



Lismore Award

Ferry Stage











Lismore Award

Ferry Stage





This book belongs to



All about me

Living healthily

Independence

Skills

Making friends

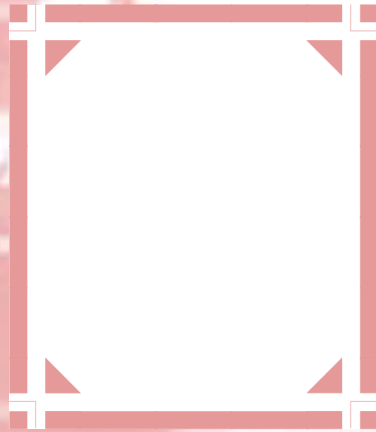
Outdoors

Responsibility

Employment

My name is


I was born on



Date I started the Ferry Stage

.....

Progress Chart

	Challenge 1		Challenge 2		Challenge 3		Section Completed
	Date started	Date completed	Date started	Date completed	Date started	Date completed	
Living healthily							
Independence							
Skills							
Making friends							
Outdoors							
Responsibility							
Employment							

Living healthily

Eat vegetables with your lunch every day for 10 days and explain why they are healthy.

Independence

Show how you can clean your teeth properly and say what foods are good and bad for your teeth.

Skills

Show how to wash your hands properly and say when you should wash them.

Making friends

Practise until you can do 10m each of running, hopping, skipping and jumping

Outdoors

Throw and catch a ball ten times without dropping it

Responsibility

Choose a challenge of your own

Employment

Living healthily

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Employment

Challenge 1

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

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Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

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Challenge 2

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Challenge 3

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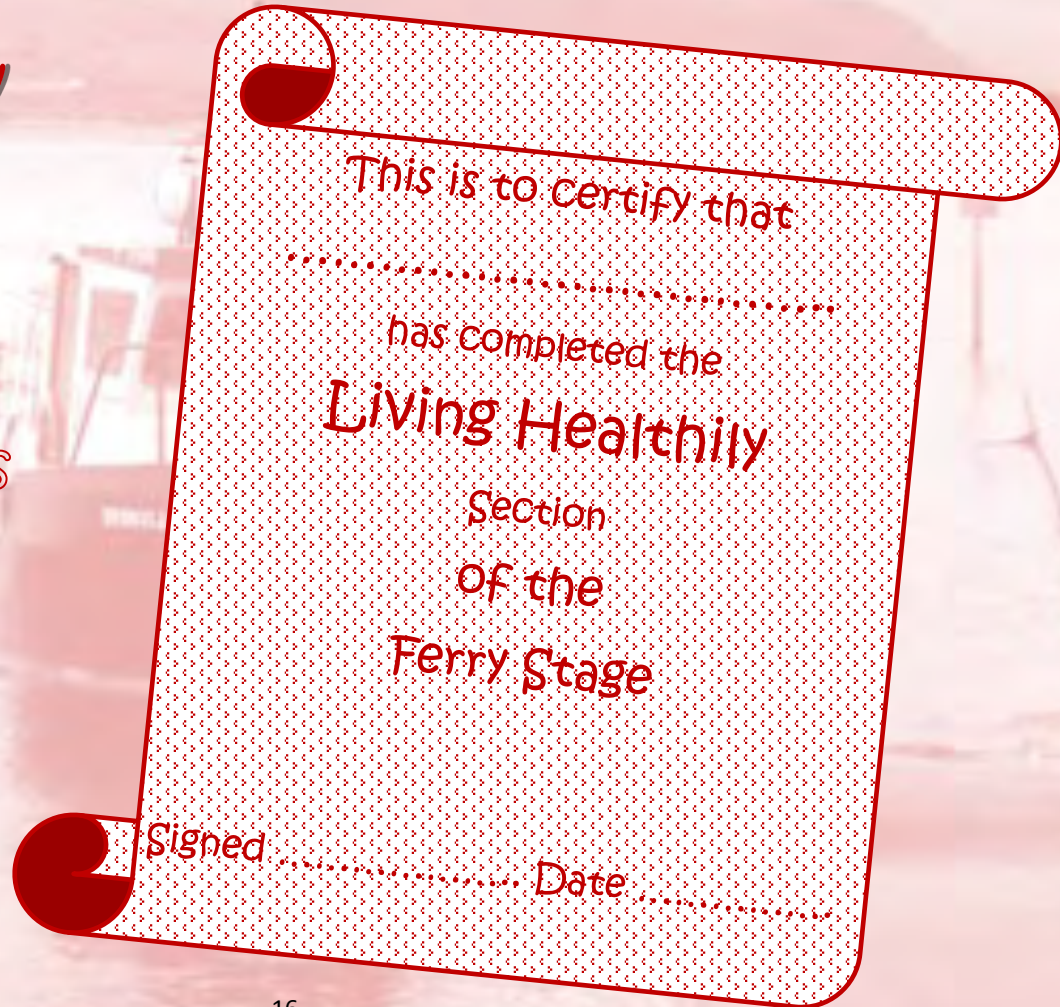
Skills

