le Touquet - July - Year 7	Ben Lyttleton Football School - author visit - October - Year 7	Whole school - VEX EDR club - September onwards - Year 9 and 10
	MFL - Paris - April - Year 10 and 11	Author visits - depends on author availability - All years	

