

# St Ives School



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# BE INSPIRED

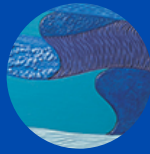
## 2024-2025

**BE READY  
RESPECTFUL  
SAFE**



**Truro and Penwith  
Academy Trust**

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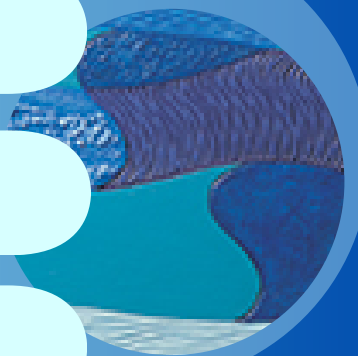
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# What is Be Inspired?



The Be Inspired programme has three main aims:

- To inspire students to achieve and learn beyond the classroom.
- To help students develop a broad range of skills and understanding.
- To enrich students' learning and real world experiences, developing social, emotional and physical skills.

All Be Inspired activities are divided into the three aims of our community: Being Ready; Respectful and Safe. Students will get the most out of the programme if they experience an activity from each grouping across the course of the year.

**BE READY** - Be ready for life by developing your health, fitness and academic strength.

**RESPECTFUL** - Take part in community based activities with an environmental or community focus.

**SAFE** - Explore your creativity and well-being while enjoying mindful activities



# Things to consider...

## Making your choices

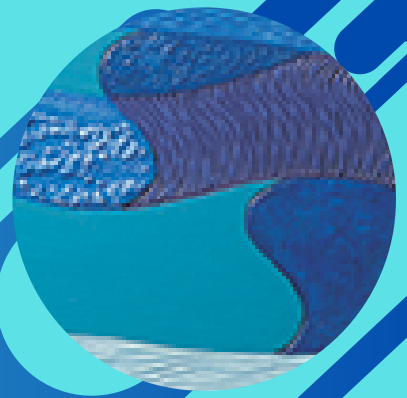
When making your choices, you must make sure that you choose a different activity each term.

- Changes and swaps cannot be made once the programme starts.
- Friendship groups cannot be considered when groupings are formed for activities.
- Please choose an activity you have not done before!



## Your mission!

You **MUST** choose a different activity for each choice - 1st, 2nd, 3rd. You will be made to re-opt if you put the same activity down more than once. Your mission is to complete one activity from each grouping; Ready, Respectful, Safe throughout the course of the year!



# Be Ready



**BE READY - Be ready for life by developing your health, fitness and academic strength.**

Activity	Year Groups	Details	Cost
Skateboarding	All	Skateboard at St Ives skatepark with tuition from Frankie. You will need your own skateboard.	£25
Netball & Coaching	All	For those who enjoy being outside and playing sports, each week will be a different summer sport! Rounders, cricket, ultimate frisbee, volleyball, tennis, athletics, beach football/rounders.	Free!
KS3 Football & Coaching	8 & 9	Learn to improve your football skills and develop your coaching abilities with your team mates.	Free!
Bike Maintenance & Coaching	9 & 10	Learn about bike maintenance and take part in local rides with local experts to lead.	£25
Basketball & Coaching	Year 10	Improve your basketball skills and play competitive basketball. Indoor PE kit required.	Free!
Circuit Training (HITT)	8 & 9	Improve your cardiovascular fitness and muscle strength through high-intensity interval training (HITT Workouts). Work hard to boost both your physical and mental well-being. Train today for the benefit of your future self. Full St Ives PE kit (indoors and outdoors) is required every session.	Free!
Swimming	All	Improve your swimming ability from beginners to advanced.	£20
Gym Series at Leisure Centre	Year 10 & 11	Do you want to learn more about how to use the equipment in the gym? Interested in being a fitness instructor? These sessions offer you the chance to use the equipment at St Ives Leisure centre with the support of a qualified instructor.	Free!



