

Year 4 Term 1:1								
Date	Quote	Religious / Spiritual						Thoughts
			/ celebration assembly					
Video	"Knowing yourself is the beginning of all wisdom." ~ Aristotle Word: Wisdom	"He who knows others is wise; he who knows himself is enlightened." — <u>Lao Tzu</u> Religion: Tao Te Ching	Mon: Year 10 2 nd Sept Ben	Tues: Year 11 3 rd Sept RB	Weds: Year 9 4 th Sept NBA	Thurs: Year 8 5 th Sept TR	Fri: Year 7 6 th Sept YC	This year we will find out about a new person each week Inspiration Question ourselves
Video	Handicaps are mindsets. Whatever it is the stands in the way of achieving something that's when it's a handicap. Jessica Cox Word: Achieving	"At heart we are all powerful, beautiful, and capable of changing the world with our bare hands." — <u>Dianne Sylvan</u> , PAGAN	Mon: Year 10 9 th Sept NP	Tues: Year 11 10 th Sept RB	Weds: Year 9 11 th Sept NBA	Thurs: Year 8 12 th Sept TR	Fri: Year 7 13 th Sept J Rosie Safeguarding intro	Jessica Cox What holds you back? What makes it difficult for you to achieve your goals?
Video	Happiness is in looking at the glass and seeing the truth of the glass. Word: Happiness	Those who are attuned to truth love the truth Sri Guru Granth Sahib Sikhism	Mon: Year 10 16 th Sept PAW:Noesis	Tues: Year 11 16 17 th Sept J Roche JLC	Weds: Year 9 18 th Sept PAW:Noesis	Thurs: Year 8 19 th Sept PAW:Noesis	Fri: Year 7 20 th Sept PAW:Noesis EJA:Literacy?	Are you happy? Could you be happy? What advice did the man give about happiness?
Video	Sustainable development requires human ingenuity. People are the most important resource. Dan Shechtman Word: Ingenuity	Hebrews 13:2 Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares. Christianity/ Judaism	Mon: Year 10 23 rd Sept Guest who?	Tues: Year 11 24 th Sept J Roche NLC	Weds: Year 9 25 th Sept Lucy Martin Battlefields Trip	Thurs: Year 8 26 th Sept Guest who?	Fri: Year 7 27 th Sept Advertising School Council CM assembly	Challenges?
Video	Sustainable development is the pathway to the future we want for all. Ban Ki-Moon Word: Future	The one who loves all intensely begins perceiving in all living beings a part of himself. Yajur Veda Hinduism	Mon: Year 10 30 th Sept EJA:Literacy	Tues: Year 11 1 st Oct J Roche Apprenticeships	Weds: Year 9 2 nd Oct EJA:Literacy	Thurs: Year 8 3 rd Oct EJA:Literacy	Fri: Year 7 4 th Oct Guest who?	
Video	My music is the spiritual expression of what I am. Word: Expression	Psalm 95:1 Come, let us sing for joy to the Lord; let us shout aloud to the Rock of our salvation Christianity	Mon: Year 10 7 th Oct School Council Slot (form rooms)	Tues: Year 11 8 th Oct School Council Slot (form rooms)	Weds: Year 9 9 th Oct School Council Slot (form rooms)	Thurs: Year 8 10 th Oct School Council Slot (form rooms)	Fri: Year 7 11 th Oct School council slot (form rooms to elect reps)	How do you express yourself? Do you follow other people? Extended version of video and the music (Blue Train) is available on T drive.
	There is only one corner of the universe you can be certain or improving, and that's your own self. ~ Aldous Huxley	The value of religion is "not in believing but in being and becoming" Swami Vivekananda	Mon: Year 10 14 th Oct NP	Tues: Year 11 15 th Oct RB	Weds: Year 9 16 th Oct NBA	Thurs: Year 8 17 th Oct TR	Fri: Year 7 18 th Oct YC	STAFF CHOICE Expand their musical horizons. Educate their ears.

