

RESILIENCE | INITIATIVE | COMMUNICATION

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NAME:

FORM:



Introduction



Welcome to your **SILVER** Pledge workbook!

This is your guide to the LORIC pledge, and it's designed to help you develop and enhance important skills that will serve you well in both your personal and school life. LORIC stands for Leadership, Organisation, Resilience, Initiative, and Communication, and each section of this workbook is dedicated to exploring and cultivating these core competencies.

As you work through the activities, you'll have the opportunity to reflect on your strengths, identify areas for growth, and actively engage in exercises designed to boost your confidence and capability in each area.

Remember, the more you participate, the more you'll gain from this experience. So dive in, embrace the challenges, and enjoy the journey of self-improvement and discovery!



HOW IT WORKS

The pledge is split into 5 different categories (LORIC).

Each Category has **3 activities**.

You get a **PASS** if you complete one.

A **MERIT** if you complete two

A **DISTINCTION** if you complete all three!

You'll answer questions regarding the activity and get someone to sign you off. Maybe a teacher, parent, form tutor or club/activity leader.

Your form tutor will review your pledge workbook periodically.

Once you've completed Silver you'll progress to Gold!



LEADERSHIP

PLEDGE ACTIVITIES

ACTIVITY 1:

Take on a leadership responsibility in school and record what you have done

ACTIVITY 2:

Conduct a student survey to find out ideas and views on school trips or leadership and present your findings

ACTIVITY 3:

Plan and deliver an activity for your form group on the theme of 'teamwork'

PASS (1 ACTIVITY)

MERIT (2 ACTIVITIES)

DISTINCTION (3 ACTIVITIES)



Signed (Student)

Signed (Form Tutor)

LEADERSHIP

ACTIVITY 1



Take on a leadership responsibility in school
and record what you have done

Describe your leadership role

Describe the impact being a leader had on you

What would you say is the most useful skill a leader can have



LEADERSHIP

ACTIVITY 1



Take on a leadership responsibility in school
and record what you have done

REFLECTION

Was it difficult being a leader?

In the future do you see yourself taking on a
leadership role?

COMMENT:

TEACHER

SIGNATURE



Signed (Form Tutor)

PLEDGE WORKBOOK

Date:

04

LEADERSHIP

ACTIVITY 2

Conduct a student survey to find out ideas and views on school trips or leadership and present your findings

EXAMPLE SURVEY

HOW WAS THE TASTE OF YOUR FOOD?

Please mark your selection in the box



Delicious



Good



Average



Fair



Tasteless

PLEASE RATE THESE ASPECTS OF YOUR VISIT

Please mark your selection in the box



	Excellent	Good	Average	Bad	Poor
How would you rate your overall experience?	<input type="checkbox"/>				
How satisfied were you with our service?	<input type="checkbox"/>				
How would you rate the speed of service during your visit?	<input type="checkbox"/>				
How would you rate the cleanliness of our restaurant?	<input type="checkbox"/>				
How would you rate the friendliness of our staff?	<input type="checkbox"/>				



How can we improve?

Thank You!



Signed (Form Tutor)

PLEDGE WORKBOOK

Date:

05

LEADERSHIP

ACTIVITY 2

Conduct a student survey to find out ideas and views on school trips or leadership and present your findings

YOUR SURVEY:



Signed (Form Tutor)

Date:

LEADERSHIP

ACTIVITY 2

Conduct a student survey to find out ideas and views on school trips or leadership and present your findings

YOUR RESULTS:



Signed (Form Tutor)

Date:

LEADERSHIP

ACTIVITY 3



Plan and deliver an activity for your form group on the theme of 'teamwork'

Describe the activity and equipment required:

TEACHER

SIGNATURE

COMMENT:

REFLECTION

What have you learnt about Teamwork?

