



**MILLFIELD**  
DISCOVER BRILLIANCE

# VALUES EDUCATION PROGRAMME

SUMMER TERM 2020

## OUR VALUES

**BE  
BRILLIANT**

**BE DISRUPTORS**

**BE CURIOUS**

**BE KIND**

**BE AUTHENTIC**



**MILLFIELD**  
DISCOVER BRILLIANCE

## MILLFIELD VALUES EDUCATION PROGRAMME



We launched our values last term, after six months of work with all areas of the Millfield Community.

Our values should inform all our actions as a learning community, and they should provide a road map for further developments at the School.

This period of remote learning has been an excellent test of whether we were accurate in our identification of the School's values and my sense, so far, is that we were absolutely spot on.

This document is to inform discussion at home, and with group tutors, housemasters and housemistresses at school. It is clear from this, the importance that Millfield places on a holistic education and also the fact that there is a tremendous need, always, for diversity and balance and that the need has never been greater than now.

We are here to support students and to support their parents and that is what we want to do. The opportunities for you to engage with these programmes run throughout the School week and throughout holiday times as well. I anticipate that you will want an opportunity to read this in detail before beginning further discussions with your group tutor about how you can be involved in all areas of our Values Education Programme.

**Gavin Horgan**  
Headmaster

# BE AUTHENTIC

- You are sincere in the way you interact with others
- You show integrity in the way you behave in all aspects of life
- You are true to yourself in the way you reflect on actions and learn from them

## BE AUTHENTIC

### CO-CURRICULAR ARTS PROGRAMME

- Weekly yoga, pilates and conditioning classes for all dancers
- Baking session on Friday 4-5pm
- One concert per week featuring music performed remotely by Millfield Music students
- One 'throwback' concert per week that highlights some of our favourite performances from the past few years
- A series of performances and other music-related events featuring OMs who have continued to excel in the world of music in life after Millfield
- Several impromptu performances that will feature exciting collaborations utilising remote learning technology

### SPORTS PROGRAMME

- Sign up to your Strava Club as part of the House Sport competition #everyactivitycounts; log every session you do and make a difference to your House totals. Everything counts, every walk with your family to every heart beat when you jog or play your sport

### CO-CURRICULAR SERVICE AND COMMUNITY PROGRAMME

- The 'World of Work' series of workshops will give you an introduction to personal finance and getting a job; earning, personal budgeting, job applications, interview skills
- Developing podcasts and the Listening Archive (Spotify). Student-led

### MAP

- Home workout
- Weekly round-up
- Run for fun
- Core strength and flexibility
- Broga
- Digital minimalism
- Joe Wicks imitation HIIT session
- 'Lean in 15' – 15 minute meals to keep you lean and healthy
- Scrap book session
- How to win friends and influence them
- Archive legendary performance in classical music
- FIIT Workout
- Smoothie making
- Yoga
- Mindfulness colouring
- Animal 'Top Trumps'

### INTRA AND INTER-HOUSE COMPETITION PROGRAMME

- Strava-based interhouse sport programme
- Caption competition
- Pencil portrait/caricature of famous individual/staff member
- Art competition – #viewfrommywindow
- Culinary challenges
- Quiz session

### PSHEE

- Exploring healthy global relationships
- Communicating how you feel through music

# BE BRILLIANT

- You are self-motivated to deliver and develop through work and play
- You are devoted to your personal well-being
- You prioritise your own happiness and have fun
- You own your responsibilities

## BE BRILLIANT

### CO-CURRICULAR ARTS PROGRAMME

- Elite dancers' online masterclasses with professional dance companies and choreographers
- Annual Media Awards night – a celebration of the stunning practical work created by sixth form Media Studies students
- Design scholars workshops
- D&T/PD/A&D enhancement
- Preparation and delivery of music performance for remote concert series
- 1:1 vocal and instrumental lessons with specialist tutors
- Performance masterclasses with specialist staff and OMs