	Word: Universe	Hinduism						
Year 4 Term 1:2								
Week	Quote	Religious / spiritual						Thoughts
Video	Our world is incomplete until each one of us discovers what moves us - our passion. Richard J. Leider Word: Passion	"Many are the plans in a person's heart, but it is the Lord's purpose that prevails" (Proverbs 19:21). Christianity	Mon: Year 10 28 th Oct NP	Tues: Year 11 29 th Oct RB	Weds: Year 9 30 th Oct NBA	Thurs: Year 8 31 st Oct TR	Fri: Year 7 1 st Nov YC	What are you passionate about? What makes you enthusiastic? What makes time fly for you?
Video	At the going down of the sun and in the morning we will remember them. For the Fallen- Lauren Binyon Word: Remember	John 15:13 Greater love has no one than this: to lay down one's life for one's friends. Christianity	Mon: Year 10 4 th Nov NP	Tues: Year 11 5 th Nov History Dept	Weds: Year 9 6 th Nov History Dept	Thurs: Year 8 7 th Nov History Dept	Fri: Year 7 8 th Nov History Dept	Remembrance – a reflection and respect for that soldiers in the British services have done for us all.
Video	Your judgement will be surer if you step away Davinci Word: Judgement	Matthew 7:3 "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?" Christianity	Mon: Year 10 11 th Nov History Dept	Tues: Year 11 12 th Nov	Weds: Year 9 13 th Nov	Thurs: Year 8 14 th Nov	Fri: Year 7 15 th Nov	How do you react to criticism? Do you ever give up when something is not perfect? Do you ever focus on what other people could do better and ignore what you need to improve?
Video	The most beautiful and deepest experience a man can have is a sense of the mysterious. Einstein Word: Mysterious	<u>Job 11:7</u> "Can you discover the depths of God? Can you discover the limits of the Almighty? Christianity	Mon: Year 10 18 th Nov Noesis PAW	Tues: Year 11 19 th Nov Noesis PAW	Weds: Year 9 20 th Nov Noesis PAW	Thurs: Year 8 21 st Nov Noesis PAW	Fri: Year 7 22 nd Nov Noesis PAW	Do you ask big questions? Do you open your eyes to the mysteries of the world? What do you think is mysterious? What helps you to think?
	"Water is fluid, soft & yielding but water will wear away rock, which is rigid and cannot yield ... what is soft is strong." — <u>Lao Tzu Tao Te Ching</u> Word: Fluid	See main quote	Mon: Year 10 25 th Nov Science	Tues: Year 11 26 th Nov Science	Weds: Year 9 27 th Nov Science	Thurs: Year 8 28 th Nov Science	Fri: Year 7 29 th Nov Science	STAFF CHOICE Please choose music that you think your form should hear. Expand their musical horizons. Educate their ears.
Video	The glowing tubes looked like faint fairy lights. Marie Curie Word: Glowing	<i>"Verily, in the remembrance of God do hearts find rest." (Quran 13:28).</i> Islam	Mon: Year 10 2 nd Dec BL	Tues: Year 11 3 rd Dec BL	Weds: Year 9 4 th Dec BL	Thurs: Year 8 5 th Dec BL	Fri: Year 7 6 th Dec BL	What obsesses you? What do you find beautiful? Have you ever found something that harms you beautiful?
Video	"To believe one does not need counsel is great pride." —Basil the Great Word: Counsel	Your word is a lamp to my feet and a light to my path. Psalm 119:105 Christianity	Mon: Year 10 9 th Dec	Tues: Year 11 10 th Dec	Weds: Year 9 11 th Dec	Thurs: Year 8 12 th Dec	Fri: Year 7 13 th Dec	This is a speech of advice given to students as they left college. What is the best advice you have ever had?

