



St Christopher's CE High School

QUEST Award

Question Write Explore Sport The Arts



'The whole is greater than the sum of the parts.'

Introduction

The new QUEST Award is being introduced to St Christopher's as a way to formally recognise the extra activities our children do, beyond the curriculum.

We are aiming to equip our students with the skills needed for their future.

- Demonstrate independence
- Build content knowledge
- Respond to varying demands of audience.
- Comprehend as well as critique, you don't have to agree with everything
- Value evidence
- Use technology and digital media strategically and capably
- Come to understand other perspectives and cultures

These skills are vital for education as well as employers. We feel the five strands of the QUEST Award (Question, Unite, Explore, Sport and The Arts) will help children to enhance their experience in education.



To receive the QUEST Award the children must take part in an activity linked to each of the five aspects, below are some of the extra-curricular activities available at school for each:

Question	Unite	Explore	Sport	The Arts
<ul style="list-style-type: none">• Worship and Connect Groups• Eco Group• Charity• Chess Club• Science Club• Tenner Challenge	<ul style="list-style-type: none">• Uniformed Groups including clubs outside of school• Charity• Eco Club• Arch Bishop of York Award• CHARM Contributor• FoSC• Running Club• Ancient History	<ul style="list-style-type: none">• Connect• Science Club• Eco Club• Running Club• School Trips	<ul style="list-style-type: none">• School Teams• Dance Club• Judo Club• Kung Fu Club• Chess Club• Botcha• Badminton Club• Rugby Club• Basketball Club• Bikeability• Table Tennis Club	<ul style="list-style-type: none">• Music Club• Drama Club• Dance Club• Craft Club• MFL Film Club• Librarian• Musicals/Shows• Spirited Art Club• CHARM Contributor

Think about the activities the children take part in out of school and how these can also be linked to the five aspects, for example:

- Have they ever entered a competition?
- Have they done their own science investigations?
- What hobbies do they have at weekends?
- Made a family meal?
- Trips and excursions to museums, galleries or events?

What we are expecting?

Students can choose one project title to accomplish the five aspects or can do mini-tasks for each one. Please work to your child's strengths.

Siblings can also take part in their own project, in fact it would be really helpful for us, if they did.

Once completed you will receive a certificate and an exclusive badge!

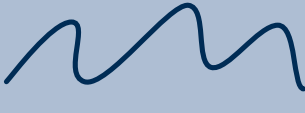
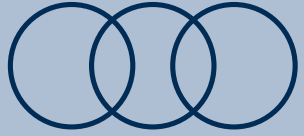




Choosing a project

Ask yourself two basic questions, before you start:

1. What am I learning from this project?
2. How am I going to accomplish this task?

There are four major strategies in research we will be looking for:

<p>Trends Over Time</p> <p>Explore patterns in the data. Connect the past with the present.</p> 	<p>Multiple Perspectives</p> <p>Acknowledge multiple viewpoints. Determine pros and cons.</p> 	<p>Technology Advances</p> <p>Examine the impact of technology. Specify what, when and how.</p> 	<p>Forecasting</p> <p>Predict the future. Extend the conversation.</p> 
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Two final considerations for pupils conducting research is:

3. Credibility
4. Citations

Fill the project form in first before you start your research. It will help you to focus your ideas.

Mini Projects

Should be equivalent to an A4 page of feedback or review, as the emphasis is on the activity they take part in. Include a photograph of pupil undertaking the activity/ product they made.

Mini Project Ideas

Question

Always challenge ideas. With the right question, one learns much more.

- How many stars are in the universe?
- How many viruses have we identified?
- Will England win the World Cup?
- How should promotions and relegations be applied fairly?
- How much food can the UK produce?
- Do we need as many imports as we presently use?
- How does my central heating work?
- What are do the different parts of my Computer and what do they do?
- How does my microwave heat my food?
- How does my phone send a text to a friend?
- How does a radio work?
- How does my TV display images?
- How do my speakers work?
- What is 5G?

Quote

Being part of a team and organisation is part of human society.

- There are some people who feel much more isolated than you. Could you send a hand written letter or email to someone, asking them a question on a topic, you know they are knowledgeable on?
- We have the school community itself and we are all connected through our shared experiences within school, trips or sporting fixtures. We are also connected by email.
- Many online communities can be negative can you post a positive thing once a comment that will help someone feel good once a day for a week?
- Speak to a neighbour and ask how they are doing?
- Reach out to a friends or someone at school you haven't talked to since the lock down.

The Arts

- Can you absorb yourself in a book, film or musical without reaching for your phone?
- Can you sing, play an instrument or simply enjoy listening to those that can?
- Foreign language courses are available, can you improve the language you're studying or could you learn a new one. Maybe learn the language of your favourite holiday destination, write a note book of key phrases.
- Learn to draw, many online follow along drawing courses?
- Write and draw a comic?
- Learn to knit?
- Make a wooden spoon?
- Origami
- Salt dough project?



