



High Hesket CE School
Opportunities for Personal Development
2021-2023

Democracy and rule of law	Helping others and fundraising
<p>School council Captains and Vice Captains Year 6 visit to the Courts Playground buddies Year 6 participation in Climate Change summit Collective Worship themes</p>	<p>Children in Need Comic Relief Children's Cancer Run PTA 'day off day' Ukraine Appeal community breakfast Carlisle Foodbank collection British Legion Poppy Appeal Bright Stars</p>
Healthy lifestyle and sporting success	Community involvement
<p>Wellbeing week Sports Day Sports Leader training (Y5) TriKidz triathlon workshops Y1-6 Reception – Year 2 'pedal and scoot' sessions Year 5&6 7 a side football tournament at Harraby 3G Year 5&6 girls football tournament at Brunton Park Sheep mount Cross Country competition Year 5&6 Sports Hall athletics Year3&4 tennis competition at Chatsworth House Year 3&4 County Cup football finals Year 6 Keswick Mountain Festival duathlon Athletics County championships Year 5 cricket competition at Lanercost Eden Rock climbing tournament Year 5 & 6 netball tournament KS2 swimming gala National Cross-Country Championships Year 5 & 6 RSE sessions with school nurse</p>	<p>Reverend Houston Collective Worship St Mary's Church poppy display Christmas plays Year 5 & 6 musical showcase Harvest festival and Harvest lunch Carol Service PTA family quiz night PTA Christmas & Summer Fair Platinum Jubilee 'tea and cake' afternoon EYFS stay and play sessions for parents Reading meeting for parents Facebook Twitter Parent survey Text messages / letters Year 6 Leaver's service at Carlisle Cathedral Year 6 Leaver's service at St Mary's Church Joint sessions with Forest Friends playgroup</p>
Cultural awareness, tolerance and diversity	Safety and safeguarding
<p>Link with Mrawi Primary School Djembe drumming sessions with Zozo Fairtrade Fortnight Fair Achiever School International Schools Award Wheelchair Basketball sessions</p>	<p>NSPCC safeguarding workshops Safer Internet Day activities Nurture group Police visit and assembly Comparative and Restorative Education materials including focus weeks Year 6 Cycle Wise cycling safety sessions</p>

	Fire safety workshops from Cumbria Fire and Rescue Service
Extra curricula clubs	Career guidance / preparing for wider life
<p>Chess club (Y4-6) Running club (Y3-6) Cookery club (Y3-4) Sewing club (Y5-6) Netball club (Y5-6) CUFC football club (Y1-6) Eco cub (Y1-2) Tri-golf (Y3-4) Lego League (Y6) Yoga club (Y3-4) Revision club (Y6) Book Club (Y3-6) Forest School (KS2)</p>	<p>STEM ambassador visits Bright Stars Enterprise Project Lego League Jobs for everyone project Pop up shop 3D PSHE sessions on budgeting, generating income and consumer sense.</p>
Curriculum enhancement	
Curriculum	Outdoor Classroom Days
English	<p>Creative week Play in a day sessions (Y1 – Y6) Library van visit World Book Day activities M&M Theatre Production performances Year 2 trip to Beatrix Potter museum</p>
Maths	<p>Caldew School challenge sessions Cluster maths activity day</p>
Science	<p>Year 5 Science Day at UCC Year 1 & 5 trip to Newcastle Life Centre EYFS hatching chicks and butterflies EYFS midwife visit EYFS visit to Beeches Farm</p>
Computing	<p>STEM focus week Year 6 sessions with Fran Ward Year 6 STEM workshops in Carlisle ‘Be Internet Legends’ assembly</p>
Art & Design	<p>Creative week Year 2 felt making Year 5 printing workshop Year 2 acrylic painting workshop with artist Year 6 trip to Carlisle Street Art trail</p>
Music	<p>Creative week Carlisle Cathedral ‘Singing Out’ Outreach Program Year 5 whole class violin sessions Peripatetic guitar lessons Djembe drumming sessions with Zozo</p>
History	Humanities week

	<p>Year 2 WW1 Tullie House outreach session</p> <p>Year 6 residential to Edinburgh</p> <p>Year 6 online session with Bullock Museum, Texas</p> <p>Year 4 trip to Tullie House</p> <p>Year 3 trip to Vindolanda and the Roman Army Museum</p> <p>Year 3 trip to Castle Rigg Stone Circle and Keswick Museum</p> <p>Year 6 trip to Carlisle Courts</p> <p>Year 5 trip to Beamish Open-Air Museum</p>
Geography	<p>Humanities week</p> <p>Year 6 Keswick camping trip</p> <p>Year 6 residential to Edinburgh</p> <p>Year 4 virtual session with resident in Denmark</p> <p>Year 4 river study</p>
PE	<p>Wellbeing week</p> <p>CUFC multi skills coaching (Y1-6)</p> <p>54 degrees multi skills coaching (EYFS)</p> <p>Intensive swimming lessons at Sands Centre (Y3-6)</p> <p>Gymnastics coaching at Richard Rose Morton Academy (Y1-6)</p> <p>Tag Rugby coaching (Y3 & Y5)</p> <p>Cricket coaching sessions</p> <p>Tennis coaching sessions</p> <p>TriKidz triathlon workshops Y1-6</p> <p>Year 5 residential to Derwent Hill</p> <p>EYFS Branch Out Forest School session</p> <p>Wheelchair Basketball sessions</p>
PSHE	<p>Wellbeing week</p> <p>Year 5 & 6 sessions with school nurse</p>
MFL	<p>Creative week</p> <p>Year 3 & year 6 French picnic</p>
RE	<p>Values Day</p> <p>NISCU workshops</p>