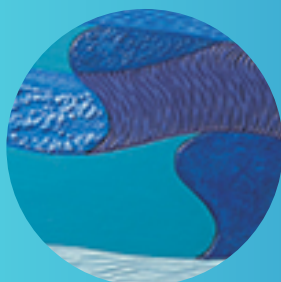
# Be Respectful



**BE RESPECTFUL - Take part in community-based activities with an environmental or community focus.**



Activity	Year Group	Details	Cost
St Ives Community Orchard	ALL	Visit St Ives Community Orchard, learn all about how they work and get stuck into supporting them with their maintenance and gardening.	Free!
Eco Council	All	An Eco-Committee is a group of young people who, with the support of one or more adult Eco-Coordinators, lead the Eco-Schools programme in your school. The Eco-Committee will meet regularly throughout the academic year, plan and deliver environmental projects and inspire the wider school community.	Free!
Feed a Family	8 - 11	Cooking for St Ives Community Food Bank (you have to bring your own ingredients unless a pupil premium student).	Free!
Green Skills	All	Take part in a 6 week course suited for any students who are interested in: sustainability; the study of carbon footprints; sustainable goals and technology; UN convention; sustainable construction renewable energy.	Free!
Peer Empowerment	Year 10 & 11	Students will become effective peer mentors. Through interactive workshops and hands-on activities, mentors develop essential skills in communication, leadership, and emotional intelligence. The training covers tutoring techniques, goal setting, and conflict resolution, ensuring mentors are well-equipped to guide and support their peers	



# Be Safe



**BE SAFE - Explore your creativity and well-being enjoying mindful activities**

Activity	Year Group	Details	Cost
Art Club	All	In Art Club we are a group of individuals that come together to explore, create and appreciate various forms of art, providing a supportive and creative environment where members can share ideas, learn new techniques and collaborate on projects. Activities in an Art Club may include drawing, painting, sculpting, photography, crafting, or any other artistic pursuits that members are interested in. Art Club serves as a space for individuals with a passion for art to come together, express themselves and foster their artistic skills.	Free!
Musical Theatre-singing and choreography	All	Look at a different musical every session! Learn dance routines, sing in harmony and develop your characterisation!	Free!
Comics Club	All	Explore comics from France to Japan. Over the course of the term you will look at the impact of comics across the globe and be immersed in the style of comic from different countries. You will look at different comics (written and animated) and get to practise the spoken and written language including Kanji and explore the world of comic books. Finally you will get to design your own characters and create your own comic in the style you choose.	Free!
Cornish Myths & Legends	All	Learn about, discuss and adapt the stories of old. What mysteries are told of this Celtic land? Come along to find out!	Free!
Writing for Well-Being	All	'Writing for well-being': A fortnightly opportunity to explore our life experiences and feelings through writing. Participants are encouraged to share their work in our writing sessions and all our writers are given the opportunity to publish their work to a wider audience, but this is not compulsory. There is no need to be 'good at writing' either: a range of guided writing activities is on offer, each designed to increase our mindfulness and foster our personal sense of well-being.	Free!
Chess	All	Learn how to play a board game of strategic skill for two players on a board when each playing piece is moved according to precise rules.	Free!



# Swimming Programme



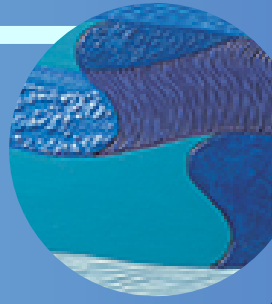
At St Ives School, we think it is important that all students have the life skill of being able to swim. All year 7 students in their first term of 2024 will undergo swimming lessons, which range from complete beginners to advanced competitive swimming as apart of their water safety programme.

All other year groups also have the opportunity to improve their swimming abilities, or to take part in more advanced swimming for fitness sessions, including Rookie Lifeguard. When making your choices, try to identify your swimming ability.

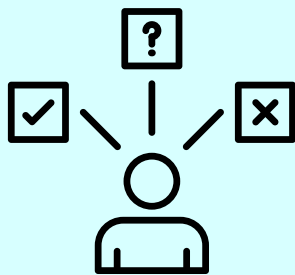
Swimming Lessons	Year Groups	Details	Cost
Complete Beginners	All	Learn how to swim. If you are a complete beginner or struggle in the water, learn the basic swimming strokes and techniques with a swimming teacher.	£25
Improvers	All	Can you swim the basic strokes a short distance but want to improve your technique? Be able to swim further? Improve your swimming with a swimming teacher so you can move towards the deep end.	£25
Intermediate	All	Can you swim in the deep end but want to improve your technique and stamina? This is the option for you.	£25
Advanced (Lane Swimming)	All	Are you a club or advanced swimmer and want to swim for fitness? This is lane swimming with drills and all strokes led by a coach.	£25
Rookie Lifeguard	All	Are you a good swimmer and want to learn the lifeguarding basics? Can you swim to the bottom of the pool and want to learn rescue techniques?	£25



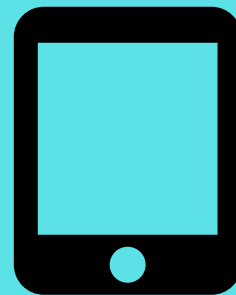
# How to make your choices



Making your choices...  
Make sure you read the booklet carefully before deciding your three choices.