Video	I'm simply going to be a loving, generous, giving person." Liz Murry Word: Generous	Proverbs 11:24-25 One gives freely, yet grows all the richer; Christianity	Mon: Year 10 16 th Dec NP	Tues: Year 11 17 th Dec RB	Weds: Year 9 18 th Dec NBA	Thurs: Year 8 19 th Dec TR	Fri: Year 7 20 th Dec YC	How can you rise above what holds you back? What gifts do you have?
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Year 4 Term 2:1								
Week	Quote	Religious / Spiritual	Mon: Year	Tues: Year	Weds: Year	Thurs: Year	Fri: Year	Thoughts
Video	"There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self." — <u>Ernest Hemingway</u> Word: Nobility	It is better to conquer yourself than to win a thousand battles Buddhism	Mon: Year 10	Tues: Year 11 7 th Jan RB	Weds: Year 9 8 th Jan NBA	Thurs: Year 8 9 th Jan TR	Fri: Year 7 10 th Jan YC	Try something new for thirty days Thirty days is enough to start a new habit. What habit would you like to start? Or change? (not stop!)
Video	The cave you fear to enter holds the treasure you seek. ~ Joseph Campbell Word: Treasure	Matthew 6:21 For where your treasure is, there your heart will be also. Christian	Mon: Year 10 13 th jan NP	Tues: Year 11 14 th Jan PAW:Noesis	Weds: Year 9 15 th Jan PAW:Noesis	Thurs: Year 8 16 th Jan PAW:Noesis	Fri: Year 7 17 th Jan PAW:Noesis	What are you scared of? What holds you back? What prevents you from doing the thing you dream of? (Video of American Idol deaf singer)
	"One important key of success is to serve, and when you can't serve yourself then serve something other that value.. Word: Serve	1 Peter 4:10-11 As each has received a gift, use it to serve one another, Christian	Mon: Year 10 20 th Jan PAW:Noesis	Tues: Year 11 21 st Jan	Weds: Year 9 22 nd 23rdJan	Thurs: Year 8 22 nd Jan	Fri: Year 7 24 th Jan	Staff choice Please choose music that you think your form should hear. Expand their musical horizons. Educate their ears.
Video	Body language is a very powerful tool. Deborah Bull Word: Powerful	1 Corinthians 19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? Christian	Mon: Year 10 27 th Jan	Tues: Year 11 28 th jan	Weds: Year 9 29 th Jan	Thurs: Year 8 30 th Jan	Fri: Year 7 31 st Jan	Your body language shapes who you are – can it shape who you are? What do we tell people about ourselves with our body language? How can body language help us?
Video	"True beauty is a warm heart, a kind soul, and an attentive ear." — <u>Ken Poirot</u> Word: Beauty	1 Samuel 16:7 For the LORD sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart." Christian	Mon: Year 10 3 rd Feb	Tues: Year 11 4 th Feb	Weds: Year 9 5 th Feb	Thurs: Year 8 6 th Feb	Fri: Year 7 7 th Feb	Looks aren't everything Will I feel better if I am prettier? From a Victoria's Secret model. The full talk is 10 mins and may be found on the link below. Strongly recommended for KS4 https://www.youtube.com/watch?v=KM4Xe6Dlp0Y
Video	"More smiling, less worrying. More compassion, less	Genuine happiness consists in those spiritual qualities of love, compassion,	Mon: Year 10 10 th Feb	Tues: Year 11 11 th Feb	Weds: Year 9 12 th Feb	Thurs: Year 8 13 th Feb	Fri: Year 7 14 th Feb	Do we judge others? If we are compassionate can it help us to understand others?

	<p>judgment. More blessed, less stressed. More love, less hate."</p> <p>— Roy T. Bennett, Word: Compassion</p>	<p>patience, tolerance and forgiveness. The Dalai Lama</p> <p>Buddhism</p>						
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Year 4 Term 2:2								
Week	Quote	Religious / Spiritual						Thoughts
Video	"Courage is the first of human qualities because it is the quality which guarantees the others." Winston Churchill Word: Courage	Joshua 1:9 "Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." Christianity	Mon: Year 10 24 th Feb School Council Slot (form rooms)	Tues: Year 11 25 th Feb School Council Slot (form rooms)	Weds: Year 9 26 th Feb School Council Slot (form rooms)	Thurs: Year 8 27 th Feb School Council Slot (form rooms)	Fri: Year 7 28 th feb School Council Slot (form rooms)	What is a 'real' man? Can the boys in your form be the man they want to be? Who are their role models? Are there right ways and wrong ways to be a man?
Video	Feeing gratitude and not expressing it is like wrapping a present and not giving it. William Arthur Ward Word: Gratitude	Qur'an 31:12 "...Any who is grateful does so to the profit of his own soul..." Islam	Mon: Year 10 3 rd March Women's History: Hist Dept	Tues: Year 11 4 th March Women's History: Hist Dept	Weds: Year 9 5 th March Women's History: Hist Dept	Thurs: Year 8 6 th March Women's History: Hist Dept	Fri: Year 7 7 th March Women's History: Hist Dept	The power of gratitude to change the life of the thank and the thanked. Please promote the thank you screens Could forms report back at form time about who they have thanked?
Video	"Being faithful in the smallest things is the way to gain, maintain, and demonstrate the strength needed to accomplish something great." <u>Alex Harris</u> Word: Faithful	But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. James 1:6 Christianity	Mon: Year 10 10 th March Science week "Change + adapt" LK	Tues: Year 11 11 th march LK	Weds: Year 9 12 th March LK	Thurs: Year 8 13 th March LK	Fri: Year 7 15 th March LK	Alex Harris - Adventurer This is about the importance of having faith in yourself when you are doing something. What makes you doubt yourself? Why does it matter to ignore your doubts and just carry on?
Video	You can go a month without food, you can go three days without water but you cant go more than sixty seconds without hope. Sean Swarner Word: Hope	Romans 15:13 says, "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit Christianity	Mon: Year 10 17 th March PAW:Noesis	Tues: Year 11 18 th March PAW:Noesis	Weds: Year 9 19 th March PAW:Noesis	Thurs: Year 8 20 th March PAW:Noesis	Fri: Year 7 21 st March PAW:Noesis	Sean Swarner: first cancer survivor to complete the 7-summits, the highest peaks of the 7 continents First part of the video – about a Bear not giving hope (the bear lives) Second – optional part – Sean talking about his cancer and not losing hope. This may be unsuitable for some students who have a personal connection to cancer. Why does hope matter so much? How did hope save the bear?
Video	Nature has provided two great gifts: life and then the diversity of living things Theordore Holmes Bullock Word: Diversity	"the voice of the Great Spirit is heard in the twittering of birds, the rippling of mighty waters, and the sweet breathing of flowers." - Zitkala-Sa (Dakota Sioux Native)	Mon: Year 10 24 th March BL week	Tues: Year 11 25 th March	Weds: Year 9 26 th march	Thurs: Year 8 27 th March	Fri: Year 7 28 th march	What is the point of diversity? Why is it difficult to be different? What can help people to accept what makes them different?

