



RESILIENCE AWARD SCHEME

for children aged 7-13

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).



COMMUNAL MEALS

Participants design, prepare (and cook) healthy meals from raw ingredients. There are different levels of challenge of meal preparation and serving:



A Bronze challenge is a nutritious meal for at least 2 family members or friends (with at least two courses). Supervised by parent/carer.



A Silver challenge meal is for at least 4 key workers in their workplace setting (supervised by either a family member, social worker or member of school staff) e.g. make a meal for 4 members of staff in a school or 4 members of a Fire and Rescue service.



A Gold challenge meal is for a mixture of family members and at least one vulnerable member of the community (elderly, disabled, lonely etc).

Achievement log of your evidence and reflections

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 communal meal(s). Please attach more sheets of paper if you need to.

1. How was the meal you prepared healthy?

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2. What were your ingredients?

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3. Photos of the recipes: (Please attach separately if you need to)

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4. Photo(s) of you making the meal: (Please attach separately if you need to)

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5. Photo(s) of the finished meal: (Please attach separately if you need to)

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6. Photo(s) of people enjoying the meal:(Please attach separately if you need to)

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7. For the Silver and Gold Award, who did you serve the meal to who are key workers (Silver) or a vulnerable member of the community (Gold)?

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8. Signature of your parent/supervisor to confirm you did the food preparation/cooking:

Name

Parent/Role/organisation

Signature

Section 2. Reflections

In completing these reflections, if you cannot think of an example from your Communal Meal 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 a good friend.

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

Connect (*listen, be there, be a good friend*).

How did you have to work with others to prepare your meal? Did you need to ask for any help when you were preparing the food?

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

How have you ensured that the people you cooked for really enjoyed their meal? For example, did they choose the meals you cooked?

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

How did it make you feel when people were enjoying the meals you had prepared?

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

What cooking skills have you learnt when making these meals? What cooking equipment did you have to use when making the meal?

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Give an example of when you showed or developed **resilience** while preparing this meal:

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Give an example of when you showed or developed **leadership** while preparing this meal:

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Give an example of when you showed or developed **confidence** while preparing this meal:

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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