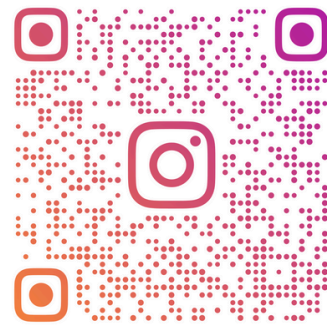
Scan the QR code around school, or click the link to the Google form sent to you on Classcharts to enter your choices.



Make sure you discuss your choices with your parents, especially if there is a cost for your chosen activity.



Check out our Instagram account for pictures of our ongoing Be Inspired activities.



STIVES.SOCIALMEDIA

# Rewards System

For the first time ever, St Ives School will be introducing a rewards system for students who excel in the Be Inspired programme! Pupils who take part in an activity from each 'Ready, Respectful, Safe' category over the course of three terms will achieve their BRONZE award at the end of the school year. Pupils who are committed to the Be Inspired programme, can achieve their Be Inspired Citizen badge. Students will be able to achieve the PLATINUM award by the end of their school career, or by taking part in other extra curricular activities. Each level achieved means being entered into a prize draw for some EXCEPTIONAL prizes.



## READY - RESPECTFUL - SAFE BRONZE AWARD

Draw prizes may include: sweet treats; skip the lunch queue pass; hot chocolate with the Head.



## READY - RESPECTFUL - SAFE SILVER AWARD

Draw prizes may include: cinema tickets; costa coffee vouchers; double free lunch with a friend!



## READY - RESPECTFUL - SAFE GOLD AWARD

Draw prizes may include: vouchers for free entry to local activities, restaurants or shops.

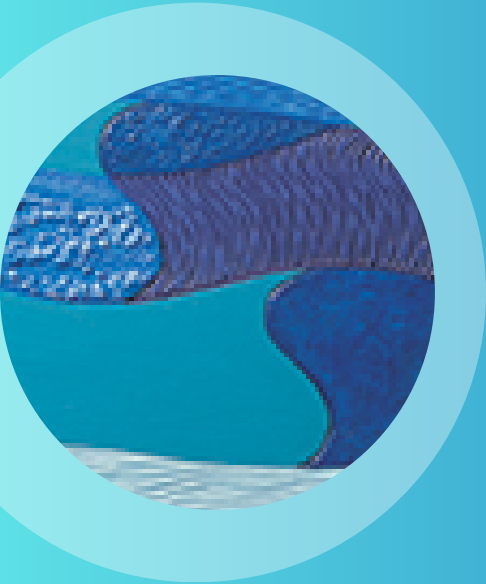


## READY - RESPECTFUL - SAFE PLATINUM AWARD

Draw prizes may include: Amazon vouchers, digital prizes and much much more!



# Activity Payments



## FAQS

For activities which incur a charge or cost implication, parents will receive a letter and notification on School Gateway. Any activities which have a cost implication attached to them require consent from parents and guardians. Activities which involve being taken off the school premises also require consent to be given via School Gateway.

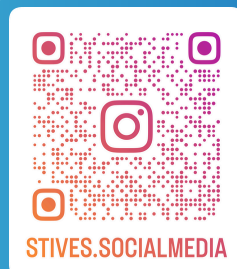
Any changes to a child's medical details need to be provided by parents and carers to the school ahead of any activity taking place.

### Financial support

We do not want charges for activities to be a barrier to our students taking part in these. If your child receives free school meals and financial support is required for them to undertake an activity, please contact Miss Weldon (Assistant Head) via the following email address:

[rweldon@stives.tpacademytrust.org](mailto:rweldon@stives.tpacademytrust.org)

## Schoolgateway



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Academy Trust