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Living healthily

Personal Project – make a scrap book of pictures about a favourite animal and talk about why you chose it .

Independence

Show that you can get dressed for the outdoors so that you can stay warm and dry outside.

Skills

Making friends

Learn to use cutlery correctly, to cut up and to eat your snack and lunch.

Outdoors

Follow instructions correctly to run an errand or to do a job for an adult.

Responsibility

Learn the school's Golden Rules.

Employment

Choose a challenge of your own



Living healthily

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My project is about

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Living healthily

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Photos, pictures or comments



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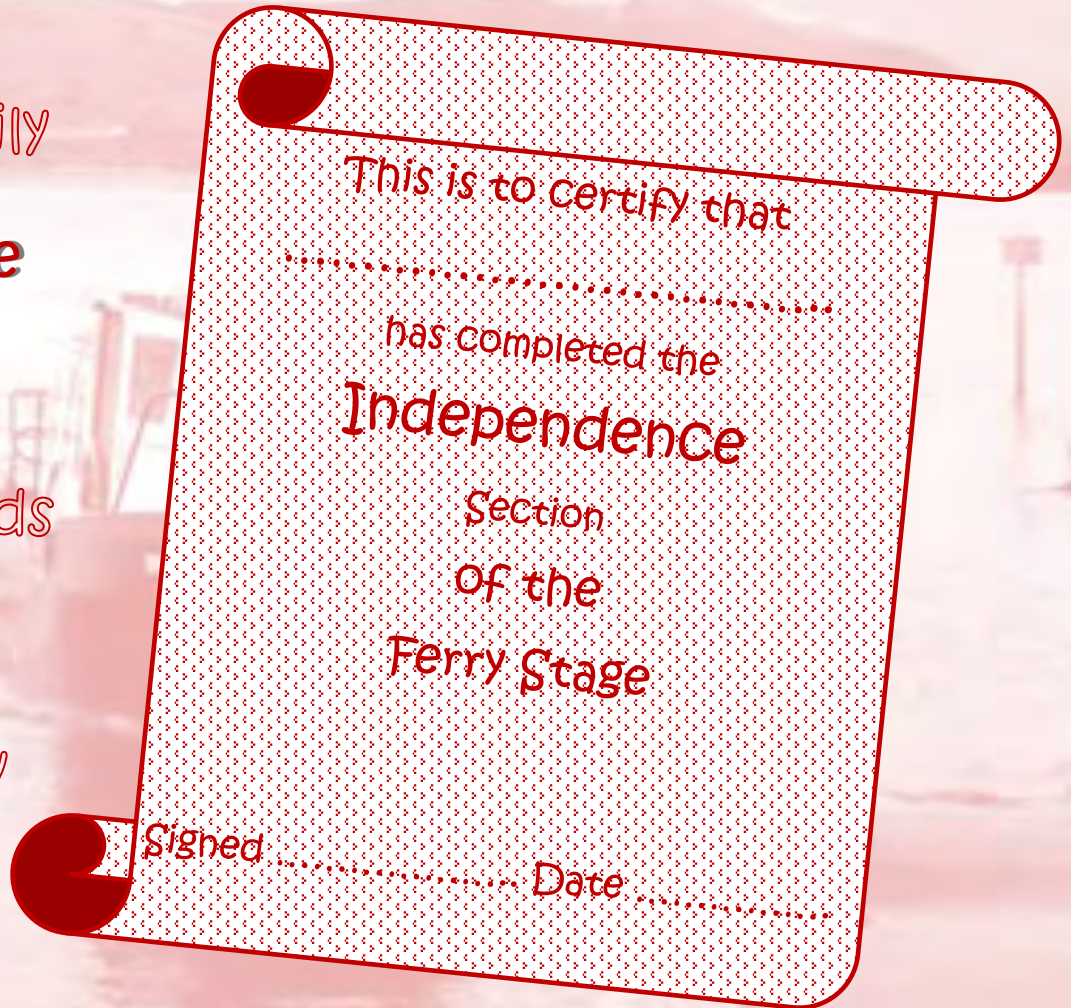
Skills

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Living healthily

Learn to write your full name.

