

## RHS Above and Beyond Award Criteria

Community			Physical			Creativity			Culture		
Leadership	Bronze	Be part of Student Parliament, YTC, a Sports Leader or an LRC monitor for at least a term <b>Or</b> Read two biographies about a famous leader from history	Adventure	Bronze	Complete a residential school trip <b>or</b> Over a period of two terms, try at least three new outdoor activities, such as (but not limited to) cycling, water sports, Go Ape, climbing or cross-country running <b>or</b> Learn to navigate using an Ordnance Survey Map	Global	Bronze	Take part in a club or challenge that celebrates and enriches your understanding of different cultures over the course of a term	Enterprise	Bronze	Take part in 'Enterprise Week' <b>or</b> Brainstorm at least five different business ideas for a service or product. Choose one and create a brand name and logo for your idea. Write a business plan for your idea
	Silver	Become an Ambassador or Prefect <b>or</b> Be a member of one of the student focus groups (eg. equality and diversity or safeguarding)		Silver	Visit a new UK city or a non-UK country (in or out of school) <b>or</b> Spend at least one night camping - this can be done on holiday, on DofE or in your garden <b>or</b> Over a period of at least three months, hike outdoors regularly and keep a log of the walks including date, distance, location and weather		Silver	Take part in a club or challenge that celebrates and enriches your understanding of different cultures over the course of two terms <b>Or</b> Represent the school in an activity of performance		Silver	Complete the Young Enterprise '10X' Challenge <b>or</b> Read at least three books about entrepreneurship - they can be from the same series, a biography or a 'How to' guide. Write a report about what you have learnt <b>or</b> Listen to at least six podcast episodes about entrepreneurship. Write a report about what you have learnt
	Gold	Successfully apply to become a Senior Student Leader <b>or</b> Take part in organising an event for a group of students or your year group (eg. prom)		Gold	Complete the Duke of Edinburgh Bronze or Silver award or other similar challenge (in or out of school) <b>or</b> Plan a challenging day trip with at least one friend/family member - trek at least 15 miles		Gold	Take part in a national or international event that celebrates the performing arts or enriches your understanding of different cultures		Gold	Complete the Young Enterprise 'Company' programme
Environment	Bronze	Volunteer your time during break or lunch at least five times over a term to help litter-pick rubbish in school <b>or</b> Learn about three animals which are close to extinction. Write a research report about what we can do to protect them <b>or</b> Complete an initiative which improves conditions for wildlife - eg. planting bee-friendly plants	Sports	Bronze	Take part in a sports club over the course of one term	Creativity	Bronze	Take part in a club or challenge that develops your creative skills over the course of a term	Diversity	Bronze	Take part in an event or demonstration which celebrates diversity (race, religion, disability, LGBT+) <b>or</b> Complete a project on Cultural events that celebrate diversity

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	Silver	Support an initiative in the school eco-hub for at least one term <b>or</b> Organise an event which improves our school or local environment - eg litter picking in the local area <b>or</b> For a month, track how much rubbish you generate personally. For the second month, actively reduce your waste		Silver	Take part in three different sports clubs over the course of a year <b>or</b> Represent your tutor group or year group in a team match		Silver	Take part in a club or challenge that develops your creative skills over the course of two terms		Silver	Take part in two or more events, festivals or demonstrations which celebrate two different types of diversity <b>or</b> Be a member of the school's Equality and Diversity Committee for at least two terms
	Gold	Support an initiative in the school eco-hub for at least one academic year <b>or</b> Contribute to a regional or national event, scheme or movement which acts to improve the environment		Gold	Represent the school or yourself at a competitive sport locally or nationally (can be achieved either in or outside school)		Gold	Exhibit or perform your creative talent regionally, nationally or internationally		Gold	Organise an event, festival, assembly or demonstration that celebrates diversity <b>or</b> Be a member of the school's Equality and Diversity Committee for at least two academic years
<b>Commitment</b>	Bronze	100% attendance at <b>one</b> club for a term (unless absent from school with authorisation)	<b>Self-discipline</b>	Bronze	Set yourself a target number of days per week you wish to exercise from three times per week - keep a log over a term, tracking your progress in meeting this target	<b>Problem Solving</b>	Bronze	Take part in a club or challenge that develops your problem solving skills over the course of a term.	<b>Appreciation</b>	Bronze	Complete a project about an artist, museum or gallery
	Silver	100% attendance at <b>one</b> club for two terms (unless absent from school with authorisation)		Silver	Complete 'Couch to 5K' using the C25K app <b>or</b> Plan and run a series of warm-ups and cool downs within a sports club, which run for at least four weeks		Silver	Support a club leader in planning a problem-solving activity <b>or</b> Produce a report on a problem you have solved either at a club or in an activity outside of school		Silver	Visit three museums or galleries <b>or</b> Contribute towards the Ruislip Eye, with a review of a book, play or film
	Gold	100% attendance at <b>one</b> club for a whole school year		Gold	Take part in and complete an official run of a distance of at least 10K <b>or</b> Set yourself a target number of days per week you wish to exercise from three times per week - keep a log over 6 months, tracking your progress in meeting this target		Gold	Organise and lead an activity, which is approved and signed-off by the club leader, which encourages other students to develop their problem-solving skills		Gold	Visit six museums or galleries <b>or</b> Join the Ruislip Eye team as a regular review writer for at least an academic year <b>or</b> Over a period of six months, attend, watch or read five of the following and write a review for each: an exhibition, a comedy show, a play, a musical, a TED talk, a music album, a gig, a panel discussion

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Service	Bronze	Volunteer for 10 hours in or outside of school  or Take part in a school event to support the local community.	Personal Health & Well-being	Bronze	Attend cooking club for a term <b>or</b> Learn to cook five healthy, balanced meals <b>or</b> Complete five days of the 'Action for Happiness' calendar.	Oracy	Bronze	Speak publically at an event or forum within school  <b>or</b> Take part in a club that improves your debating skills	Literacy	Bronze	Read 10 books from the RHS recommended reading list (either in or out of school) <b>or</b> Complete a project on Media literacy and critical thinking <b>or</b> Take part in a club to improve your literacy over the course of a term
	Silver	Raise £50 for charity (either in or out of school) <b>or</b> Organise a fundraising event in school <b>or</b> Mentor/coach a younger student at school for a term.		Silver	Host a 'dinner party' for your family or friends, where you prepare and cook a two-three course meal <b>or</b> Complete ten days of the 'Action for Happiness' calendar <b>or</b> Over a period of a term, write a gratitude journal or a line a day journal at least three times a week.		Silver	Speak publically at an event or forum that includes external guests		Silver	Read 25 books from the RHS recommended reading list (either in or out of school) <b>or</b> Over the course of at least an academic year run a book club in or outside of school
	Gold	Raise £100 for charity (either in or out of school) <b>or</b> Organise an event that contributes to the cultural life of the local community <b>or</b> Mentor/coach a younger student at school for two terms.		Gold	Complete a whole month of the 'Action for Happiness' calendar <b>or</b> Over a period of at least two terms, write a gratitude journal or a line a day journal at least five times a week <b>or</b> Over a period of at least two terms, take time out of your day to meditate daily (for at least 10 minutes). Use an app or diary to log your progress.		Gold	Complete training with the Speakers' Trust  <b>or</b> Represent the school in the Model UN at a national or international event		Gold	Read 50 books from the RHS recommended reading list (either in or out of school)