The Blackshaw CARES Award



Nurture



Aspire





Challenge

Respect

Become independent, resilient and enthusiastic life-long learners, ready to take your place in an ever-changing wider world.

The School council have created a Personalised opportunity to celebrate your commitment to being the best version of you.

The Blackshaw CARES Award is a learning programme designed to support pupils' personal development

CARES stand for:

C – Community

A – Active and adventurous

R – Respect, resilience and responsibility

E – Environment

S – Success

At Blackshaw Primary School, we are using the CARES Award as a way of improving self-confidence, developing key interpersonal skills such as communication, teamwork and problem solving, as well as helping to build sustainable and healthy living habits. Pupils should collect their own evidence of their work across the four CARES sections outlined below:

- *My interests*
- *Get active; stay active*
- *Me and my world*
- *Adventure*

My Interests

The aim of this section is intended to encourage participants to try a new hobby or pastime, or to be accredited for something they are already doing. The benefits include developing a new talent as well as improving an existing one; improving self-confidence; organising their time and learning how to set and achieve goals.

For example:

- Participate in a club outside of school
- Something you do in your spare time
- Care for someone or something
- Get baking!
- Produce a piece of creative work (writing or art etc.)
- Learn how to play a musical instrument

Get active; stay active

The aim of this section is to encourage young people to get involved in a sport or physical activity. This section must be done in addition to PE lessons in school.

For example:

- Participate in a sporting event outside of school
- Collect a certificate for a sporting achievement
- Participate in regular sporting activities
- Join a sporting club in school or out of school
- Complete the daily mile
- Promote sports and encourage other to join

Me and My World

The aim of this section is to encourage young people to develop a passion for helping in their community. It is intended that they will achieve a sense of belonging and purpose in this sections.

For example:

- Support or organise a charity event within school or outside of school
- Support a community garden
- Build or make something to support nature in your community e.g. bird boxes, bird feeders or a hedgehog house
- Care for your environment
- Complete an act of kindness
- Participate in a community litter pick
- Invite or visit a local community group – for example the elderly

Adventure

The aim of this section is to encourage pupils to set up out of their comfort zone and try out new challenges and outdoor activities.

For example:

- Go on a class residential
- Visit a new place
- Go on a class trip
- Survive a camping adventure
- Try something new
- Climb a mountain
- Cycle a long distance

How can pupils achieve the awards?

Bronze	Silver	Gold	Platinum
Achieve 2 activities from **each** category spending a minimum of **25 hours** in total over the school year.	Achieve 3 activities from **each** category spending a minimum of **30 hours** in total over the school year. You need to achieve your bronze before getting an enrolment form for silver.	Achieve 4 activities from **each** category spending a minimum of **35 hours** in total over the school year. You need to achieve your bronze and silver before getting an enrolment form for gold.	Going above and beyond and showing a clear commitment across all four categories over the school year, which should equal a minimum of 40 hours in total over the school year. You need to achieve bronze, silver and gold before requesting a form for platinum.

What might this look like and what evidence will my child need?

All evidence can include the following:

- Photos
- Certificates
- Scrap books
- Comments from tutors or group leaders
- Comments from class teachers
- Comments from family members
- Comments from neighbours or the local community

All evidence must be recorded in a Blackshaw CARES Award journal provided by the school. Upon successful completion of the four sections, pupils will either be awarded a bronze, silver, gold or platinum CARES award certificate and badge, which will be awarded in our celebration assembly.

Top tips: show your evidence clearly; organise your evidence into the 4 sections; and keep a note of how long you have spent on an activity.

If your child is interested in signing up to the Blackshaw CARES Award, please request an enrolment form from the office or class teacher. When you have returned your enrolment form your child will be given a journal. We are really proud of the work the school council have put into creating this award and look forward to the children joining in and seeing their progress.