



Secrets To Success Award

2024 - 2025



Name:

Secrets to Success

Secrets to Success is an idea developed by Chris Quigley in order for children to become successful learners by promoting personal development and positive attitudes to learning.

Here at Overleigh, we are committed to developing the ability of all our children to learn effectively so they are equipped to fully embrace and succeed in our ever changing society.

The Secrets to Success Award encourages our children to prepare for success as adults.

There are 6 challenges for children to complete (one each half term) which underpin our school expectations, Christian ethos and skills taught throughout our curriculum. Each time you complete a challenge you will receive a certificate. If you complete all 6 challenges, you will be invited to a special celebration at the end of the Summer term to share your successes.



Autumn 1 Challenge

Don't Give Up



At Overleigh St Mary's we don't give up

Successful people have set backs but always find their way around a problem. Children need to bounce back with bigger and better ideas, along with self worth and belief.

For this challenge can you think about ways in which we could improve our attitude and learning at school to be the very best we can. Think about our core values- ready, respectful and safe and how we could encourage ourselves and our friends and peers to find a way around or to overcome any problems they might face in school. You could do this in the form of a poster, video, a piece of art work or any other way you wish to.



Autumn 2 Challenge

Improve



At Overleigh St Mary's **we improve**

Successful people are always trying to make things better. Children improve by having different opportunities to try things out and get better. They need consistency, to always try their best and never stop improving.

We would like you to develop a skill you already have started. It might be playing a musical instrument, swimming, a language, times tables or a craft. It might be something you join a club to do or something you learn at home with your family. How you would like to improve it? What target you would like to achieve? What do you need to do to achieve your target? Have five sessions on developing your skill or activity. When you have done this, ask an adult to sign to say you have completed this.

Adult Signature _____



Spring 1 Challenge



Try New Things

At Overleigh St Mary's ***we try new things***

If you never try, you might never find things you are successful at.

Children need to try new things, take risks and give things a go! Finding something you are good at builds confidence.

For this challenge we would like you to pick 6 things from the list below to try. Tick off each one you try. Send us photographs of the new things you try.

Plant a seed and see if it has grown by the end of the term.	Make a playlist of your favourite songs and listen to it with someone.
Go for a walk or bike ride in nature.	Draw a portrait of someone in your family or your pet.
Do a science experiment.	Go stargazing.
Try cooking something new. This could be a delicious dinner or dessert	Build a den and read your favourite book in it.
Learn your name in sign language	Perform a magic trick
Try writing something. This could be a poem, short story or article.	Dance in the rain

Spring 2 Challenge



Concentrate

At Overleigh St Mary's **we concentrate**

Children need to focus their attention on all the right things. They need to be really clear about what they are doing and why. Concentration that leads to success is about getting on and doing the right things well.

For this challenge we would like you to spend a short amount of time each week concentrating on something you enjoy doing to improve your mental health and well being. It could be some quiet exercise, reading, writing, colouring or something else. Find a quiet place away from any distractions such as the TV or tablets or any noise and focus all your attention on this activity. Try to improve what you are doing by concentrating. Fill in the chart below stating the activity you did and for how long you did it.

Activity	How long did you do it for?	Activity	How long did you do it for?

Summer 1 Challenge

Understanding Others



At Overleigh St Mary's we understand others

To be successful you need to communicate and co-operate with others. Successful people don't just think about themselves- - they are good at listening to others, sharing ideas and making compromises.

For this challenge we would like you to think about how you could show kindness and support to others. It might be someone in your family, some one in school or someone in the community. How could you help them? You might help a new child in school, a grandparent with chores or picking up litter in the community. Send us photographs of how you are understanding others with your help and kindness.



Summer 2 Challenge

Work Hard



At Overleigh St Mary's ***we work hard***

Whatever you choose to do in life, you need to do it to the very best of your ability. Work is good - hard work is even better! Successful people have a good attitude to work and have fun working.

We are really lucky to live in or around Chester, which is a lovely place that lots of people want to visit. We would like you to plan a presentation about one of the attractions in Chester. It could be the Cathedral, the Roman Amphitheatre, the Roman Gardens or any other place in Chester of interest to you. Your presentation needs to be no longer than 2 minutes. You can then present this to your class. If you don't want to do this in class, you could write it for your teacher to read out or video it at home and send in the video.