What roles did members of your team play? eg. presenter, notetaker



Signed (Form Tutor)

Date:

ACTIVITY 3

Plan and deliver an activity for your form group on the theme of 'teamwork'

Planning page:



Signed (Form Tutor)

Date:

ORGANISATION

ACTIVITY 1:

Create revision materials for at least 2 of your subjects

ACTIVITY 2:

Plan and cost a week of healthy meals for you and your family.

ACTIVITY 3:

You have been asked to plan a school fundraising event, what do you need to consider?

PASS (1 ACTIVITY)

MERIT (2 ACTIVITIES)

DISTINCTION (3 ACTIVITIES)



Signed (Student)

Signed (Form Tutor)

ORGANISATION

ACTIVITY 1



Create revision materials for at least 2 of your subjects

Planning page:



Signed (Form Tutor)

Date:

PLEDGE WORKBOOK

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ACTIVITY 2

Plan and cost a week of healthy meals for you and your family.

Name of Recipe's:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Ingredients:

Cost:



Signed (Form Tutor)

Date:

ACTIVITY 2

Plan and cost a week of healthy meals for you and your family.

Name of Recipe's:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Nutritional Value:



Signed (Form Tutor)

Date:

ACTIVITY 2

Plan and cost a week of healthy meals for you and your family.

Which meal do you believe will be the most delicious?

What ingredients surprised you with their prices?

What 'high-cost' ingredients can you consider replacing or eliminating?



Signed (Form Tutor)

Date:

ORGANISATION

ACTIVITY 3



You have been asked to plan a school fundraising event, what do you need to consider?

Planning page:



Signed (Form Tutor)

Date:

ORGANISATION

ACTIVITY 3



You have been asked to plan a school fundraising event, what do you need to consider?

Planning page:



Signed (Form Tutor)

Date:

RESILIENCE

LORIC PLEDGE ACTIVITIES

ACTIVITY 1:

100% attendance for a term

ACTIVITY 2:

Collect 20+ LORIC points for
4 weeks

ACTIVITY 3:

Attend a school club for
half a term

PASS (1 ACTIVITY)

MERIT (2 ACTIVITIES)

DISTINCTION (3 ACTIVITIES)



Signed (Student)

Signed (Form Tutor)

PLEDGE WORKBOOK

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ACTIVITY 1

100% attendance for a term

Circle all days you were in school

DATE:	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM
WEEK 2	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM
WEEK 3	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM
WEEK 4	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM
WEEK 5	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM
WEEK 6	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM
WEEK 7	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM
WEEK 8	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM



Signed (Form Tutor)

Date:

ACTIVITY 2

Collect 20+ LORIC points for 4 weeks

DATE:	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM

DATE:	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM

DATE:	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 3	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM

DATE:	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 4	AM	AM	AM	AM	AM
	PM	PM	PM	PM	PM



Signed (Form Tutor)

Date:

ACTIVITY 3



Attend a school club for half a term

What club are you going to attend?

Why did you choose this club?

Who can you ask for help?

How could you encourage others to join the club?

What was your favourite activity?

Ask the member of staff who organises the club to sign off that you have attended six sessions

TEACHER

SIGNATURE

COMMENT:

REFLECTION

What have you learnt about yourself by attending these club sessions?

What would be your advice to anyone else looking to join a club?



Signed (Form Tutor)

Date:

INITIATIVE



ACTIVITY 1:

- Problem Solver!

ACTIVITY 2:

Random act of kindness - challenge yourself to help someone every day for a week

ACTIVITY 3:

Design a Better School Day - reimagine one part of the school day.

PASS (1 ACTIVITY)

MERIT (2 ACTIVITIES)

DISTINCTION (3 ACTIVITIES)



Signed (Student)

Signed (Form Tutor)

ACTIVITY 1



Problem solver! Answer the questions below

Scenario:

A delivery of new play equipment has arrived at school. You notice a member of staff is struggling to move it safely on their own.

What do you do?

Scenario:

You notice that the cleaners have just finished tidying the lunch area, but some litter has been dropped on the floor shortly after.

