



UPPER HUTT SCHOOL

Kia tupu i ēnei kākano hei rakau nui
May these tender seedlings grow into mighty trees

P.R.I.D.E. LEARNING CHALLENGES

TERM 2 2019



P • R • I • D • E

Partnership • Respect • Integrity • Determination • Empathy

Whakakotahitanga • Manaakitanga • Ngākau Whakapono • Manawanui • Aroha

Kia ora Whānau,

This term we are continuing the P.R.I.D.E. Learning Challenges as a way for our students to develop their understanding of our school values and citizenship towards their school, home and community.

Our focus for Term 2 is **Sustainability**, and our Big Question is "*Can little make a difference?*" Therefore, as well as the traditional P.R.I.D.E. Learning Challenges, a selection of extra challenges will support students to develop a better understanding of sustainable practices and sustainable ways of thinking.

We want to encourage our students to make small changes that can have a big impact: on themselves; their learning; their whānau; their community; and the world. To earn a reward, Students will have to complete at least two sustainability P.R.I.D.E. Learning Challenges.

These challenges provide a significant amount of meaningful, relevant and community-based home learning which is engaging for our students.

The P.R.I.D.E. Learning Challenges provide students with the opportunity to show their "agency" by selecting from a range of activities that will develop their understanding of our school P.R.I.D.E. Values and what it means to be a good citizen in our community.

One major difference about these Learning Challenges is that they are optional. There is no compulsory requirement to complete these challenges.

P.R.I.D.E Learning takes into account the many activities that children are already involved with, both in and outside of school, rather than adding more constraints to their time.

Please be involved in your child's learning (this alone will have more impact than any homework sheet the school may have sent home in the past) and encourage them to participate in the P.R.I.D.E. Learning Challenges - it is worth it.

Please connect with your child's teacher if you have any further queries.

Ngā Mihi

The Senior School Team

UPPER HUTT SENIOR SCHOOL
PRIDE LEARNING CHALLENGE TERM 2 2019

- Completing two or three challenges earns a **Bronze** award.
- Completing four or five challenges earns a **Silver** award.
- To earn a **Gold** award, you must complete at least six challenges.
- You may do more than six challenges if you wish.
- P.R.I.D.E. Learning Challenges are not compulsory. You choose to do them.
- For each task, you need to complete a task sheet. This will be signed off by your teacher.
- It is **quality** not **quantity** that counts, so take your time to do each challenge with excellence!
- The deadline for all P.R.I.D.E challenges is **Friday 14th June (Week 7)**.
- A special P.R.I.D.E. Challenges Celebration Hui will be held in Week 8.

P.R.I.D.E CHALLENGE REWARDS TERM 2 2019

House points = 1 per activity completed

Bronze Pride Award = Two or three challenges completed in Term 2

Reward = Bronze medal; 20 minutes of extra morning tea in Week 8

Silver Pride Award = Four or five challenges completed in Term 2

Reward = Silver medal; 40 minutes of Free time in Week 8
OR: Silver medal; 20 minutes of extra morning tea in Week 8

Gold Pride Award = Six or more challenges completed in Term 2

Reward = Gold Medal; PRIDE Band; H2O swim in Week 8
OR: Gold Medal; PRIDE Band; 40 minutes of Free time in Week 8
OR: Gold Medal; PRIDE Band; 20 minutes of extra morning tea in Week 8

PARTNERSHIP

Partnership is about developing and maintaining relationships with the people in your class, school and community. It can also mean you are supporting others with their learning and giving back to the community.

- P1. Treaty of Waitangi Challenge:** Partnership, Participation, and Protection are the three principles of the Treaty of Waitangi - Explain in your own words what these three words mean to you and your whānau.
- P2. Whare Tapa Whā Challenge:** Plan an activity or game for your class based on one of the four aspects of wellbeing (Taha tinana, Taha wairua, Taha whānau, Taha hinengaro).
- P3. Whakatauki Challenge:** Present a whakatauki (proverb) to your class and explain what it means and why it is relevant to you.
- P4. Team Building Challenge:** Plan a team building activity that you can run with your class. Think about what your classmates will learn, what materials you will need, how you will run it, and how you will get your classmates to reflect on what they have learnt.
- P5. School Service Challenge:** Participate in a school sports team or group for all of Term 2 (e.g. Floorball or Kapa Haka). What did you contribute? What did you learn?
- P6. Partnership Curiosity Challenge:** What does Partnership mean to you? Design your own challenge about Partnership.

