

## New Leaders in Sustainability 2016

### *Hawk Class Pledges*

#### **Individual wellbeing pledges**

Ellie: I pledge to be positive instead of negative and saying 'Yes I can'.

Amy: I pledge to push and challenge myself to not choose the easy option and saying yes to more opportunities

Jess: I pledge to be brave and take part in more opportunities

Koby: I pledge to have more trust in myself and other people

Rhys: I pledge to never give up and keep going back, even when things are challenging.

Miss Goymer: pledge to seek out new challenges.

Oscar: I pledge to eat healthily. I will eat junk food no more than once a week.

Keira: I promise to always be positive and proud of everything I do, always giving my best.

Martha: My pledge is to say '*I can do it*' instead of '*I can't*'. If I can't do it, I will say '*I can't do it yet.*'

Oliver: I pledge to push myself to the limits so that I can do the best I can.

Tyler: I pledge to spread positivity and kindness to the people around me because this makes me feel good about myself.

Mr Cadman: I pledge to taste my food and not rush through life doing two things at once, enjoying every moment and experience.

Ella: I promise to challenge myself and do new things that are difficult, e.g. Rock climbing

Macarena: I pledge to be more adventurous and do more things out of my comfort zone. I also pledge to be able to have more hope and to be able to say in my mind more 'I can do this, I will do this'.

Cai: I pledge to challenge myself both physically and mentally and to put myself out of my comfort zone.

James: I pledge to take more risks, go against what I think is right and to trust people more.

Cullen: I pledge to keep the world in balance, turn off the lights and drink the water that I am given so that I know I can be influential and make a personal difference.

Annemarie: I pledge to create and protect time to reflect, be peaceful and be present.

Anabel: I pledge to try my best and not give up so easily.

Bella: I pledge to have more patience and not give up. I will challenge myself to become more confident and try my best to achieve my goals.

Alice: I pledge to stay healthy. I will eat good, nutritious food and I will exercise well and try my best.

Will: I pledge to challenge myself more and spend more time outdoors with nature.

Jacob R: I pledge to try new things, go outdoors, and to try things that are unique that nobody else has tried before.

Miss Holder: I pledge to maintain a more sustainable work/life balance, making sure to spend more quality time with the people who are important to me.

Holly: I pledge I won't be too hard on myself and not expect too much from myself.

Baxter: I pledge that I will give myself time to be aware of my feelings and emotions at the current time.

Ethan: My pledge in Chamonix is to never give up and always try my best at everything.

Isla: I pledge to eat all of the food that is on my plate.

Lilly: I pledge to slow down and listen.

Mrs Lovekin: I pledge to have faith in my own ability and realise that I can do it.

## **Team wellbeing pledges**

Ellie: I pledge to support others as much as I can even though I feel like giving up.

Amy: I pledge to always help and encourage others to achieve my goal; to motivate them to feel it is possible.

Jess: I pledge to encourage my team; whether it be in my class or my group as much as they need it. If we work together, we can do it.

Koby: I pledge to be patient with other people and to understand that everyone goes at different paces and have different feelings and emotions to others.

Rhys: I pledge to understand members of my team more so that I can help them.

Miss Goymer: I pledge to have more empathy towards others and not get frustrated with others in my team.

Tyler: I pledge to love and care for my team more, helping them out whenever I can.

Oscar: I pledge to be positive when I'm feeling down so I'm am help my team.

Oliver: I pledge to communicate better so my team can work more effectively.

Martha: I pledge to listen to others and listen to their thoughts, feelings and ideas instead of just sticking to my own.

Keira: I pledge to listen to my team more and help lead them when I need them most.

Mr Cadman: I pledge to love the people around me and tell them how special they are more often.

Ella: I pledge to be more supportive and understanding when working as a team and with my friends.

Macarena: I pledge to be more positive and to be supportive of each other.

Cai: I pledge to support and encourage my team mates and those less capable.

James: I pledge to be more positive and not to say 'I can't do it'.

Cullen: I pledge to do all in my power to ensure the safety of others. I will communicate and encourage them.

Annemarie: I pledge to be more understanding and patient of my own and others' limitations.

