

# Passport to St. Julie's 2020



**Name:**

To gain your passport to St Julie's we have set a number of challenges to engage your physical, mental and social well-being during these difficult times. We want you to learn, have fun and look after yourself and others so that when you do use your passport to join us in September you are ready for the big step to secondary school.

# Wellbeing

As a family, dance to your favourite song!	As a family, chill out and meditate to some soothing, relaxing music for 30 minutes.	Learn some sign language and share with a friend or family.	Sing in the shower or bath (loudly) at a reasonable time.	Take part in a digital detox for the day. No cheating.
10 points	10 points	10 points	10 points	10 points
Watch a film or TV show of your choice.	Read for 30 minutes a day for a minimum of 14 days.	Create a playlist or make a list of your top 10 songs and listen to them.	Drink two litres of water a day for a week.	Write down how you are feeling and share with someone you trust.
10 points	10 points	10 points	10 points	10 points
Complete 10 minutes of stretching every day for a week.	Have a clear out of your bedroom.	Write a poem or story on what it is like to be part of your primary school.	Research some positive quotes and discuss the meaning with friends or family.	Plan a healthy meal, cook it with a family member.
10 points	10 points	10 points	10 points	10 points

**Total Points:**



# Kindness

Make someone a cup of tea or coffee.	Dry up and put the dishes away without being asked.	Contact someone you haven't spoken to in a while.	Write a letter to a relative.	Take part in some quality family time, play a game.
10 points	10 points	10 points	10 points	10 points
When you are out for a walk with the family, social distance but smile at someone.	Watch a program with someone in your house. Their choice.	Iron some clothes (with parental/carer supervision).	Show thanks to key workers, via a poster, letter, picture or video.	Give a compliment to three people, this could be family members or friends.
10 points	10 points	10 points	10 points	10 points
Tidy a room in the house.	Draw a picture for a loved one.	Design a Charity Fundraiser for next year.	Read a book or any reading material to a parent/carer.	Help cook a meal for a family member.
10 points	10 points	10 points	10 points	10 points

**Total Points:**



# Physical Activity

Complete the PE Word of the Week.	Go for a 3K run/walk/bike ride.	Run up the stairs and walk down 20 times in a row.	Create a new sport you can play at home.	Complete a Body Coach Joe Wicks workout.
10 points	10 points	10 points	10 points	10 points
Create as many individual/partner balances as you can. Ensure you can hold them for 5 seconds.	Skip for 10 minutes every day for a week.	How many 'keepy ups' can you do? Try 10 in a row!	Complete a 1 minute plank. You may need to build up to this!	Walk or run the same route 3 times and track improvements.
10 points	10 points	10 points	10 points	10 points
Create your own 10 station circuit and complete it with a family member.	Complete an online yoga session. Find one on Youtube.	Complete the sit up bleep test. Find one on Youtube.	Complete the Body Coach workouts every day for a week!	Complete at least three 'Just Dance' sessions.
10 points	10 points	10 points	10 points	10 points

**Total Points:**



# Creativity

Make a windchime out of objects found at home.	Make a puppet theatre and put on a show.	Design a recycling station for your home.	Reinvent something you use everyday and how can you make it better.	Design a toy for a 3 year old child.
10 points	10 points	10 points	10 points	10 points
Collect flowers,leaves or things from nature and create a masterpiece.	Take a photo of yourself every day for a month and create a time-lapse video.	Recreate your favourite piece of artwork using objects or people in your home.	Design the 'set' for a movie or TV series.	Draw a member of your family.
10 points	10 points	10 points	10 points	10 points
Make a piece of edible architecture.	Write a letter to your favourite artist telling them why you like their art.	Draw a rainbow!	Create a monster out of the things in your recycling bin.	Create a flick book and film it in action.
10 points	10 points	10 points	10 points	10 points

**Total Points:**



# Spirit of St Julie

Did you attend the welcome event? If so you can have 10 points for free!	Go onto the St Julie's website and find the 'welcome to your new school' section.	Find out why we are called St Julies'.	Watch one of the weekly prayer videos on the Chaplaincy link.	Speak to a member of school staff when they make their call.
10 points	10 points	10 points	10 points	10 points
Read the letter and booklet that came with this passport of activities.	St Julie is known as the smiling saint. Smile and get someone to smile back.	Research NAMUR, why is it an important place for St Julie's?	Grow a sunflower.	Draw a picture of our school uniform.
10 points	10 points	10 points	10 points	10 points
Write a thank you letter to your Year 6 teachers.	How will you travel to school? Draw a map or plan a route online.	Discuss moving to St Julie's with someone. What are you excited or worried about?	Say: St Julie: Pray for me, Protect me and Bless me	Check you parent or carer has completed all of the paperwork and sent it to Admissions
10 points	10 points	10 points	10 points	10 points

**Total Points:**





# We can't wait to see you again!

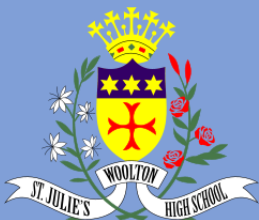
Tot up your totals in this section.

Section	Points
Well being	
Kindness	
Physical Activity	
Creativity	
Spirit of St.Julie	
Total Points	
Signed by you	
Signed by a parent or Carer	

Don't fill this bit in, it's for us to do at school!

For Office Use Only	
Passport Awarded	Yes No





## **St. Julie's Catholic High School**

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**[www.stjulies.org.uk](http://www.stjulies.org.uk)**