RESPECT - WITH A FOCUS ON YOUR LEARNING (AGENCY)

Respect in this case is about focusing on your learning needs - respecting the fact that you will have areas that you want to improve and grow in.

- R1. Maths Challenge:** Choose an area in Maths that you want to develop. Show evidence of progress.
- R2. Writing Challenge:** Write something amazing. Publish it excellently!
- R3. Digital Challenge:** Investigate what it means to be a Smart Digital Citizen. Present your findings digitally. Can you create a creative digital presentation without using Slides or Docs?
- R4. Reading Challenge:** Read at least one book at home and record your thoughts in a book or on a device (e.g. favourite part of the book, why would you recommend it to your friends, write a character description of the main character, summarise the book in 2 paragraphs, etc.).
- R5. Spelling Challenge:** Master the essential lists 1-7. These words make up 75% of your writing so they are important to know. Test yourself weekly and prove your results.
- R6. Research Challenge:** Research and present information on someone you are curious about.
- R7. Rākau Whakapapa (Family Tree) Challenge:** Talk to your whānau to learn about your genealogy (family history). Create a presentation outlining what you find out.
- R8. Respect Curiosity Challenge:** What does Respect mean to you? Design your own challenge about Respect.

INTEGRITY

Integrity is about more than just being honest. It's about doing what is right for the right reasons. Not for attention, praise, or rewards - but simply because it is the right thing to do.

- I1. Family Challenge:** Make life easier for your whānau - clean up your room every day for a week; plan and cook a meal and clean up afterwards; without being asked, do chores that you don't normally do.
- I2. Challenge to help others in need:** With a parent or adult, find a way to help those in need (e.g. food / goods collection for the Salvation Army, SPCA, Food Bank etc.).
- I3. Time Challenge:** Volunteer with a parent or adult, to help out a charitable organisation (e.g. Red Cross, Daffodil Day, etc.).
- I4. School Challenge:** Do 5 mystery good deeds for the staff or students at UHS and record them. A good deed is something more than just picking up your friend's book. It should be something that puts a smile on someone's face for a whole day.
- I5. Class Challenge:** Make a plan to make positive choices in class. Maybe you need to sit next to other students, or put your stuff away without being asked. What difference do you want your teacher to notice about you? Follow your plan for one week (or the whole term!).
- I6. Integrity Curiosity Challenge:** What does Integrity mean to you? Design your own challenge about Integrity.

DETERMINATION

Determination is about never giving up and showing a growth mindset. Setting goals and developing a plan to achieve them needs a lot of determination and drive. Good luck!

- D1. Fitness Challenge:** Complete a fitness journal that shows your physical activity or sports practices/games for one month.
- D2. Goal Setting Challenge:** Set a personal goal (fitness, financial, attitude, etc.). How will you achieve your goal? Break it down into small, achievable steps or mini-goals.
- D3. Outdoors Challenge:** With a family member or family friend investigate, plan, and discover a new part of Wellington that you haven't been to before.
- D4. Trick Challenge:** Learn a new trick. Record your learning. Explain how you overcame challenges. Show off your new trick.
- D5. P.R.I.D.E Sports Challenge:** Create a video or poster that promotes our P.R.I.D.E Sports Values.
- D6. Determination Curiosity Challenge:** Determination isn't limited to sports. What other activities could you be determined in? How can you show resilience when things get tough? What does Determination mean to you? Design your own challenge about Determination.

EXCELLENCE IN THE ARTS

Excellence was one of the original PRIDE values at UHS until Empathy replaced it. These challenges are about showcasing students' talents in the arts. There is focus towards performance and display of their unique talents in these options.

Ex1. Visual Art Challenge: Create an artwork to display in class. Improve an artistic technique or practise a new technique (e.g. sketching, zentangle, collage, graffiti, rubbing, origami, etc.).

Ex2. Art & Craft Challenge: Practise a new craft technique such as making a puzzle, performing a puppet show, knitting, working with clay, etc.