Explore your local area and see what you can find!

Explore

There's plenty of areas we can explore, near school or your home. If you jog or cycle safely, you can cover more ground and see much more.

- What local history is around where you live? Most people don't live very far from the Leeds-Liverpool canal, a great area to explore with parents.
- You could explore different authors, plan a holiday or gap year, look at different careers options or explore areas of the curriculum you have never studied.
- Have you even explored your own home?
 - How old is it?
 - Have you got a loft, or cellar?
 - How do your radiators connect to the boiler?
- What species plants make up my lawn?
- How many insects and other small invertebrates live in my house and garden?

Sport

Whilst team games are great for interaction, there are so many individual aspects of sport you can learn or improve.

- YouTube has thousands of fitness and technique videos you can watch and copy.
- Yoga and meditation are simple ways of getting in tune with your body. You don't need any specialist equipment for most of these.
- Callisthenics at home
- Learn to handstand
- Learn to juggle
- Learn a basic Kung Fu/Ti Chi/any marshal art form?

Just take care with weights-baked bean cans are a suitable substitute for most and your own body weight is great resistance. Don't attempt weights if you are under 14 years old.

QUESTions for Mini Projects

1. 'Where did we come from?' 'What is the purpose of my life?' 'How can I be forgiven for the bad things I have done?' These are examples of what are called ultimate questions. Can you come up with three more?
2. Do three random acts of kindness for other people in such a way that they would never know it was you. Write down what you did.
3. Look up at the night sky on a starry night and then write down five questions that come to mind.
4. Write a prayer/poem expressing your gratitude for the people who you care about in your life.
5. Draw a picture of how you saw God when you were five years old. How does that compare to now? Now draw a picture of how you might see God aged 25? Write down your thoughts on why you have drawn the pictures the way you have.
6. Make a contribution to your local Food Bank, and research the work that they do.
7. Find four helpful Bible references on a topic of your choice. Use: www.biblegateway.com
8. Pray for a friend and then tell/message them that you did it so that they feel encouraged.
9. List all the things you are thankful for in your life.
10. Attend a new club. Write down your thoughts about what you find.

Large Projects

These should be equivalent to five or more sides of A4 writing. The emphasis is on the individual presenting work in their own style. It could be a traditional booklet or PowerPoint. Other options include, newspaper, model, animation, YouTube style video, diary, piece of art work to name but a few.

A few ideas for project titles:

Question

- Why is Accrington dominated by terraced houses?
- Why do we import so much food into the UK (start by reading food labels)
- A disease which is known to me...what are the causes, preventions, symptoms.
- Horses revolutionised farming, how do they remain important to society today?
- Can we colonise Mars?
- Does life exist beyond our planet?
- Can the UK be run on only renewable energy?
- Field to fork, how is our food produced?
- Sleep patterns. Do I feel better if I abstain from technology before I go to sleep?
- How much does it cost to run my household?

Write

- How old is our church, write letters to the older generation, for their memories, historical knowledge.
- Plan and make a three course meal for the family.
- Can we end poverty?
- Accrington Victoria Hospital was a cottage hospital. The local people had salary deductions to build the hospital, it's frequently faced with closure, assess the reasons behind this.
- Political reform, only 2/3 of the UK electorate voted, only 14m voting for Boris, 23m voted for other parties. Is this good democracy?
- Is the UK institutionally Racist?
- Is the UK institutionally Sexist?
- Is the UK institutionally Homophobic?

The Arts

- Musicals involve companies which travel from city to city, what are the logistics.
- Take a photo of the exact same position/ or even sky, at the same time each day.
- If you're lucky enough to have a pet, make a study of it, anatomy, food, fur/feathers. Draw your day as a cartoon/abstract art.
- Our Trashion Show is famous in the North West and with top London designers. Can you make a piece of clothing out of trash, or upcycle an old item?
- Make an instrument.
- Write a children's book.
- Make birthday cards.
- Could you design an app/computer game for a target audience?



Create your own stop-motion film.

Explore

- Take a photo of the exact same position/ or even sky, at the same time each day.
- Pick a piece of technology and try to find where everything inside it came from? (eg. Where did it's gold come from? Where was it's cobalt, lithium, Silicon?)
- What's under our feet? What does the study of local archaeology tell us about the past?
- The story of the Pendle Witches is famous local folklore, what other storytelling traditions can you discover in your local area?
- Design a workshop for the North West Eco Conference 2021.

