Cadet Vocational College

AGES 8-14





THE LION AWARD

The Lion Award promotes the development of 8-14 year olds through a varied and exciting programme of outdoor activities, first aid skills and social action projects. The award supports young people's mental wellbeing, resilience and character, providing them with a safe environment to try something new and push themselves out of their comfort zone.

MENTAL WELLBEING
RESILIENCE
CHARACTER

Ofsted Good Provider

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HOW DOES IT WORK?

The award is built on experiential and reflective learning and can be delivered in 12, 24 or 36 week programmes. It offers experiences that sit outside of the traditional curriculum, designed to complement regular schoolwork and help young people with the challenges they face in everyday life.

Learning is facilitated through coaching and Cadet Vocational College instructors. They will provide constructive feedback the young people's actions and behaviours throughout the programme. The emphasis is on developing personal skills and equipping young people with resilience.

Education is not a one size fits all solution and the Lion Award helps young people find their place in the world by exploring the abilities that make them unique.

AWARD DELIVERY

- Group size can vary from 10-30 depending on the learners' need and age
- 2 hours per week for 12, 24, or 36 weeks
- One Cadet Vocational College instructor and one member of school staff
- Activities take place outside wherever possible



BRONZE AWARD
12 WEEKS

Developing **character** in a team environment.

SILVER AWARD
24 WEEKS

Developing **character**, **relationships** and **personal responsibility**.

GOLD AWARD
36 WEEKS

Developing **character**, **relationships**, **personal responsibility** and **leadership**.

The Lion Award incorporates Cadet Vocational College's eight keys to positive wellbeing into the learning experience. Underpinning these keys are our characters and behaviours that the award encourages young people to consider, develop and draw upon.

Keys:

- CONNECT WITH OTHERS
- BE ACTIVE
- LEARN NEW THINGS
- HELP AND SUPPORT OTHERS
- WORK TOWARDS POSITIVE OUTCOMES
- BOUNCE BACK AND TRY YOUR BEST
- BE GRATEFUL AND FOCUS ON THE POSITIVES
- BE KIND

Characteristics:

- SELF-BELIEF
- COURAGE
- GOOD HEALTH
- OPTIMISM
- CONFIDENCE
- COMPASSION
- SELF-CONTROL
- LISTENING
- SHARING
- CO-OPERATION
- CARING
- TRUST
- TEAMWORK
- PROBLEM SOLVING
- COMMUNICATION
- RESPECT
- PASSION
- INTEGRITY
- RESILIENCE
- GRATITUDE



Character development supports the mental wellbeing of young people and can help them to:

- Develop confidence to stand up and be counted
- Learn to be resilient and bounce back from failure, cope with loss and adapt to change
- Develop communication skills so that they can express their feelings
- Explore their identity and learn what it means to be comfortable in their own skin
- Recognise the importance and benefits of working in a team
- Understand and develop self-control
- Feel empowered and discover new talents



"It's so vital for teachers to be helped practically in the classroom. The children in their care are too often helped with the formal curriculum but if their children lack a sense of resilience, they will be less successful.

"Children need to be ready to learn, and many come to school, hungry, tired, and sad. We really need to know how to help all children so they have a positive mindset, ready to tackle whatever challenge comes their way."

ROSALIND VAHEY, EDUCATIONAL PSYCHOLOGIST
BSc Hons PGCE MSc MSc PGDip AFBPsS

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