Independence

Make a model from old boxes and cartons

Skills

Complete a game on the computer using the mouse to play it

Making friends

Sing a song or say a poem in front of an audience of adults

Outdoors

Paint or draw a picture of your family

Responsibility

Use the ipad to take a photograph and then print it

Employment

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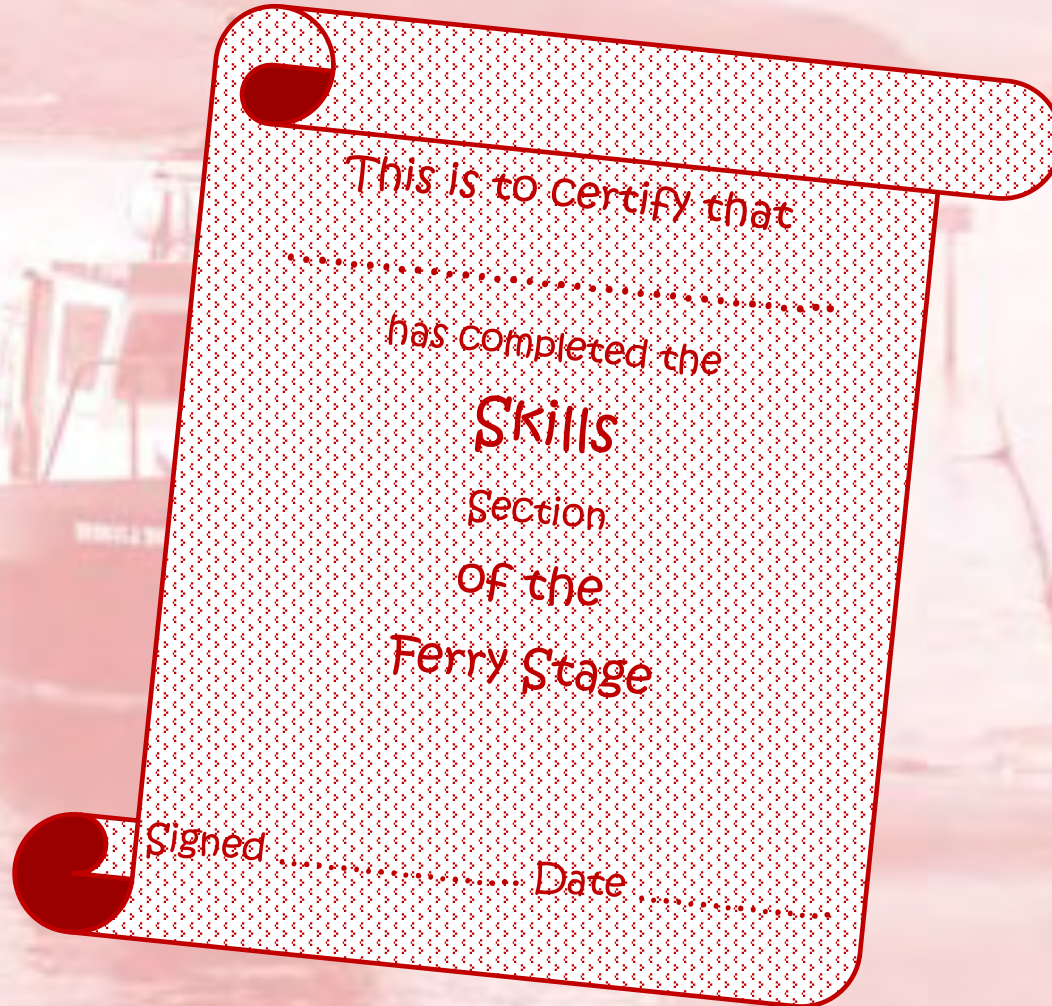
Skills

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Employment



Living healthily

Visit another school and play with the boys and girls.

Independence

Welcome an adult to the school, show them around and talk to them about what you have been doing.

Skills

Bring a friend or relation of your own age to school and play with them.

Making friends

Make a card and send it to a friend.

