

Our ref: AGH / HLE / TBHA 100

08 January 2024

Dear Parent/Carer

Re: TBHA 100

We have now launched '**TBHA 100**' to our students, and would like to further promote and encourage them to engage and achieve as many of the activities as possible. Students have 100 activities to complete, and their aim is to accomplish as many as they can before leaving the academy. Support from their parents/carers would be most appreciated, with the initiative aiming to help students develop their **ambition, curiosity, determination and kindness**.

The scheme includes 100 activities that have been carefully selected to challenge and engage our students, with many having close links to their subjects and key life skills. The process and achievements will help raise their confidence, independence, motivation and well-being.

We will be using the Class Charts platform to monitor student's progress, with teachers and tutors able to award students when they have completed an activity.

The process is as follows:

1. **Student completes an activity** eg. *Runs 10K / Cooks for parents / Grows a plant*
2. **Provides evidence to tutor or teacher** eg. *witness statement / written note signed from parents / photo evidence.*
3. **Teacher awards on Class Charts TBHA 100 tab – 1-100 achievements**

Students can achieve **20, 40, 60** and **80** to receive Bronze, Silver, Gold and Champion awards, with tutor competitions also running to recognise and celebrate the achievements of our students. Tutors will be working alongside their tutees, and setting goals along the way.

We look forward to working together to support our student's 'TBHA 100' success.

Yours sincerely



Adam Griffith
Assistant Principal
Safeguarding and Personal Development



TBHA100



Ambition

- 08 Write a review for a book, music album or a film
- 15 Learn how to cook eggs in 4 different ways
- 17 Run a 10K race or half-marathon
- 19 Learn how to safely start a campfire
- 29 Learn how to read an OS map
- 32 Learn how to cook 5 meals
- 37 Cook a recipe for your parents that you learned in food tech
- 43 Learn three new card games
- 46 Achieve student of the lesson in 5 different subjects
- 47 Go sugar-free or fast-food-free for a fortnight
- 50 Go on a residential school trip abroad
- 52 Achieve a Duke of Edinburgh badge
- 55 Learn a poem or text off by heart
- 57 Go on 10 school trips before the end of Y11
- 58 Represent the school in a show or sporting event
- 65 Listen to 10 audiobooks this year
- 69 Argue an opinion in a formal debate
- 70 Learn to play a musical instrument
- 76 Join a new sports club at or outside of school
- 81 Attend a 1-1 careers guidance session
- 84 Have a piece of your work on display in school.
- 87 Become officially qualified in something
- 88 Represent the school in an academic competition (eg spelling bee or debating competition)
- 97 Join a school club
- 100 Go tech-free for a week



Curiosity

- 03 Fix a broken item, don't buy a new one
- 05 Visit another region of the United Kingdom
- 12 Take part in the RSPB bird or butterfly watch
- 16 Learn to count from 1 to 20 in a new language
- 22 Attend a live sporting event
- 26 Go orienteering with a map and compass
- 28 Swim in the sea
- 30 Learn how to correctly use a vacuum cleaner
- 33 Visit a place of worship
- 44 Visit an ancient monument of the British Isles (eg Stone Henge)
- 45 Visit a gallery or museum
- 60 Go vegan for a week
- 62 Learn the names of 10 flowers or trees in your local area
- 66 Eat meals from 5 cultures that are new to you
- 68 Read a classic novel (pre-1914), not taught in class
- 71 Learn the basics of personal finance
- 73 Visit a farm and learn how food is produced
- 74 Join your local library
- 75 Watch a sunset or sunrise
- 77 Try a new beach sport
- 82 Visit an aquarium
- 83 Go to London on a school trip
- 89 Take up a new hobby
- 92 Go to a festival
- 93 Go to a theatre to see a play or musical



Determination

- 01 Grow your own fruit or vegetables and eat it
- 02 Grow a plant from a seed, bulb or cutting
- 09 Take a train to Brighton
- 11 Walk 10,000 steps every day for a fortnight
- 14 Present in tutor time about an inspiring artist, writer or human rights activist
- 18 Learn the flags of 25 countries
- 20 Order a drink in a café on your own
- 25 Learn to touch type
- 27 Cook a meal on a campfire
- 35 Read aloud in class a piece of work that you are proud of
- 39 Camp overnight under the stars
- 41 Complete CPR (first aid) training
- 48 Watch a film in a different language with subtitles
- 49 Take part in a house competition
- 54 Take up running, such as 'couch to 5K'
- 56 Learn how to use chopsticks
- 59 Present or talk in an assembly
- 72 Open a bank account
- 80 Learn to swim
- 85 Win a game of chess
- 86 Compete in at least 5 sports day events before the end of Y11
- 90 Learn to knit or crochet
- 95 Learn to sew on a button
- 98 Learn the capital cities of 25 countries covering 6 continents
- 99 Cook a meal for your family for £5



Kindness

- 04 Learn how to correctly use the washing machine
- 06 Write a letter to a resident at a local care home
- 07 Learn how to say hello and introduce yourself in 10 languages
- 10 Raise and donate money to a charity
- 13 Help decorate your tutor room
- 21 Volunteer for a local community group
- 23 Help maintain a garden (mowing the lawn, weeding or planting)
- 24 Show visitors around the school
- 31 Take up a new chore and do this every day (eg put away clothes in the laundry) for a week
- 34 Help a younger student with their homework
- 36 Give a new student a tour of the school on their first day
- 38 Take a 60-minute walk in nature
- 40 Attend a fundraising event for charity
- 42 Make friends with someone new in your year group
- 51 Get to know and help an elderly neighbour
- 53 Eat dinner at the table with your family or friends
- 61 Donate 5 items you own to a charity shop
- 63 Bake a cake for a family member or friend just to make them smile
- 64 Look after a friend or neighbour's pet
- 67 Write a thank you letter or card to a teacher
- 78 Volunteer for a charity
- 79 Go litter picking in the local community or in school
- 91 Visit a primary school to read to the pupils
- 94 Run a club for younger students
- 96 Do the washing up for a week