



# Year 7 Challenges: Preparing for life at CFGS

Name: .....

Form: ..... Form Tutor(s): .....

What are you looking forward to most at CFGS?

.....

How many challenges have you completed? .....

SUPPORTED BY  
**MAYOR OF LONDON**

Welcome to Central Foundation Girls' School! We are happy to have you as part of the Central Family and look forward to welcoming you in September.

At CFGS, you will be challenged to develop the five positive qualities that we call the 'Central Essentials'. These characteristics will help you to flourish as an individual and to respond to the challenges you will experience in life with strength and positivity. We also know that students who develop these qualities are likely to be successful both in and out of school.

Each Year 7 student has the opportunity to start developing these qualities by completing a series of tasks throughout their summer break. This will help to prepare you for learning at Central. You will record your progress in this booklet and collect physical evidence (pictures/posters/photos) for each task that you have completed. The aim is for you to complete as many challenges as possible during the holidays, and this will prepare you for a fun-filled Year 7 at CFGS!



# AMBIIOUS

Challenge	Evidence of how this was achieved this?	Comment from parent / student (name & date)	Form Tutor Stamp
Create a short story about a young person starting a new path in their education. Include the different feelings they may have about this experience. Tell the story to a audience.			
Research a job that you would like to do in the future. Write a detailed fact file about this job.			
Watch the moon every night for a week. Make a moon diary and write down what it looks like each day or you may want to draw it. Think about its shape, and brightness.			
Research what computer coding is and create a poster for the 10 common coding languages.			
<b>Challenge to do with your parent/carer:</b> Cook a meal or bake for another member of your family or a friend.			

### What do I do after I complete each challenge?

Complete the grid by describing the evidence you have and then ask an adult to sign the second column. Lastly, you will show the evidence to your Form Tutor and ask them to stamp/ sign your booklet.

### What should I do when I have completed the challenges?

Make sure that the relevant challenges have been marked on the chart in your form room. Then put your booklet in the box at **Student Reception** so that you can be rewarded and entered into the competition. Central Gold Points will be awarded plus the form group who has completed the most challenges. Good luck!

### How do I share the evidence to show that I have completed the challenges for this booklet?

Most students choose to start their own portfolio and so use a folder to collect the evidence together (often papers and photos). This will be given in with the booklet to Student Reception.

# INDEPENDENT

Challenge	Evidence of how this was achieved this?	Approved by (name and date)	Form Tutor Stamp
On a visit to a park or on a walk, find a tree and collect a leaf. Use books or the Internet to identify the tree from the leaf. Draw the leaf and label as many parts as you can.			
Complete 10 equations where you use negative numbers. You can ask a family member to create these for you.			
Increase your flexibility. Work on touching your toes and sitting with straight legs in front with a straight back. Do this at least once a day for a week, and for 30 seconds or more.			
Find a picture and write a short piece to explain your understanding of what might be expressed through this picture or artwork. Use research to support your writing.			
<b>Challenge to do with your parent/carer:</b> Create a mind map of questions you would like to be answered by the end of your first week at Central.			

# RESILIENT

Challenge	Evidence of how this was achieved this?	Approved by (name and date)	Form Tutor Stamp
Challenge yourself to learning a new word every day and use it in a sentence or conversation with someone.			
Use Google maps to identify CFGS. Can you spot the closest bus stop, the 3 stations close to the school and the GP surgery opposite Student Reception.			
Learn 10 yoga poses and identify when it is best to use them.			
Download a keyboard app to learn the different notes on a keyboard. Try to learn a new tune singing a <i>Youtube</i> tutorial to help you.			
<b>Challenge to do with your parent/carer:</b> Interview an adult and find out any top tips they would give you for your first day of school.			

# RESPECTFUL

Challenge	Evidence of how this was	Approved by (name and date)	Form Tutor Stamp
Support your parent/ carer in creating the weekly shopping list.			
Design an Anti-bullying school poster to raise awareness.			
Choose a charity in your local area and then conduct some research. Produce an informative brochure or presentation about this charity.			
Research what you think a community is and list how many different communities you think you know. Create a brochure to encourage people to help one another in their communities.			
<b>Challenge to do with your parent/carer:</b> Sylvia Pankhurst is a famous suffragette who lived in Bow. Research her life and create a time line.			

# ENQUIRING

Challenge	Evidence of how this was	Approved by (name and date)	Form Tutor Stamp
Learn how to read timelines understand what chronology means and how to apply it.			
Use <a href="http://www.wordreference.com">www.wordreference.com</a> to find 5 adjectives in French/ Spanish to describe your personality.			
Create a poster about the four instrument families of the orchestra.			
Read 3 different genres of a book e.g. Fantasy, Romance, Historical, Science Fiction, Classic and Horror.			
Complete some research answer the questions, what are Glaciers and where are the Alps? How do Glaciers and Alps relate?			
Think about the living things that you might find in your garden, or in a local park. List as many organisms from your area as you can. Divide the list into <b>producers, herbivores, and carnivores.</b>			

## Feedback Questions

- ⇒ Which Central Essential challenge did you find the most challenging to complete?
  
- ⇒ Which Central Essential challenge did you feel the most confident about completing?
  
- ⇒ How did this booklet support you with your preparation for life at Central Foundation Girls School?
  
- ⇒ Who supported you most with completing some of the tasks in this booklet?

**Please speak to your Form Tutor or Miss Whitehorn if you have any questions about these challenges.**