Outdoors

Show that you can share toys both indoors and outdoors and explain why it is important to share.

Responsibility

Employment

Choose a challenge of your own.

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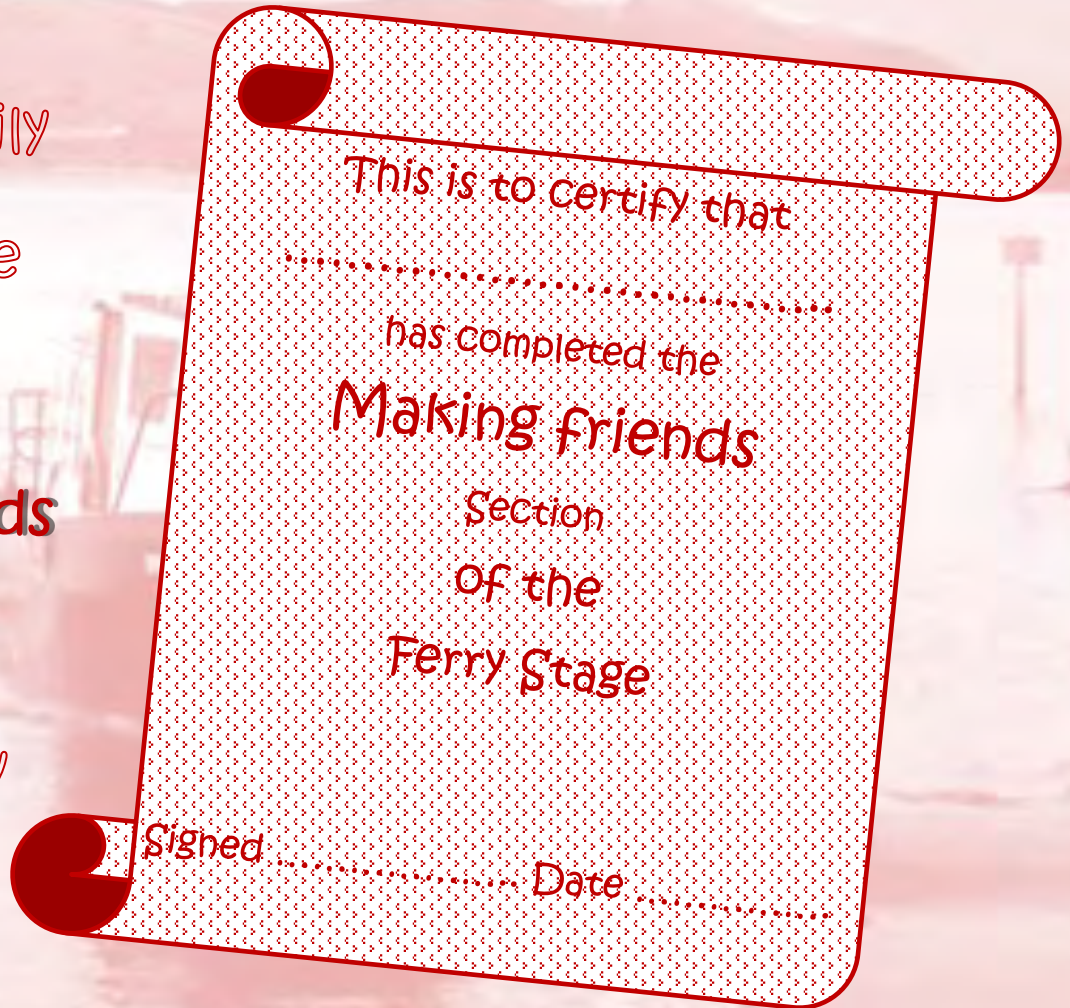
Skills

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Living healthily

Take care of a plant pot in the school grounds.

Independence

Make a miniature garden for a fairy or pixie outside.

Skills

Make a bird feeder.

Making friends

Visit the shore to collect some different shells and make an outdoor picture with them.

Outdoors

Toast a marshmallow on a fire, and explain how to keep safe around the fire.

Responsibility

Choose a challenge of your own

Employment

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Outdoors

Section

of the

Ferry Stage

Signed

Date

Living healthily

Learn to lay a table and lay it every day for 10 days.

Independence

Take part in a Beach Clean.

Skills

Make a telephone call.

Making friends

Take on a special job in Pre Fives eg collecting waste paper, tidying the quiet room etc and do it each day for 6 weeks.