### SPORTS PROGRAMME

- Complete 4 activities a week through the Millfield Movement Programme – our diverse, all round, challenging development experience
- For student-athletes – commit to your specialist programme of conditioning; technical development; guided demonstration, self practice and feedback
- Try a new sport or session you have never tried before as part of Millfield Movement Programme
- Commit to your individual development plan and practice like you never have before in your home environment

### CO-CURRICULAR SERVICE AND COMMUNITY PROGRAMME

- Year 9 welcome brochure with a view to an assembly presentation (student-led)

### MAP

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|---|--|
| • Photography challenges                                      | • Crossword puzzle                                     |
| • Musical activities – record/play/share – on other platforms | • Weekly challenges!                                   |
| • Driving test theory   | • Lego creations                                       |
| • Darts from home   | • Rugby coaching                                       |
| • Learn to juggle   | • Millfield's virtual Glastonbury Festival             |
| • Water colour sketching                                      | • Straight Pool  |
| • Tensegrity structures                                       | • An introduction to British Sign Language             |
| • Chess – online  | • Scrabble   |
| • To rhyme or not to rhyme?                                   | • Touch typing   |
| • Quiz Master Club  | • Rubik's cube   |
| • Airfix model making   | • EAGLES   |
| • Playing the drums   | • Juggling   |
| • Photography on your smart phone                             | • Millfield originals song writing                     |
| • Spanish   | • Collaborative summer dance project                   |
| • Augmented 6ths  | • University life skills preparation                   |
| • Black and white photography through the iPhone/iPad         | • EPQ  |
| • Cross stitch  | • Exploring chemistry                                  |
|   | • Industrial product design sketching using multimedia |

### INTRA AND INTER-HOUSE COMPETITION PROGRAMME

- Keepie uppie challenge
- Music and dance competition
- Poetry/short story challenge with positive and life affirming bias
- Juggling challenge; e.g. longest juggle with 3 items; highest number of items juggled with; award for creativity of items juggled with

### PSHEE

- Developing resilience
- Dealing with change anxiety
- Getting a healthy perspective to help manage stress

# BE CURIOUS

- You have the enthusiasm to think and try new things
- You have courage to test your ideas, to fail and to adapt
- You are dangerously modern ready to lead the way, to change the conversation
- You live in the moment and believe in possibility

## BE CURIOUS

### CO-CURRICULAR ARTS PROGRAMME

- 2M2 Summer Dance for Camera Project – a collaborative, devised dance film exploring impact of social distancing
- English, Drama and Media 'Going Further' pages on Minerva present a wealth of enrichment opportunities, including internal and external competitions and online courses.
- Year 9 Art and Photography experience
- Virtual Art Academy – The Cardboard Box Art Gallery – Ten pieces of Art
- Head Hacks – Understanding human psychology
- Students to engage in opportunities for music composition that explores a wider variety of styles
- 'Millfield Originals' initiative that provides a platform for:
  - support in song writing
  - recording of original material
  - celebration of original material
  - collaboration with other students and staff (MAP programme) that enables students to work with other students in creation and performance of original material

### SPORTS PROGRAMME

- Join the Millfield Movement Programme and try something new – more than 10 sports with content and ideas
- Try the range of activities on Mondays (strength and yoga), Wednesdays (aerobic games), Thursdays (movement with the PE crew) and Saturdays (sporting games)
- Live and pre recorded content – if you cannot make that time – you can revisit anytime

### CO-CURRICULAR SERVICE AND COMMUNITY PROGRAMME

- 'Reasons to be cheerful – the importance of being resilient' – collaborative work with a broader range of schools in the Somerset area

### MAP

- CCF; including Intel Corps activities
  - military leadership and skills
- Art based challenge
- Film/Book/articles reviews
- Virtual travel and sightseeing
- Dystopia book club
- Music of the Renaissance
- Contemporary documentaries
- The Jane Austen film club
- Dissection club
- Italian film club
- At-home skin care club
- Escape Room story
- Art recreation challenge (Getty Museum challenge)
- Deconstructing music theory
- TED talk of the week
- Current affairs podcast
- Quiz masters
- World news – but not COVID 19
- Crime fiction
- Maths Olympiad
- Virtual Art Academy
- Alphabetical photography
- The history of cricket
- History films
- Terramatters
- Understanding China's technological rise