Sport

- How is my fitness improved by walking for an hour a day (test heart rate before, during and after) compare to running or online fitness.
- Swimming is excellent for rehabilitation for all people, explain the muscles used and the benefit of buoyancy.
- Judo has much of its history in Japan, but why did it develop and how is it relevant today?
- Clayton-le-Moors is one of the most famous fell running clubs in the country, what is the history of this unusual sport?
- Football requires all manner of skills, but how could speed and force be calculated in your garden?



Grow your own vegetables.



Up-cycle clothes into new items.

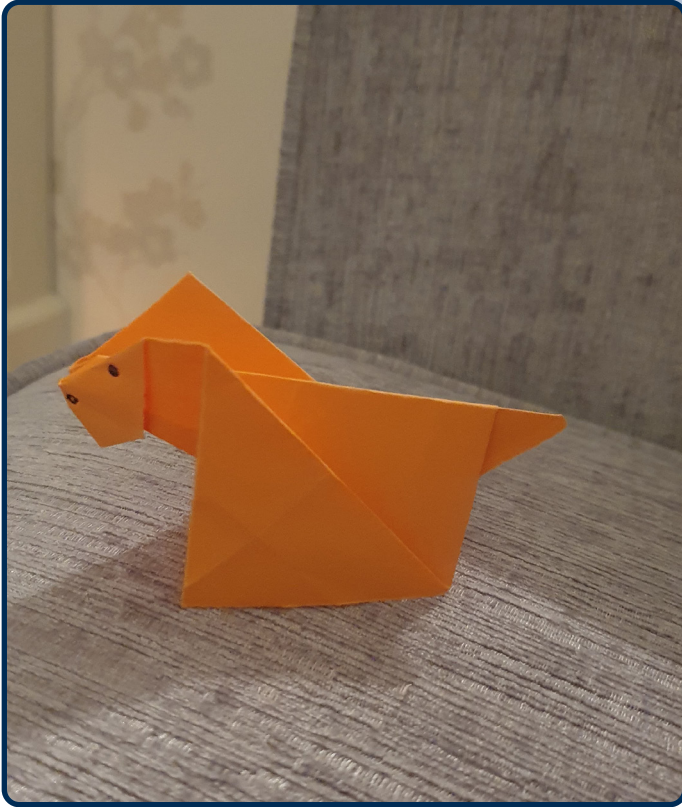
Of course, you can make up your own question.

Previous Projects

Below are a few examples of previous projects completed by pupils from across the school:

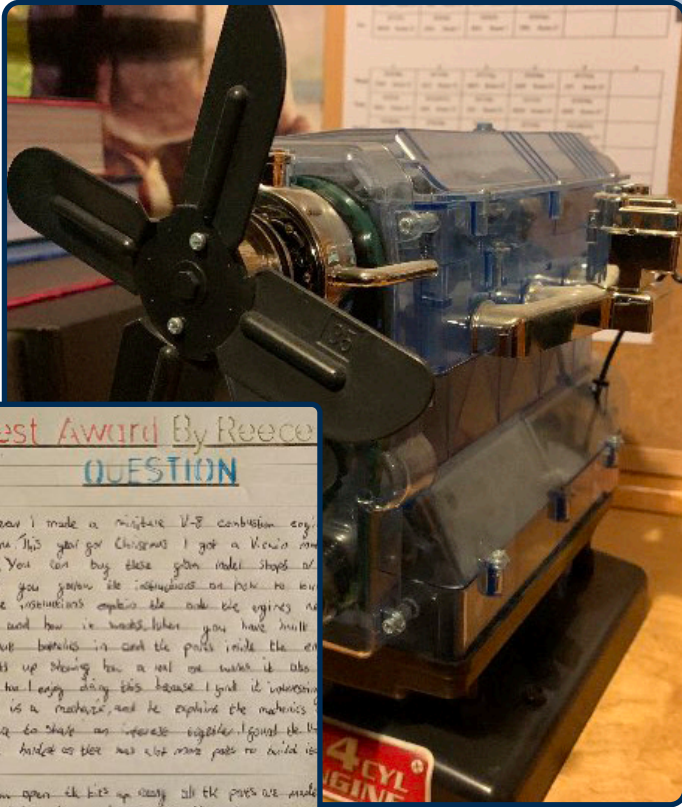
Mia Johnson (Year 7) - Bronze Award

Mia completed mini-projects across all five strands of the QUEST Award to gain her Bronze Award. She posed herself the question 'How does my mobile phone send a text message to a friend?' for the Quest strand. For the Unite strand she wrote a letter to her aunt. She explored her own home to cover the Explore strand. She wrote about her love of football and took a video of her practising. And finally she made origami dogs for The Arts strand.



Reece Byrne (Year 8) - Silver Award

To gain his Silver QUEST Award, Reece completed two projects. He chose the Quest and Unite strands. For the Quest project he made a miniature V8 combustible jet engine and for the Unite project he helped complete his family tree.