Outdoors

Recognise what things can be recycled and explain what we do to recycle on Lismore.

Responsibility

Employment

Choose a challenge of your own.

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Responsibility

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Living healthily

Find out what work your mum and dad do.

Independence

Draw a picture of someone working.

Skills

Visit a place where someone works on the island.

Making friends

Collect some pictures of people doing different types of work and describe what they do.

Outdoors

Explain why people need to go to work.

Responsibility

Think about what you would like to be when you are older, say why and draw a picture.

Employment

Choose a challenge of your own.

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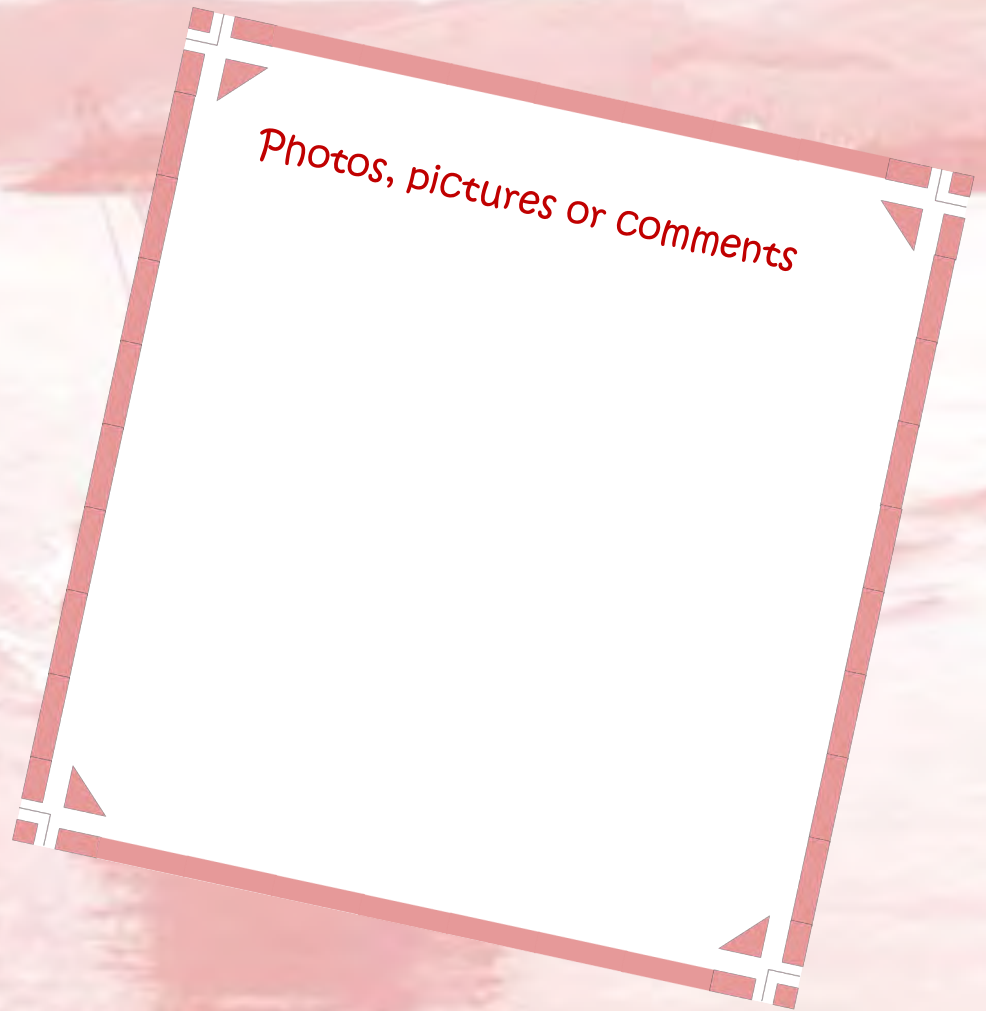
Skills