Ex3. Music Challenge: Learn a new craft or musical instrument, or join (or start) a school music group.

Ex4. Performing Arts Challenge: Prepare and present a performance (singing, drama, comedy, speech, dance, etc.) to your class or the syndicate.

Ex5. Photography Challenge: Take a photo or series of photos and present them to your class. You could create a poster, a slideshow, a picture book, etc.

Ex6. Excellence Curiosity Challenge: What does Excellence mean to you? Design your own challenge about Excellence.

EMPATHY FOR OTHERS

Empathy is understanding and sharing the emotion of another. Instead of only understanding your own point of view, you can learn how to share, take others' perspectives, and how to value other people's' opinions just as you value your own.

Em1. Empathy Challenge: Ask others the following question "Kei te pehea koe?" (How are you?) Use your active listening skills and respond appropriately to their answer. Reflect on the importance of asking how people are.

Em2. Spread The Love: Create a Kindness display for your classroom. Make everyone's day!

Em3. Teachers Need Love Too: Show your appreciation for the UHS teachers and support staff. You could use kind words, bake some yummy morning tea, or be creative!

Em4. Kindness Challenge: Practise being kind. Do nice things for other people for one whole day (e.g. open doors and let others go through first, say please and thank you, offer to help others, smile, etc.). Record what you do and how the other people react.

Em5. Engage Your Whānau: Have a conversation with your family about the importance of being accepting of difference and how important it is to create a school or family environment where everyone can flourish.

Em6. Empathy Curiosity Challenge: What does Empathy mean to you? Design your own challenge about Empathy.

SUSTAINABILITY

Can little make a difference? Being sustainable means maintaining balance. This could mean trying to live a balanced lifestyle, caring for the environment so it can care for you, looking at your usage of “stuff” to make sure that supply doesn’t overtake demand.

Think about how you could present your findings/research:
Videos, posters, lists, charts, graphs, photos, etc.

- S1.** Sustainable Hauora (wellbeing) - design an obstacle course!
- S2.** Practice Mindful Movement daily (or regularly) and record how you feel.
- S3.** Do a pantry check - how much plastic packaging is in your pantry? How could you reduce this?
- S4.** How many plastic containers do you have at home? Does every container have a lid? What could you use the containers for?
- S5.** Collect all the plastic waste from your household for a week. Look at the recycling numbers on each piece. The Upper Hutt Recycling Drop-off Station includes the collection and processing of plastics numbered 1 and 2 only. What can you do with the rest of your plastic?
- S6.** Record everything you throw out at home for a week. How much waste could you refuse (don’t take it in the first place), reuse (find another use for it), recycle, or rot (compost)?
- S7.** Come up with a plan to reduce your household food waste and record your results over 2 weeks.
- S8.** Go for a bush walk (<https://upperhuttcity.com/parks-reserves/walkways/>).
- S9.** Walk for 1km with gloves and a collection bag and pick up the rubbish you find along the way.
- S10.** Create some ‘wearable art’ made from upcycled or recycled materials.
- S11.** Design a poster encouraging our school to reduce reuse and recycle.
- S12.** As a family, choose three ways to help reduce water consumption.
- S13.** Research renewable energy and present your findings.
- S14.** Do an electronics stocktake of your house: Count how many things you own that need to be plugged in to work. How many of them are essential for day-to-day living?
- S15.** Challenge yourself (and your family!) to go without power for a day.
- S16.** Sustainable consumerism: Keep a record of the “stuff” your family purchases for two weeks (not including food items). What do you notice?
- S17.** Plan a project that involves the participation of your family to identify the “stuff” your family no longer needs. Complete your project by donating, repurposing or recycling these items.
- S18.** Visit <https://www.tearfund.org.nz/Get-Involved/Ethical-Fashion-Guide.aspx> and find out how ethical your clothes are.
- S19.** Investigate the life cycle of something and present your findings.
- S20.** Plant something and care for it. What might grow at this time of year? You could graph your growth.

Of course, if you want to design your own sustainability P.R.I.D.E. Learning Challenge, you are welcome to - there are heaps of aspects to sustainability, and heaps of fun activities you can find online - art, science, culture. Go wild!