

OBAMA

DEDICATED

Michelle Obama is dedicated to making a difference to the lives of others. She has served as a role model for women and has worked as an advocate for poverty awareness, education, nutrition, physical activity and healthy eating. The former First Lady has failed many times in her own life, and through this, she has learned to become both determined and dedicated, to teaching others, that it is ok to fail too. She sees the value in failing and reminds us all that it is ok to do the same, as we learn from this and move forward.

ENVIRONMENT

Article 24 - Right to a clean environment.
Article 27 - Right to shelter.

CURIE

ASPIRATIONAL

Marie Curie carried out ground breaking research that led to the first use of the term "radioactivity."
One of her most admirable traits was her perseverance when she faced challenges. She wanted to further her education by attending University but was rejected simply because she was a woman. However, she did not let this rejection stop her from learning, and she went on to make amazing scientific discoveries.

WORLD OF WORK

Article 5 - Right to be guided in your future career.
Article 29 - Right to an education that develops every child's personality, talents and abilities to the full.

NIGHTINGALE

EMPATHY

Florence Nightingale knew from an early age that nursing was her calling. She believed it to be her divine purpose. It was expected during this time that women of her age should marry, however, Nightingale pursued her career in nursing and her passion for helping others. Nightingale made it her mission to improve hygiene practices in hospitals and significantly lowered the death rate in war hospitals during the Crimean War. She changed the view of nursing from a frowned upon job to an admirable career.

VOLUNTEERING AND COMMUNITY

Article 15 - Freedom of association
Article 27 - Right to adequate standard of living.

SIMMONDS

RESILIENCE

Ellie Simmonds has had to sacrifice many things to become a gold medal Olympian. Ellie has broken down many barriers of prejudice, apathy and misunderstanding of people with a disability. She trained 3 hours a day, 6 days a week to achieve her dream.

Sport, Health and Wellbeing.

Article 24 - Right to be healthy.
Article 31 - Right to leisure, play and culture.

PANKHURST

RESPECT

Emmeline Pankhurst was a political activist and organiser of the British suffragette movement. She was not afraid to voice her opinion on what she strongly believed in, that being ,respect and equality for all. She led a movement that eventually won equal voting rights for women.

Rights Respecting Schools

Article 2 - Right to be treated equally.
Article 12 - Right to a voice.

PARKS

COURAGE

Rosa Parks stood up for what she believed was right, when she refused to give up her seat on a bus, even when she knew this would not be welcomed. During this time in history, black people were not treated equally. She has changed the world for the good by expressing her views.

Reading for Pleasure

Article 12 - Right to a voice.
Article 17 - Right to read books.

At Selly Park we want to help you become successful, well-rounded individuals. That is why we teach through a values-based character education.

Character is who you are. It is what makes you.....you. It is what you believe in and how you act with others and when on your own. It is your values and your virtues. Character traits are a feature of an individual or group of people, it tells you about their personality.

Virtue a quality that is considered desirable in a person, all the good things about you that can be used to describe your character.

Possible tasks:

- Our inspirational women (Tutor Groups to the left) show good character. Read through them and think about/write for each one (Dedicated, Aspirational, Empathetic, Resilience, Respect, Courage) a time when you have shown that particular characteristic.
- Think of an inspirational person who has shown great courage? This could be someone famous, or someone you know personally and lives locally. Explain their life story and what they did to show courage. Add a picture!

Whatever you create, send it or a picture of it to transition@sellyparkgirls.org

We look forward to seeing what you produce!

Rosa Parks is one of our inspirational women. She showed great courage during her life when she stood up for what she believed was right. Courage means having the ability to keep going whatever happens. It is easy to stay in your comfort zone, close to your friends, in a place you know, doing the things you always do. It's easier than being brave and trying something different. But unless you are willing to try new things and step outside of your comfort zone, how will you ever find out what else is out there and what other surprises life has in store for you?
Doing something new often means we feel vulnerable and uncomfortable, and because we've never done it before we will probably make mistakes and could look silly in front of others. If we can be brave and still do these things anyway, we have expanded our lives and experiences, met new people and possibly learnt new skills. Being courageous could change your life for the better! Sometimes being courageous means standing up for something you believe is right even when everyone around you thinks it's wrong. If someone you know is bullying someone, and everybody around you is laughing along with them, would you speak up? Even if everyone tells you it's just a joke, and to stop being so sensitive? It takes a lot of courage to go against the people around you. Go on...be brave....try it.