Making friends

Outdoors

Responsibility

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Living healthily

Independence

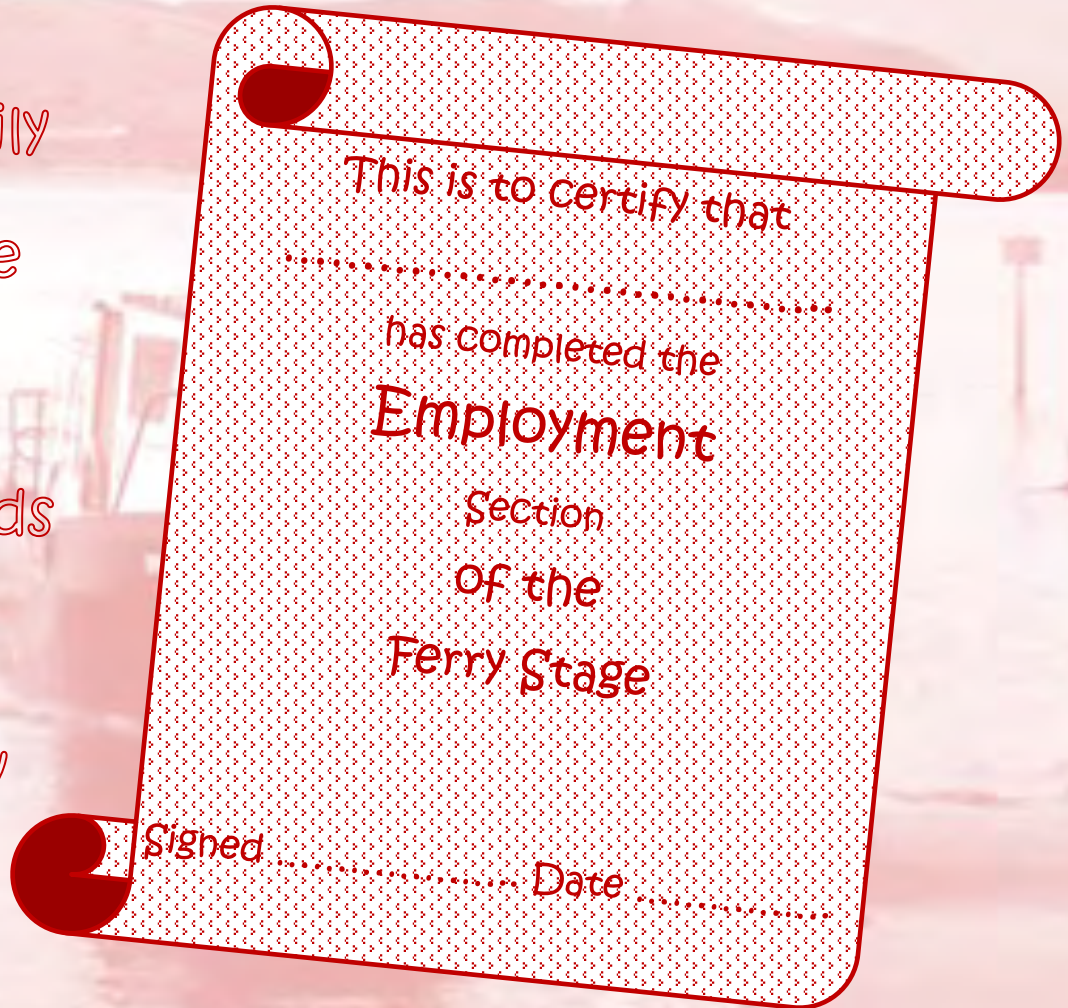
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A photograph of a fishing boat on the water, with mountains in the background. The boat is viewed from the rear, showing its cabin and deck. The text "Records, notes and ideas" is overlaid in a red, stylized font. The entire image has a red color cast.

Records, notes and ideas

Weekly Challenge Record

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge					
Date started					
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Date completed					

Weekly Challenge Record

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge					
Date started					
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					
Date completed					

Notes and ideas



Notes and ideas



Notes and ideas



Living healthily

Independence

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Outdoors

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Employment

Congratulations!