		Native American religion						
	Be not afraid of life. Believe that life is worth living and your belief will help create the fact. William James Word: Believe	So God created man in his own image Genesis 1:27 Christianity	Mon: Year 10 31 st March NP	Tues: Year 11 1 st April RB	Weds: Year 9 2 nd April NBA	Thurs: Year 8 3 rd April TR	Fri: Year 7 4 th April YC	Staff choice Please choose music that you think your form should hear. Expand their musical horizons. Educate their ears.

Year 4 Term 3:1								
Week	Quote	Religious/ Spiritual	Mon: Year 10 21 st April (Easter Monday)	Tues: Year 11 22 nd April RB	Weds: Year 9 23 rd April NBA	Thurs: Year 8 24 th April TR	Fri: Year 7 25 th April YC	Thoughts
Video	Constantly alive to the heart rending, fiery or happy events Picasso Word: Alive	There is no other teacher but your own soul. Swami Vivekanda Hinduism	Mon: Year 10 21 st April (Easter Monday)	Tues: Year 11 22 nd April RB	Weds: Year 9 23 rd April NBA	Thurs: Year 8 24 th April TR	Fri: Year 7 25 th April YC	Do you let yourself see the world around you? Do you get involved? Do you feel for the people you read about? Why should you be alive to the lives of others?
Video	What are you going to tell me about right and wrong? Tony – a philosopher Word: Right	James 4:17 So whoever knows the right thing to do and fails to do it, for him it is sin. Christianity	Mon: Year 10 28 th April VE Day History Or LC ????	Tues: Year 11 29 th April	Weds: Year 9 30 th April	Thurs: Year 8 1 st May	Fri: Year 7 2 nd May VE Day History	Damon Horowitz – philosophy in prison Who are you? Do you think you have a mark by your name? If you did what would it say?
Video	The true artist is not proud. Beethoven Word: Artist	<i>When pride comes, then comes disgrace but with the humble is wisdom.</i> Christianity Proverbs 11:2	Mon: Year 10 5 th May	Tues: Year 11 6 th May	Weds: Year 9 7 th May VE Day History	Thurs: Year 8 8 th May VE Day History	Fri: Year 7 9 th May	What art do you want to make but you don't because its never good enough? Does being scared of failure stop you from doing some things? What is the problem with that?
Video	I've learned to heed the call of my heart. <u>Steve Goodier</u> Word: Heed	He who has no faith in himself can never have faith in God." <u>Guru Nanak</u> , Sikhism	Mon: Year 10 12 th May	Tues: Year 11 13 th May	Weds: Year 9 14 th May	Thurs: Year 8 15 th May	Fri: Year 7 16 th May	Do you ever 'play to the gallery'? Do you act in the way you think your friends want? Do you say things to make your friends happy?
	"Embrace who you are and your divine purpose. Germany Kent	It is better to strive in one's own dharma than	Mon: Year 10 19 th may	Tues: Year 11 20 th May	Weds: Year 9 21 st may	Thurs: Year 8 22 nd May	Fri: Year 7 23 rd may	STAFF CHOICE

