



**High Hesket CE School**  
**Opportunities for Personal Development**

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&amp;6 7 a side football tournament at Harraby 3G  Year 5&amp;6 girls football tournament at Brunton Park  Sheep mount Cross Country competition  Year 5&amp;6 Sports Hall athletics  Year 3&amp;4 tennis competition at Chatsworth House  Year 3&amp;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&amp; 6 netball tournament  KS2 swimming gala  National Cross-Country Championships  Year 5 &amp; 6 RSE sessions with school nurse</p>	<p>Reverend Houston Collective Worship  St Mary’s Church poppy display  Christmas plays  Year 5 &amp; 6 musical showcase  Harvest festival and Harvest lunch  Carol Service  PTA family quiz night  PTA Christmas &amp; 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  Fire safety workshops from Cumbria Fire and Rescue Service</p>

Extra curricula clubs	Career guidance / preparing for wider life
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)	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.
Curriculum enhancement	
Curriculum	Outdoor Classroom Days
English	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
Maths	Caldew School challenge sessions Cluster maths activity day
Science	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
Computing	STEM focus week Year 6 sessions with Fran Ward Year 6 STEM workshops in Carlisle ‘Be Internet Legends’ assembly
Art & Design	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
Music	Creative week Carlisle Cathedral ‘Singing Out’ Outreach Program Year 5 whole class violin sessions Peripatetic guitar lessons Djembe drumming sessions with Zozo
History	Humanities week Year 2 WW1 Tullie House outreach session Year 6 residential to Edinburgh

	<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 &amp; 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 &amp; 6 sessions with school nurse</p>
MFL	<p>Creative week</p> <p>Year 3 &amp; year 6 French picnic</p>
RE	<p>Values Day</p> <p>NISCU workshops</p>