



There are 5 key ingredients of good mental health and emotional well being:

Connect (Include everyone in our social community, listen, be there, be a good friend)

Give (volunteer, time, your presence, your thanks)

Take **Notice** (watch out and notice others and be kind / caring, remember the things that give you joy, notice nature)

Keep **Learning** (be curious, think hard)

Be **Active** (exercise, go outdoors)

Children have to successfully complete all 5 sections to achieve the Award.



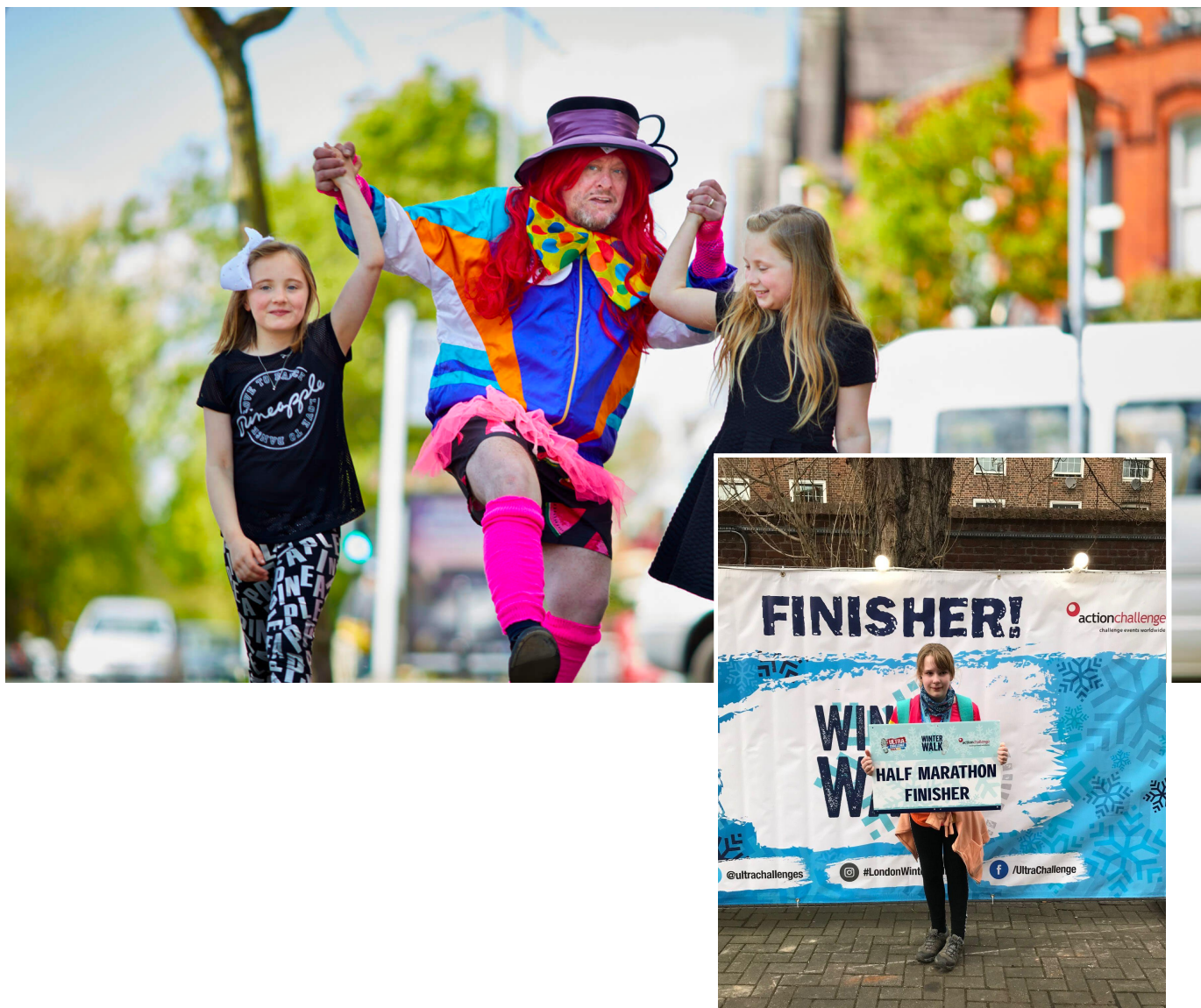
Bronze Award is primarily for children aged 7-9 (years 3 & 4) but can be done by any child aged 7-13.



Silver Award is primarily for children aged 10-11 (years 5 & 6) but can be done by any child aged 10-13.



Gold Award is for children aged 12-13 (years 7 & 8).



FUNDRAISE

Choose a worthwhile charity and, working with others in a team, raise some money for it.

Name:

Age:

School:

Class:

Bronze, Silver or Gold Award level?

At all levels, students complete this Achievement Log. There are two parts to this:

Section 1. Evidence

Evidence of your fundraising.

1. Which charity did you raise money for?

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2. Why did you choose this charity?

.....

.....

3. Who else fundraised with you?

.....

.....

4. What did you do to raise money?

.....

.....

5. Photo(s) of you doing the fundraising:

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6. How much did you raise?

7. Signature of your parent or supervisor to confirm you did the fundraising:

Name

Parent/Role/organisation.....

Signature.....

Section 2. Reflections

In completing these reflections, if you cannot think of an example from your Fundraising experiences you could answer based on what you have learned from your life in general over the one/two years, not just what you have done as part of the scheme e.g. you could reflect on some general examples of when you have been kind.

Think and then write about what you have experienced / learned under these headings:

Connect (*Include everyone in our social community, listen, be there, be a good friend*).

Write examples of how you have connected with other people, included others in what you are doing, listened to others and/or been a good friend while fundraising:

Give (*volunteer, time, your presence, your thanks*).

Write examples of how you have thanked people while fundraising:

.....

.....

How else could you help this charity other than fundraising?

.....

.....

Take **Notice** (*watch out and notice others and be kind / caring, remember the things that give you joy, notice nature*).

What made you happy and full of joy while doing the fundraising?

.....

.....

How will your fundraising help others?

.....

.....

Keep **Learning** (*be curious, think hard*).

What did you learn from doing the fundraising?

.....

.....

Be **Active** (*exercise, go outdoors*).

What examples were there of you being active or being outdoors while doing the fundraising?

.....

.....

Give an example of when you showed or developed **resilience** while doing the fundraising:

.....

.....

Give an example of when you showed or developed **leadership** while doing the fundraising:

.....

.....

Give an example of when you showed or developed **confidence** while doing the fundraising:

.....

.....

Signature of your class teacher/form mentor to confirm you have done these reflections:

Name

School

Signature

Appendix

There are 5 key ingredients of good mental health and emotional well being:

1. **Connect** (Include everyone in our social community, listen, be there, be a good friend)
2. **Give** (volunteer, time, your presence, your thanks)
3. Take **Notice** (watch out and notice others and be kind/caring, remember the things that give you joy, notice nature)
4. Keep **Learning** (be curious, think hard)
5. Be **Active** (exercise, go outdoors)

There are key ingredients of good physical health:

1. **Nutrition.** A healthy, balanced diet of all the food types, including vitamins and minerals in the right proportions. A diet that is low in fat, sugar and salt.
2. **Regular physical activity**
 - a. Cardiorespiratory fitness
 - b. Strength and stamina
 - c. Flexibility and suppleness

All of the ingredients are included in the Award Scheme. By participating in this scheme, children will push themselves out of their comfort zone and develop:

- ★ Resilience
- ★ High Self Esteem
- ★ Confidence
- ★ Leadership

