



Key Stage 5 Challenge Programme Tasks

Faculty	Challenge	What you need to submit	Contact
Sixth Form	Students are being directed to enter three essay competitions, selecting the competition that most appeals to them. Click here for further details for further information.	A copy of your essay.	jwheel@raynespark.merton.sch.uk
	Cultural Capital Bingo. Complete as many challenges as possible, take photos as a record of each challenge completed. Click here for a copy of the challenges.	Photos of your completed challenges.	jwheel@raynespark.merton.sch.uk
	Complete a virtual insight event, work experience placement, or online short course that will support your future study or employment applications. Write a summary of your experience covering the following points: 1. What you did. 2. What new skills and/or knowledge you gained. 3. How you think you can use this to help you in the future.	A copy of your summary	bbrake@raynespark.merton.sch.uk

Cultural Capital Bingo

Whilst we all know how important your studies are at the moment, we are also very aware of the importance of taking some time out to develop other skills; to focus on your physical and emotional wellbeing and to have some fun.

The Sixth Form team would like you all to take part in our 'Cultural Capital Bingo' Challenge.

You should complete as many of the activities as you can and evidence each with a photo. At the end of the week, put the photos together in a one page collage and send in to sixthform@raynespark.merton.sch.uk.

Cook a Meal for Your Family

(Try a dish from another culture or use a new ingredient)

Read a Classic

(Recommendations attached)

Watch a Foreign Language Film

(Recommendations attached)

Try a New Hobby

(Drawing, painting, origami, model building, needlecraft)

Get Active

(Take part in a Joe Wick's work out/Start Couch to 5K/10 minutes of yoga (Simply Yoga is a free App and Yoga with Adriene)

Learn a Life Skill

(i.e. Basic car maintenance – change the oil and water/Learn a DIY skill/)

Meditate

(Try MindShift/MoodGYM/SmilingMind/SuperBetter/Headspace...all are free Apps)

Bake Off

(Bake anything you like...other than banana bread)



Foreign Language Film Recommendations – Netflix

1. **Divines:** *A street teenager from a dysfunctional family in Paris comes across a young dancer who turns her life upside down*
2. **Sand Storm:** *In Southern Israel, a teen's forbidden love affair challenges the traditions of her Bedouin mother and father*
3. **I Lost my Body:** *In a Parisian laboratory, a severed hand escapes its unhappy fate and sets out to reconnect with its body in this Cannes Critics' Week selection*
4. **Roma:** *A Mexican film following the life of a live-in housekeeper of a middle class family*
5. **First They Killed my Father:** *A Cambodian/American biographical thriller set in 1975. The film depicts 5 year old Ung who is forced to be trained as a child soldier*

Books you Should Read Before Turning 18...

1. **I Know Why the Caged Bird Sings – Maya Angelou:** *Angelou's memoir of her childhood is heart breaking and tragic, but the strength of her spirit and helps the reader make sense of life.*
2. **The Catcher in the Rye – JD Salinger:** *Holden Caulfield is a desperately lonely young man broken to the core by the tragic, traumatic death of his beloved younger brother.*
3. **1984 – George Orwell:** *A classic dystopian novel depicting a future society where citizens live suppressed under a totalitarian government.*
4. **The Handmaid's Tale – Margaret Atwood:** *This dystopian novel has been praised for its prophetic and dark insights.*
5. **Normal People – Sally Rooney:** *This award winning novel explores the complexities of, popularity, first love, class and friendship*



National Essay Competitions

Challenge your mind, stretch your thinking beyond your timetabled curriculum and maybe win a cash prize!

1. **Minds Underground Essay Competition** - Enter an essay competition in the subject area that you feel most passionate about

<https://www.mindsunderground.com/minds-underground-2021-competitions>

2. **The Libra Essay Prize** - *An annual essay prize for all students in years 12 & 13 looking to prepare for university. With inspiration from the admissions process at All Souls College, Oxford – known as ‘The hardest exam in the world’ – students are required to write an essay responding to a single-word essay title*

<https://www.libraeducation.co.uk/essay-prize>

3. **Newnham Essay Prize** - All female students currently in Year 12 at a UK school may enter the prizes, which are offered in **Archaeology, Biological Sciences, Classics, Computer Science, Engineering, History, Mathematics, Modern and Medieval Languages, Music, Philosophy and Psychological and Behavioural Sciences**, as well as our annual ‘**Woolf Essay Prize**’ with questions inspired by Virginia Woolf’s *A Room of One’s Own*. (Each of the Newnham Essay Prizes have a first prize of £400, a second prize of £200 and a third prize of £100.)

<https://www.newn.cam.ac.uk/admissions/undergraduates/newnham-essay-prizes/>