Quest Award By Reece

QUESTION

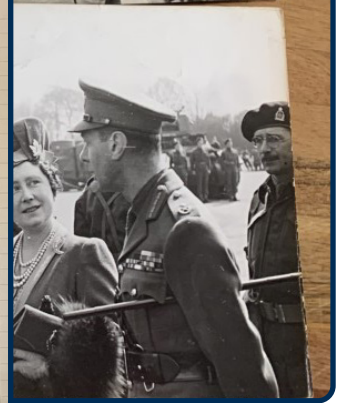
Last year I made a miniature V8 combustion engine. This year for Christmas I got a V8 model to make. You can buy these from model shops or eBay. And you get the instructions on how to put it together. The instructions explain the work the engine will do and how it works. When you have built it you put bearings in and the parts inside the engine light up showing you a real one. I think it's interesting. My Dad is a machanic and he explains the mechanics to me. He is a great one. I have an interest in engines. I found the engine. He has a lot of parts to build it. When you open it up every all the parts are made on the beds, springs and screws. All the parts are made from the instructions. Firsty you make the blocks which connect



Quest Award By Reece Byrne

UNITE

For the last year while we have been in lockdown, me and my mum have been doing my family tree. I am both of my parents. We have gone quite a long way. My grandpa is very old, however my great grandpa is very old. My great grandpa is now 92, so I have been doing this with us as she lives a lot and is getting isolated because of the virus. She has been telling me about some of my ancestors. Originally some lived in London and moved to large towns in the 1800s, and was very healthy. However her son decided to marry one of the maids and his family died. He is so old he had to leave with no money. This is how we ended up living in Lancashire. There are also some of my ancestors who moved to Canada and etc. of them became ministers at church. My Aunt has also shown me lots of old photographs and gave me quite a lot of them. Some of them have been of my Great Great Grandma and Grandad. And two of my grandparents, lived next door to each other as children before they got married to each other. There was also a lot of photos of soldiers from both wars, one soldier was in the Canadian army and met the Queen. My Aunt gave me



Report Writing Guidelines

Title Page - Part 1

Title of Report

Student's Name
Date

Decorated with pictures, information
linked to the project.

Table of Contents - Part 2

Table of Contents

Title	Page
A Big Idea	1-2
B Universal Concepts	3-4
C Essential questions	5-7
D Project overview	8-9
E Bibliography	10

The Main Report - Part 3

Title

The introduction paragraph tells the reader what the writer wants to talk about. It should be interesting in order to "grab" the reader's attention.

The body of the report should consist of several pages, pictures and diagrams. Each paragraph should explain what you have written in your outline for each section

The conclusion summarises the report and usually mentions the same information that is found in the introduction paragraph. It lets the reader know that the writer has finished the report.

Bibliography - Part 4

Bibliography

"Name of the Book."

Author's Last Name, First Name.

"Title of the Article."

Name of Magazine, Date of the Magazine.

"Title of the Article."

Name of the Encyclopedia.

Type of Interview (Personal or Telephone).

Interviewee's Last Name, First Name. Date of the interview.

Title of the Website.

Author's name (if given). Internet address.

Understanding Non-Fiction Texts

Step-By-Step Guide

STEP 1:

What is the information in front of you?

- Who do you think the information was written for (intended **audience**)?
- What you think the **purpose** of the text might be?
- **Summarise** what the text is about in three bullet points.

STEP 2:

Presentation Features

Are there any **presentation features**, that grab your attention?
Could you ensure these feature in your project?

- Photos | Pictures
- Different font sizes | Styles
- Emboldened | Italicised text
- Bullet points | Text boxes | Tables | Graphs
- Headline | Heading | Sub-headings

STEP 3:

Zoom in on the language and key words

Underline or highlight **key words** and **phrases** that the writer has included.

Explaining your selected certain **key words** and **phrases**

Now see if you can spot, label and write about the purpose of these **language features**.

STEP 4:

Finally

- What did the writer want us to know?
- What was the writer's main purpose / intention?
- Is there a message for us? Something we should have learned, or something we are supposed to want to do as a result of reading it?

Examples

STEP 1:

- The website is trying to persuade me to think...
- This leaflet is informative because...
- My mother offered me advice, on...
- The newspaper argues that...

STEP 2:

- The designer has included... in order to...

STEP 3:

- The word / phrase "... " is interesting / important / unusual / effective / striking because...
- This shows / suggests...
- The most important / interesting word here is "... " because...

STEP 4:

- The writer's purpose here is to...
- The writer uses... in order to...
- Alternatively, one can argue...

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Question Write Explore Sport The Arts

With the QUEST Award we aim to inspire and motivate our pupils to think outside of the box.

For more information:

www.st-christophers.org/main-parents-students/quest-award

Follow us on Twitter:

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