

YES, YOU CAN...

*If you change nothing,
nothing will change.*



Nothing is impossible.

The word itself says

"I'm Possible!"



SUMMER ASPIRATION CHALLENGE



HOW THE POINT SYSTEM WORKS...

It's easy, complete enough tasks to win 30 points over summer and receive your bronze aspiration badge!

STAY SAFE

Make sure you have permission and support from an adult you know BEFORE you take on any activity outside the home/outside of school. You need to aim for a minimum of 30 points! For those on bronze, you need to aim for 40 and those on silver, you need to aim for 50. Your parent/carer must sign off that you have completed the activity. Please send us photo's and updates over the summer to the following email address summeraspirationchallenge2022@durring.com

1 point	2 points	3 points	4 points	5 points	6 points
Make some treats for a friend or family member to try.	Try a new sport and train for it at least 3 times a week.	Recycle every day for 4 weeks. Complete research to show what you can and can't recycle.	Research 5 healthy meals you could cook for the people you live with	Help a charity by donating some of your things you don't need. Take the donation to the charity shop.	Read a minimum of 5 books and send in a review of your favourite.
Carry out 10 random acts of kindness within your community.	Complete at least 2 chores a day to help your parent/carer.	Write a letter to your new form tutor, explaining what you aspire to achieve as part of TeamDurrington.	Learn a new skill over a period of 4 weeks	Make a board game out of recyclable materials for your family to play.	Commit to learning a new language over a period of at least 4 weeks. You will learn at least 100 new words!
Write kind messages with chalk on your road.	Set up a movie night for your family or a friend.	Do 30 minutes exercise at least 3 times a week.	Make a bird feeder or a bug hotel. Send you photos in.	Write your own short story about someone who goes beyond their best.	For 4 weeks, you exercise at least 10k twice a week. For example, you ride a bike, run or walk.
Make someone a friendship bracelet out of sustainable materials.	Design and hold a family quiz.	Join a club which teaches you a new skill. For example, you can join Scouts or Guides or a sporting club.	Research your dream career and make a guide to how you can get there.	Complete a litter pick and gather at least 2-3 bin bags over a period of a fortnight.	Volunteer for 4 weeks over the summer, either for a charitable organisation or in a way that gives back to the community, such as helping out at a care home.