What do you do?



Signed (Form Tutor)

Date:

ACTIVITY 1



Problem solver! Answer the questions below

Scenario:

You see a pupil in school you haven't seen before, they look lost and a little unsure of where to go.

What do you do?

Scenario:

During a rainy lunchtime, outdoor play is cancelled and pupils are asked to stay indoors. You notice that some classmates are bored or restless, and there's no planned activity.

What do you do?

Scenario:

Your teacher is running late to class, and the rest of the pupils are waiting. Everyone is unsure what to do next.

What do you do?



Signed (Form Tutor)

Date:

ACTIVITY 2

Random act of kindness – challenge yourself to help someone every day for a week

Describe your acts of kindness

What have you learnt about yourself by doing this?



Random Act
Of Kindness



Signed (Form Tutor)

Date:

ACTIVITY 3



Design a Better School Day - reimagine one part of the school day (e.g. break time, lunchtime, assemblies, or classroom routines) and propose improvements that would benefit everyone.

Observe & Reflect:

Think about a part of the school day that could be more enjoyable, inclusive, or efficient.

Generate Ideas:

Brainstorm ways to improve it—consider things like activities, layout, timing, or how people interact.



Signed (Form Tutor)

Date:

ACTIVITY 3



Design a Better School Day - reimagine one part of the school day (e.g. break time, lunchtime, assemblies, or classroom routines) and propose improvements that would benefit everyone.

Create a Proposal:

Design a short presentation or poster explaining your idea.

Include:

- **What you want to change**
- **Why it matters**
- **How it could be done**
- **Who it would help**

Present Your Idea:

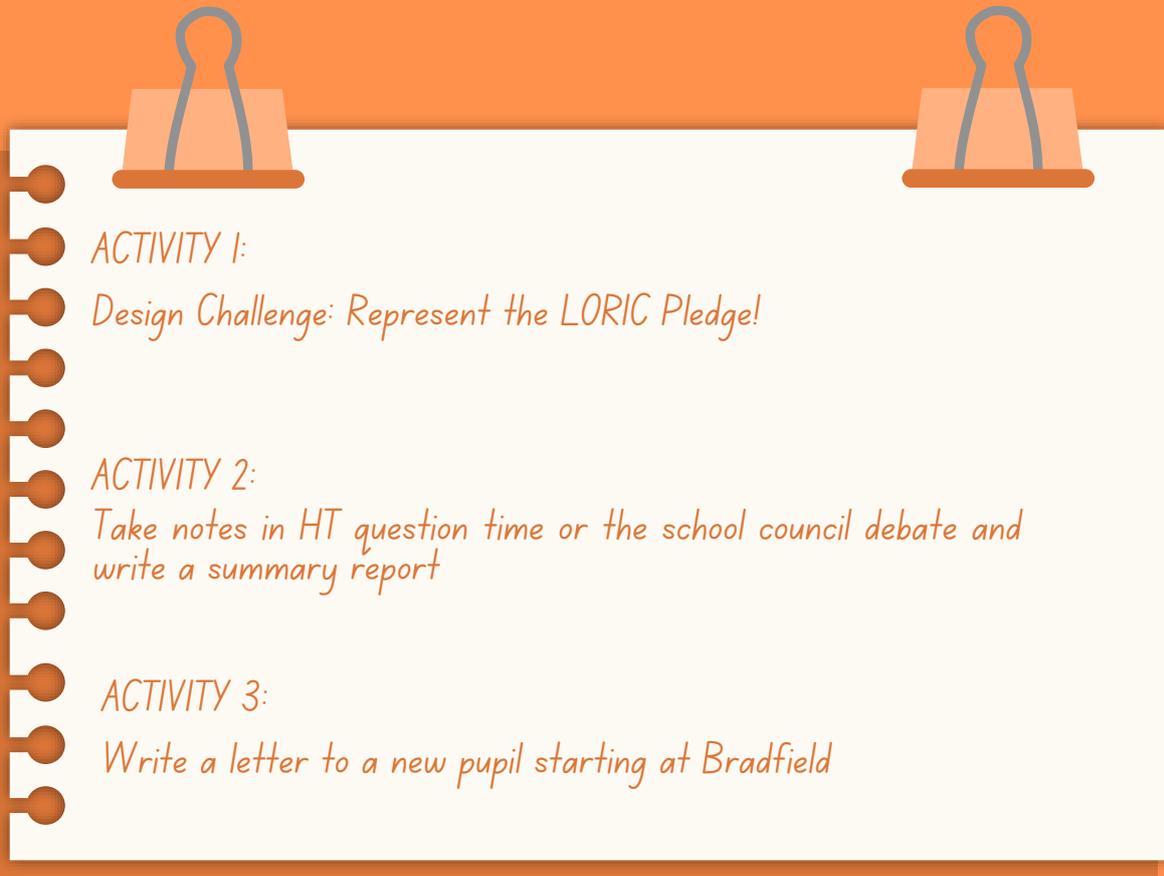
Share your proposal with the class or a teacher. Be ready to answer questions and explain your thinking.