Anabel: I pledge to help and support other people.

Bella: I pledge to work together with others more and I will help my friends, even if it is challenging.

Alice: I pledge to understand other's views, whether they are finding things hard or easy. I will remember to respect others and encourage them no matter what. I will believe in myself and others and we shall exceed in all our goals.

Will: I pledge to make the team better by not leaving anybody behind and making sure everyone makes it to the finishing line.

Jacob R: I pledge to be a good team player by motivating and encouraging people to try their hardest and never give up.

Miss Holder: I pledge to be more patient when others are struggling and take my own thoughts, feelings and emotions out of the situation.

Holly: I pledge that I will spend more time with people outside my groups of friends and get to know other people better.

Baxter: I pledge to give my team mates more encouragement.

Ethan: My pledge is to be more helpful around the house and to help my Mum with chores like the washing up and hovering.

Isla: I pledge to be more patient with my teammates.

Lilly: I pledge to help my Dad around the house and to fill and empty the dishwasher.

Mrs Lovekin: I pledge to encourage my family to get outside more and appreciate the world around us.

## **Global wellbeing pledges**

Amy: I pledge to spend less time in the shower. This will save water and in the long run it will make a difference.

Ellie: I pledge to treat the world better instead of treating it like a wasteland. I can start by taking shorter showers, eating all of my dinner and encouraging others to do the same.

Koby: I pledge to keep my environment healthy and not wasting it. I can do this by eating food that is grown locally and eating food I have grown myself.

Rhys: I pledge to tell everybody to not contribute to global warming and to practise what I preach, such as eating all of my food and turning the lights off when leaving a room.

Jess: I pledge to look after and appreciate the world and its stunning qualities.

Miss Goymer: I pledge to be more mindful of the food I buy; to think more creatively to use left over food to not create waste.

Keira: I pledge to respect, protect and appreciate nature.

Oliver: I pledge to use less energy by watching less TV and sleeping with the light off.

Martha: I pledge to be a great doctor, to nurse the world back to health and get others to join me in making nature alive and healthy again.

Oscar: I pledge to reduce our energy use at home and encourage my family as well.

Tyler: I pledge to lead my family in achieving zero food waste at home.

Mr Cadman: I pledge to promote the importance of sustainability beyond our school to other schools and organisations so more people appreciate how crucial it is.

Ella: I pledge to appreciate the beautiful world around me and admire the views more.

Macarena: I pledge to admire views, to reduce my home's electricity use by turning off lights and only putting the dishwasher on when it is full.

Cai: I pledge to give more back than I take from nature, by only buying eco friendly products.

James: I pledge to look, appreciate and care for our world and make sure I never drop rubbish.

Cullen: I pledge to switch lights off and encourage others to do it as well.

Annemarie: I pledge to reduce the amount of food we throw away in our household and to share my powerful experiences of listening to our world with those around me.

Anabel: I pledge to teach my parents how to use the environment in a better way.

Bella: I pledge to take more responsibility for my actions and appreciate the environment I am in. I will not destroy the beauty, and will save it from any harm.

Alice: I pledge to share the message about global warming with my family and friends. I shall reduce my food and water waste and I will eat what I am given. I shall respect and appreciate our beautiful world.

Will: I pledge to make the world healthier by sharing the message of global warming and sustainability with my friends and family.

Jacob: I pledge to make the world more eco-friendly by monitoring my energy consumption around the house.

Miss Holder: I pledge to monitor and reduce the amount of paper I use at school and make a real effort to reduce, reuse and recycle.

Holly: I pledge to try foods that I am not so sure of, so I don't waste precious food that someone else could eat.

Baxter: I hear cries of pain, wails of boredom. This can be changed if we work together and appreciate our beautiful surroundings. This is my pledge to my wonderful world, to appreciate where we are.

Ethan: My pledge to the world is to never litter, to use as little energy as possible (by switching off lights) and spend less time watching TV.

Isla: I pledge to eat all of my food at breakfast, lunch and dinner and not to take too bigger portion.

Lilly: I pledge that I will go outside more everyday.

Mrs Lovekin: I pledge to only be in the shower for four minutes, helping to save our precious water supply.