



Abbey College Spirit Rainbow Award

We have put together an opportunity for you to achieve an award for showing the Abbey College Spirit during the school closure. To gain the award you will need to put together **three pieces** of evidence to show how you have demonstrated **each** virtue. You can show us your evidence through photos, a written account of what you have done or written evidence from someone else. Once your evidence is complete, fill in the summary sheet below and give it to your form tutor along with the evidence in September.

We have given you some suggestions below for what you could do to demonstrate each virtue, but this is not an exhaustive list...be creative and enjoy what you do.

Virtue	Meaning	Suggested Activities
	<p>Humility means having a healthy view of yourself. It means that you can be proud to celebrate your achievements as well as being aware of your weaknesses.</p> <p>People with humility help others to achieve, support them when they need it and are a great part of any team.</p>	<ol style="list-style-type: none">1. Run an online class for your friends for a subject that you are confident in and you know they are finding difficult.2. Read to your grandparents or other family members over video conferencing3. Write a letter to a future student at who hasn't experienced this school closure. Explain to them what it has been like, what you have learned, what advice you would give to them if facing a similar situation.4. Put together a time capsule as a lasting memory of what this unusual time has been like.



Intuition means having good common sense around people. It involves listening to people, trying to understand their perspective and being sensitive in the way we give and receive feedback.

1. Write a letter to your older relatives or those who may be in isolation
2. Keep an acts of Kindness calendar. The Red Cross have produced a [calendar](#) for you to record your acts of kindness.
3. Hold an online 'bake off' with your friends.
4. Record yourself completing the weekly clap for the NHS or photograph a rainbow that you have made and displayed.



Passion means putting more energy into something than you have to. In school often we think of this in terms of putting maximum energy into our work, interact clubs or Active Citizenship projects.

You can still demonstrate passion during our school closure, in the way you approach your studies, the way that you keep in contact with your friends and the ways you reach out to your local community.

1. Cook a meal for the family using the links below to help:
 - Theo Michaels <https://www.instagram.com/theocooks>
 - Jamie Oliver <https://www.jamieoliver.com/features/category/get-kids/cooking>
2. Undertake a sponsored challenge in your home or garden to raise money for those suffering at this time – two people have completed marathons, one in their garden and the other on their balcony!
3. Deepen your knowledge and understanding in a specific subject by taking an online course or following a series of podcasts / lessons such as:
 - History with Dan Snow <https://www.historyhit.com/>
 - Take a virtual tour of the [British Museum or Tate Modern](#)
 - Take a virtual tour of the [world's most famous landmarks](#)
4. Get involved in the daily PE challenges on our Instagram account: @abbeycollegepe



Abbey College Spirit Rainbow Award: My Evidence

Virtue	What I have done	The evidence that I have included
	1 2 3	
	1 2 3	
	1 2 3	