### INTRA AND INTER-HOUSE COMPETITION PROGRAMME

- Inter-house photography competition

### PSHEE

- Mood trackers
- Global connections
- Is stress normal?
- What ensures healthy global relationships?
- Tracking and controlling your mood and anxiety?
- Why sleep is so important
- Recognising and expressing gratitude

# BE DISRUPTORS

- You positively challenge and question to encourage progress
- You are global in your outlook to seek new ways to find solutions, embrace calculated risks
- You are unshackled by tradition to quickly shape a different future

## BE DISRUPTORS

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### CO-CURRICULAR ARTS PROGRAMME

- Year 9 site specific dance project challenges traditional concepts of performance space and audience
- Annual innovative Film Poetry Festival encourages students to be disruptive of traditional notions of poetry and poetic expression, through the creation of experimental film

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### SPORTS PROGRAMME

- Learn a new life skill – learn to cook for your family, follow our great recipes, and fuel your sport and life with our nutrition and eating programme
- For student-athletes – become a student of your sport – read, study and educate yourself about the history and evolution of your sport
- Try the competitive skills challenges as part of the Millfield Movement Programme

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### CO-CURRICULAR SERVICE AND COMMUNITY PROGRAMME

- Student magazine (student-led)
- 'How to win friends and influence' we will discuss how to communicate in an ever-changing world, etiquette, presentation skills

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### MAP

- LGBTQ+ support, information and planning
- One second every day digital media project
- Greenpower
- Fail Army – intention verses reality

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### INTRA AND INTER-HOUSE COMPETITION PROGRAMME

- Inter-house debating competition

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### PSHEE

- The negative effects of fake news
- Does social media contribute to depression or poor mental health?

# BE KIND

- You are respectful and inclusive to all
- You are empathetic, always trying to understand emotions and feelings of those around you
- You show humility at all times
- You are aware of the impact you have on others

## BE KIND

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### CO-CURRICULAR ARTS PROGRAMME

Peer to peer teaching in 'kitchen barre' sessions to maintain our dance community  
New online comedy monologue event, Punchlines online, gives students and staff the opportunity to perform for the camera. Punchlines online embodies the value of kindness through laughter

All concerts, performances and music events to be shared with the entire Millfield Community, including our EAGLES volunteering and service network

Students continuing with ensembles remotely, with virtual Camerata, Junior Choir, Augmented 6ths, Jazz Sextet and Chamber Music all working collaboratively so to create music together

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### SPORTS PROGRAMME

- Give kudos to your housemates when they complete their activities and contribute to the House Sport competition
- Commit to trying our weekly yoga sessions as part of the Millfield Movement Programme
- Develop new life skills through the Millfield Movement Programme and share with friends and family

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### CO-CURRICULAR SERVICE AND COMMUNITY PROGRAMME

- Production for Millfield CBBC for Elmhurst Junior School (student-led)
- 'Working and supporting others' – working with NHS/care homes and carers (overlap with MAP)

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### MAP

- Gardening at home
- Comedy sketches and jokes
- Sewing from scraps
- Baking!
- Adult colouring for mindfulness
- Knitting for bliss
- Comedy
- Knitting for beginners
- United Schools Project (USP)
- For the Love of Scrubs
- Happiness Lab podcast
- Warm Baby Project

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### INTRA AND INTER-HOUSE COMPETITION PROGRAMME

- House charity work (organised by individual houses)

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### PSHEE

- Positive mindset
- Emotional health and well-being. The outside world
- Staying positive
- Ensuring that whilst you may feel alone you are not lonely
- Helping yourself and others
- Positive thinking and happiness



# MILLFIELD

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