Signed (Form Tutor)

Date:

COMMUNICATION



ACTIVITY 1:
Design Challenge: Represent the LORIC Pledge!

ACTIVITY 2:
Take notes in HT question time or the school council debate and write a summary report

ACTIVITY 3:
Write a letter to a new pupil starting at Bradfield

PASS (1 ACTIVITY)

MERIT (2 ACTIVITIES)

DISTINCTION (3 ACTIVITIES)



Signed (Student)

Signed (Form Tutor)

ACTIVITY 1



Design Challenge: Represent the LORIC Pledge!

Create a visual that shows what the LORIC Pledge means to you. You can use drawings, digital art, posters, or any creative format to express the values of:

- Leadership
- Organisation
- Resilience
- Initiative
- Communication

Think about how these qualities show up in everyday life – at school, in your community, or in your goals. Be creative, be bold, and most importantly, make it yours!



Signed (Form Tutor)

Date:

ACTIVITY 1



Design Challenge: Represent the LORIC Pledge!



Signed (Form Tutor)

Date:

ACTIVITY 2

Take notes in Headteacher question time or the school council debate and write a summary report



Signed (Form Tutor)

Date:

ACTIVITY 3



Write a letter to a new pupil
starting at Bradfield

Large white rectangular area for writing the letter.



Signed (Form Tutor)

Date:

ROUND UP

WELL DONE

Thank you! Completing a pledge is a significant achievement, reflecting commitment and perseverance. Whether it was a personal goal, a charitable contribution, or a community initiative, fulfilling a pledge demonstrates integrity and dedication.

It's important to celebrate these milestones and consider the positive impact they have on both personal growth and the broader community. If you have any tips or reflections on the process, we'd love to hear about them!

Now on to your **GOLD** pledge

TICK ALL THE AMAZING PLEDGE ACTIVITIES YOU HAVE COMPLETED

- Take on a leadership responsibility in school and record what you have done
- Conduct a student survey
- Plan and deliver an activity for your form group on the theme of 'teamwork'
- Create revision materials for at least 2 of your subjects
- Plan and cost a week of healthy meals for you and your family.
- You have been asked to plan a school fundraising event, what do you need to consider?
- 100% attendance for a term
- Collect 20+ LORIC points for 4 weeks
- Attend a school club for half a term
- Problem solver!
- Random act of kindness
- Design a Better School Day
- Design Challenge: Represent the LORIC Pledge!
- Take notes in Headteacher question time or the school council debate and write a summary report
- Write a letter to a new pupil starting at Bradfield

REFLECTION

What have you learnt about yourself by taking part in the pledge and what skills could you use in the future?

Do you have any feedback or suggestions about the pledge activities?



MY NEXT PLEDGE WILL BE...

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