	Word: Purpose	to succeed in the dharma of another. Hinduism – Bhagavad Gita	School Council Slot (form rooms)	Please choose music that you think your form should hear. Expand their musical horizons. Educate their ears.				
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Year 4 Term 3:2

Week	Quote	Religious /Spiritual	Mon: Year 10 2 nd June		Weds: Year 9 4 th June	Thurs: Year 8 5 th June	Fri: Year 7 6 th June	Thoughts
Video	"I like to listen. I have learned a great deal from listening carefully. Most people never listen." – Ernest Hemingway Word: Listen	James 1:19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry. Christianity	Mon: Year 10 2 nd June		Weds: Year 9 4 th June	Thurs: Year 8 5 th June	Fri: Year 7 6 th June	British Army Imam (Muslim 'chaplain') talking about his role. Pupils could observe- there are Muslims in the British Army That people in Afghanistan thought there were no Muslims in Britain and that the British hate Muslims. What is the impact of that false belief?
Video	"Nujood's rebellion, is honorable in our eyes <u>Delphine Minoui</u> Word: Honourable	"Awake, arise or be forever fall'n." – <u>John Milton, Paradise Lost</u> Christianity	Mon: Year 10 9 th June Science	Tues: Year 11	Weds: Year 9 11 th June Science	Thurs: Year 8 12 th June Science	Fri: Year 7 13 th June Science	Nujood ali was married at 10 years old – she fought for her divorce When should you rebel? When you fight authority is it for a good reason?
Video	"When she smiles, the lines in her face become epic narratives that trace the stories of generations that no book can replace." – <u>Curtis Tyrone Jones</u> Word: Narratives	Proverbs 16:31 Grey hair is a crown of splendor; it is attained in the way of righteousness. Christianity	Mon: Year 10 16 th June	Tues: Year 11	Weds: Year 9 18 th June	Thurs: Year 8 19 th June	Fri: Year 7 20 th June	What are the stories of your family? Do you know them?
Video	It is right for women to fight for their freedom and the freedom of the children they bear. Emmeline Pankhurst Word: Freedom	“male and female he created them.” Genesis 1:27 Christianity	Mon: Year 10 23 rd June	Tues: Year 11	Weds: Year 9 25 th June	Thurs: Year 8 26 th June	Fri: Year 7 27 th June	A review of what the house of commons is and how it came about. The importance of the freedom of ALL people to be able to vote/ be represented.

Video	"And on the pedestal these words appear: "My name is Ozymandias, king of kings" Ozymandias- Shelley Word: Pedestal	You shall have no other gods before me. You shall not make any graven image, nor bow down to them or serve them. Exodus 20:3-5 Christianity	Mon: Year 10 30 th June School Council assembly: Progress this year CM	Tues: Year 11	Weds: Year 9 2 nd July School Council assembly: Progress this year CM	Thurs: Year 8 3 rd July School Council assembly: Progress this year CM	Fri: Year 7 4 th July School Council assembly: Progress this year CM	What do we reward and celebrate? Who do we reward and celebrate? Will our heroes stand the test of time? (Teacher could discuss a childhood hero)
Video	Forget not that the earth delights to feel your bare feet and the winds long to play with your hair. — Khalil Gibran Word: Delights	"Sing, O heaven, be joyful, O earth, and break forth into singing, O mountains!" Isaiah 49:13 Judaism	Mon: Year 10 7 th July	Tues: Year 11	Weds: Year 9 9 th July	Thurs: Year 8 10 th July	Fri: Year 7 11 th July	What cheers you up? What makes you smile? Although the video is suggestions from staff it would be great to get your form to suggest what makes them happy.
Video	I've got sunshine in my pocket. - Justin Timberlake Word: Sunshine	Psalm 37:4 Take delight in the LORD, and he will give you the desires of your heart. Christianity	Mon: Year 10 14 th July	Tues: Year 11	Weds: Year 9 16 th July	Thurs: Year 8 17 th July	Fri: Year 7 18 th July	STAFF CHOICE Please choose music that you think your form should hear. Expand their musical horizons. Educate their ears.

Spare

Video	"To believe one does not need counsel is great pride." —Basil the Great Word: Counsel	Your word is a lamp to my feet and a light to my path. Psalm 119:105Christianity	Mon: Year 10	Tues: Year 11	Weds: Year 9	Thurs: Year 8	Fri: Year 7	This is a speech of advice given to students as they left college. What is the best advice you have ever had?
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