

Excellence Programme

How can you be excellent in Excellence Curriculum?



Did you know?

Surrey has 129 secondary schools that serve 86,977 students for the school year 2023.

So far only Carrington School and one other secondary school offer a curriculum (dedicated lesson time) to allowing you to explore new skills and try something new. You are really lucky to have this opportunity!

Excellence Curriculum

Aspire

- We pursue excellence
- We believe in ourselves
- We are ambitious
- We persevere

Innovate

- We are curious and creative learners
- We are courageous
- We show initiative and embrace change
- We work collaboratively

Respect

- We are kind to ourselves and others
- We take responsibility
- We celebrate diversity
- We care for our environment

- You have one hour of EP a week
- You choose options you would like to be part of and rotate every 6 weeks (10 weeks from next year)
- You must choose a selection of activities as your options on Schools Buddy and we try a 'best fit' approach to ensure you all get a first choice at some point
- It is a compulsory part of your timetable – not an extra
- Staff plan fun and engaging sessions which broaden your experiences, allow you to discover new talents and extend you learning and life opportunities

ASPIRE> INNOVATE> RESPECT>

Trying Something New!

"Trying new things is paramount to being a successful person and building a complete human—one that you will be proud of."

So, when was the last time you did something for the first time?

Think about the feelings you had before you tried it – then think about how you felt afterwards...

Who would dare...?

Half Pipe Skiing is a style of skiing which features at the Winter Olympics – put simply, it is like doing acrobatics on skis.

Many consider it to be a dangerous skiing event although it is beautiful...



Who would dare...?

In several south-east Asian countries, eating bugs such as scorpions is considered a delicacy.

Eating san-nakji in Korea is also considered a delicacy – but which one of your teachers was brave enough to eat this live squid?!



Why would you dare...?



Matt Cutts delivers TED talk on his philosophy on trying something new for 30 days at a time.

These challenges have been proven to improve self-confidence and a sense of accomplishment.

Trying something new improves you!

How will Excellence Curriculum benefit me?
How will I better myself by trying something new?

Trying something
new emphasises
your own strength
and resilience!

ASPIRE. INNOVATE. RESPECT.



How will Excellence Curriculum benefit me?
How will I better myself by trying something new?



Trying something new
can help us respect
and understand other
people's experiences!

RESPECT.

How will Excellence Curriculum benefit me?
How will I better myself by trying something new?

Having lots of
different skills and
experiences makes
you more
employable!

ASPIRE. INNOVATE.



How will Excellence Curriculum benefit me?
How will I better myself by trying something new?



Trying something new
can help us realise
what new talents we
have or discover our
purpose!

ASPIRE. INNOVATE. RESPECT.

How will Excellence Curriculum benefit me?
How will I better myself by trying something new?

Trying something
new will allow you
to overcome your
fears!



ASPIRE. RESPECT.

How will Excellence Curriculum benefit me?
How will I better myself by trying something new?



Trying something new
can mean we meet
some new people!

ASPIRE. INNOVATE. RESPECT.

How will Excellence Curriculum benefit me?
How will I better myself by trying something new?

Learning something new
can be one of the most
effective ways of reducing
stress and calming down
your body.

ASPIRE. RESPECT.





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So, what do we need from you?

- Student Voice – tell us what you would like to do in Excellence?
- Make choices wisely and for the right reasons!
- Be open-minded and willing to try something new!
- Feel grateful that you are given this opportunity to better your life prospects!