



School	Smith	Vinter	Wickett
38	29	17	12

Lockdown House Competition

Week 4 Challenges

1. Acts of Kindness Challenge

(this is the second week of a two-week challenge)



Your challenge is to make at least one act of kindness to help somebody else. It could be in your immediate or extended family or in your community. We have given you two weeks to complete this challenge to allow you two weekends to complete more kind acts.

Your act of kindness could simply be making your parents a cup of tea or calling an elderly relative but also something bigger like volunteering in your community or completing your own charity event. Try to be as creative as you can.

Helping others can make an enormous difference to them, but it can make an even bigger difference to ourselves. It helps us to think outside ourselves and encourages us to think of others and it is well proven that helping other people can help your own mental health and well-being at the same time. Of course, you also need to make sure that you also look after yourself as well and do not hesitate to reach out if you need support.

Please send all submissions and photos to competitionhouse@truroschoo.com by Wednesday 3 February, 9am. Please include your **name, form, and competition house** with your entry.

2. Photo Recreation Challenge

It is time to get creative and have some fun.... Try to involve your family, pets, friends (remotely – can you screen shot them together?) and props if you can. There are three options, you can enter as many as you like. Please send all photos and submissions by Wednesday 3 February, 9am.

a. Dress your parent up as a Truro School pupil

They can be dressed in full school uniform or Truro School PE kit. Take a photo and send it to us at competitionhouse@truroschoo.com including your name, form and competition house. Please ensure your parents are aware the photo may be published. Two familiar faces wanted to get involved first!



b. Recreate a photo from your childhood or your parent's past

Can you recreate a happy family memory? It may be a photo of your parent when they were younger that you can recreate together. It is time to trawl through those photo albums... Include a copy of the original photo with your entry. Take a photo and send it to us at competitionhouse@truroschoo.com including your name, form and competition house. Here are some examples:



c. Dress as a character from your favourite film and recreate it as a photo

Include the original photo/screen shot from the film with your entry. Take a photo and send it to us at competitionhouse@truroschoo.com including your name, form and competition house. Here are some ideas:



3. 'I bet you didn't know...' fun facts challenge:

Do you know any fun facts that might surprise other people? e.g., "...Vending machines kill 4 times as many **people** per year as sharks...!" Do you know the use for an everyday object that might surprise others?

For example:



Please email your fact or image by Wednesday 3 February, 9am: competitionhouse@truroschoo.com to enter. You must include your name, form and competition house with your entry.

Special Half Termly Challenge

This special challenge will run until half term. Please ensure you complete this challenge following all government guidance. How high can each house climb together? As a combined total will your house climb the equivalent of Brown Willy, Snowden, K2, Everest...? Your challenge climb:

1. Using a single step repeatedly or a flight of stairs, or your daily walk, to count how many 'steps' you climb. Set yourself a time limit which is suitable to your ability. 1 minute, 10 minutes, 20 minutes.... it is your choice, or just use every time you go up and down the stairs.
2. Track your climb by using a fitness tracker or equivalent and upload your evidence. If you don't have a device, ask a parent to count with you and they can be your evidence.
3. Complete the form via this [LINK](#) to submit your entry:



Please submit your entry via the link above, however if you have a photo of yourself completing the challenge please upload it via the Form or send it to competitionhouse@truroschoo.com. Please include your name, form and competition house with your entry.

Head's Challenge

"My challenge for you this week is both to choose an act of compassion towards somebody else, and to accept one for yourself"

Listen to Mr Johnson's reflect on compassion in this week's address [HERE](#)