



BE INSPIRED

Cape Cornwall School has a commitment to the health and wellbeing of all students throughout their five-year journey with us. As part of our commitment to the students, they can access our bespoke enrichment activities through the school "Be Inspired" programme. Our "Be Inspired" programme provides a wide range of enrichment opportunities within the school day, so it is accessible to all. Students select from a range of different activities over the year to broaden their learning experiences and develop their social and life skills.

"Be Inspired" has three main aims: to inspire students to achieve and learn; to develop the broadest range of skills and understanding and to enrich learning.

"Be Inspired" is divided into three skill areas:

- Creative Activities
- Environmental and community activities
- Active Activities

Students must have time to develop their soft skills, which are gained throughout their time at school. Examples of recent activities include the 'Cape Cornwall School Creative Arts Academy', trampolining, Cape Cornwall MasterChef and the 'Pondlife Project where students have been developing the pond at the centre of the school. These sessions, away from the traditional curriculum, have allowed students to build resilience, teamwork and positive mental wellbeing whilst doing activities they enjoy.

SAMPLE ACTIVITIES

Activity	Description
Trampolining	Students look at all significant landings such as seat, front, and back landing. Students also learn variations of each landing, progressing towards forwards and back somersaults. Development of personal resilience, determination and teamwork are just a few of the essential skills developed through the sports events offered.
	Students compete to produce a range of dishes to be crowned Cape MasterChef 2022. The aim is to inspire & motivate students,

<p>Cape Cornwall MasterChef</p>	<p>with opportunities to develop the confidence to cook a range of chosen dishes.</p>
<p>The Creative Arts Academy</p>	<p>The 'Arts Award' is a unique, nationally recognised qualification that supports anyone aged up to 25 to grow as artists and arts leaders, inspiring them to connect with and take part in the broader arts world through taking challenges in a range of exciting art forms.</p> <p>Students:</p> <ul style="list-style-type: none"> • develop interests, knowledge, and skills through actively participating in any art form • experience at least one arts event/experience as an audience member and then review that event/experience • research the career and work of an inspiring artist or craftsperson • experience passing on an art skill to others
<p>The 'Pondlife Project'</p>	<p>At the centre of Cape Cornwall School is a quad containing a pond, as well as outdoor seating. It is a space that had become unused. The pond was overgrown and thought to have leaks and the various plants and shrubs had taken over.</p> <p>This 'Be Inspired' activity has involved clearing the area and restoring it to its former glory. This area of the school is to be restored as a quiet area for reflection and reading.</p>

'Be Inspired' – Future Strategy

The future strategy of 'Be Inspired' is for it to become more strategic. There will be certain activities that students will undertake as part of being a student at Cape Cornwall School. You can see below what some of the kinds of activities it will include.

- Bosavern Community Farm – A chance for students to support a fantastic local charity and learn about sustainability.
- 'Feed the Community' – Using our outdoor spaces to grow food to give to our local community.
- Fundraising – Students choose a charity and then create a fundraising event.
- A new language – Students extend their knowledge of other languages by learning conversational skills in an additional language.