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has completed the

Ferry Stage

of the

Lismore Award

Signed

Date





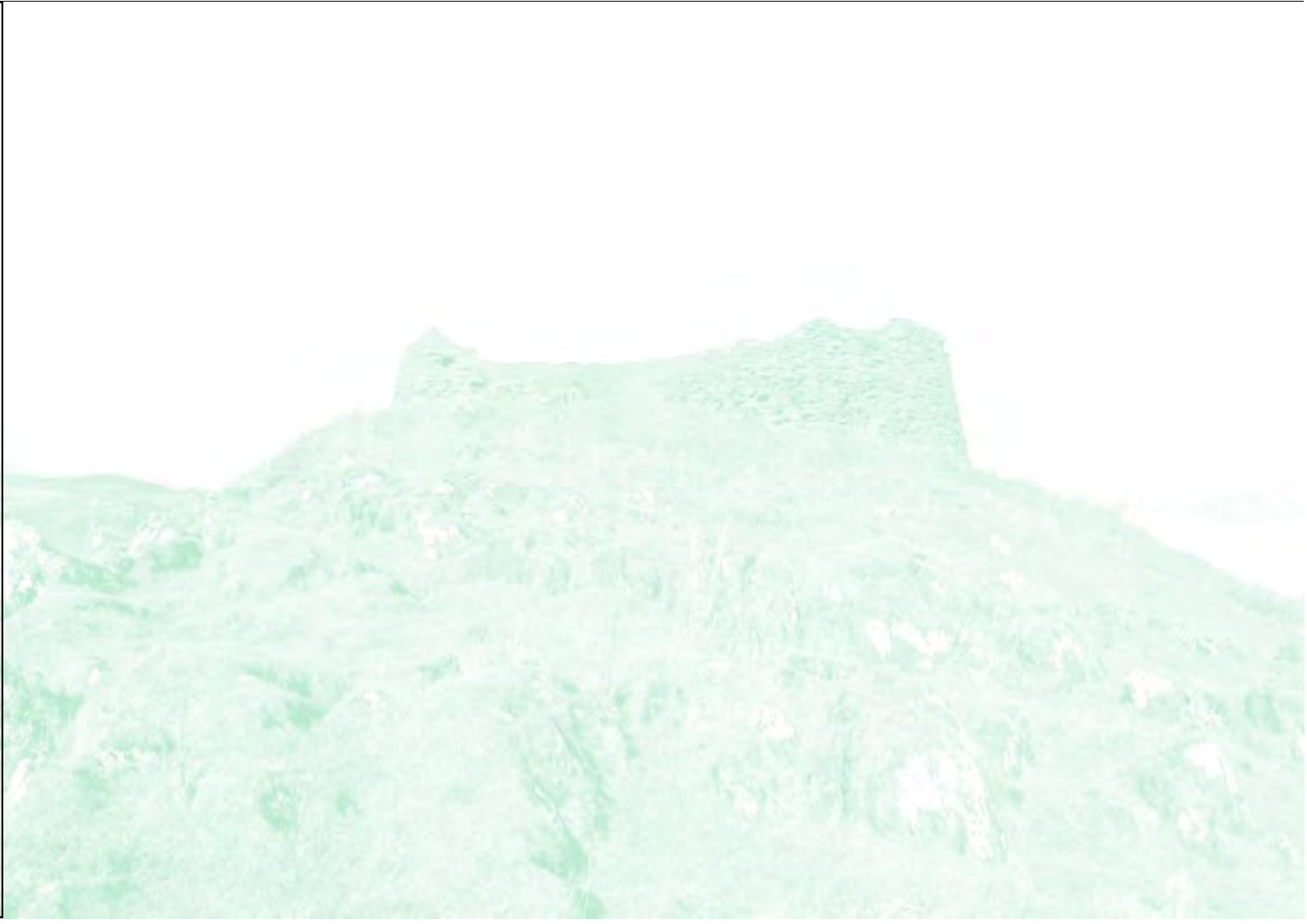


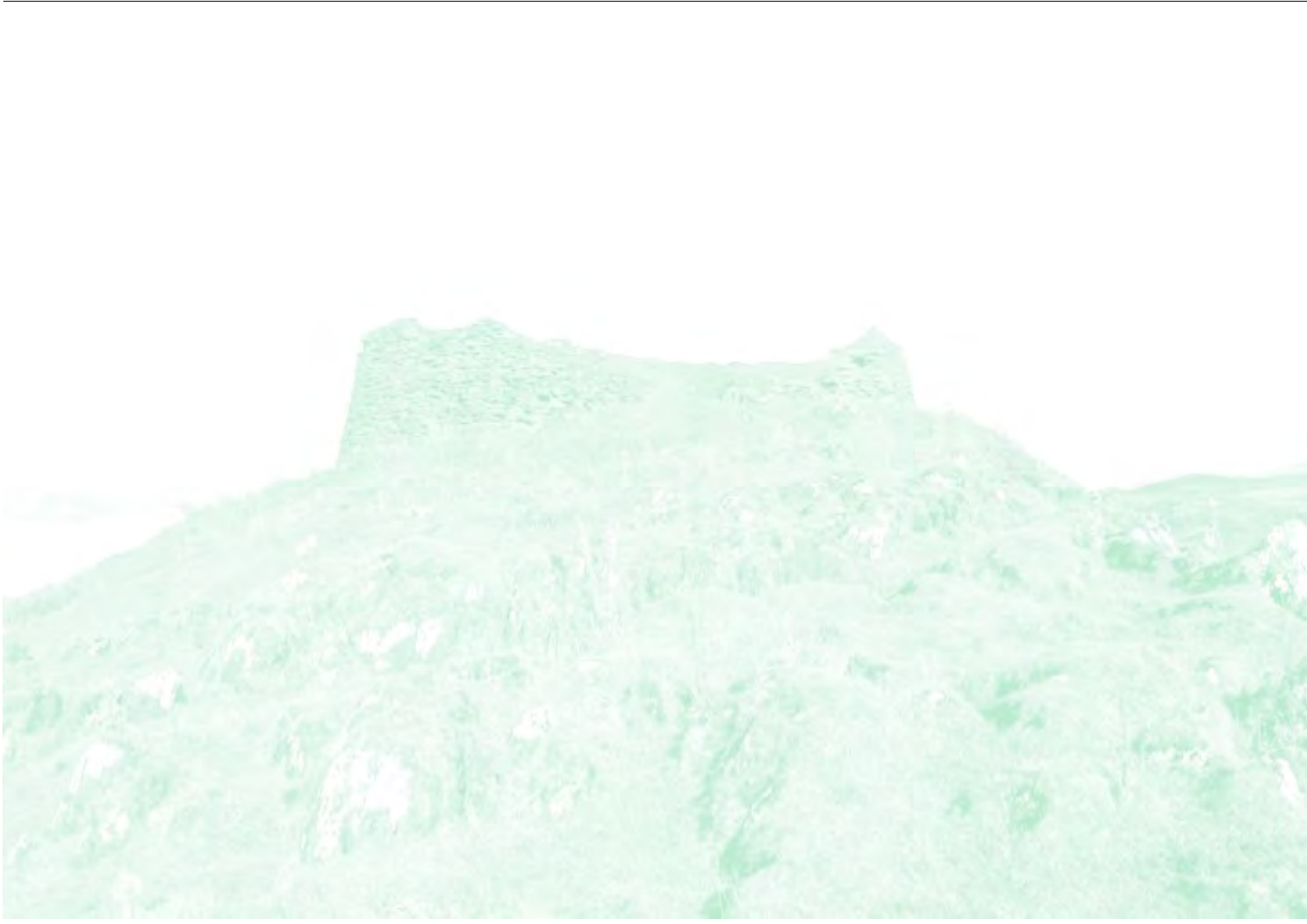
Lismore Award

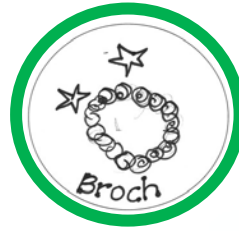
Broch Stage







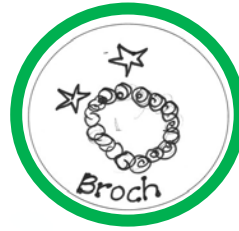




Lismore Award

Broch Stage





This book belongs to



All about me

Living healthily

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Skills

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My name is


I was born on



Date I started the Broch Stage

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Progress Chart

	Challenge 1		Challenge 2		Challenge 3		Section Completed
	Date started	Date completed	Date started	Date completed	Date started	Date completed	
Living healthily							
Independence							
Skills							
Making friends							
Outdoors							
Responsibility							
Employment							

Living healthily

Keep a health diary for 10 weeks saying what exercise you have done and what fruit and vegetables you have eaten each day

Independence

Try 3 new foods each week for 10 weeks.

Skills

Plant and grow a selection of healthy vegetables for school lunch.

Making friends

Practise until you can run for 10 minutes without stopping.

Outdoors

Practise until you can throw and catch a large ball in two different ways 10 times without dropping it and bounce a ball 10 times without stopping.

Responsibility

Choose a challenge of your own.

Employment

Living healthily

Independence

Skills

Making friends

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Employment

Challenge 1

Why I have chosen this challenge

I completed the challenge on

How did it go?

My mentor says

My parents say



Living healthily

Independence

Skills

Making friends

Outdoors

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Employment



Living healthily

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Challenge 2

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Living healthily

Independence

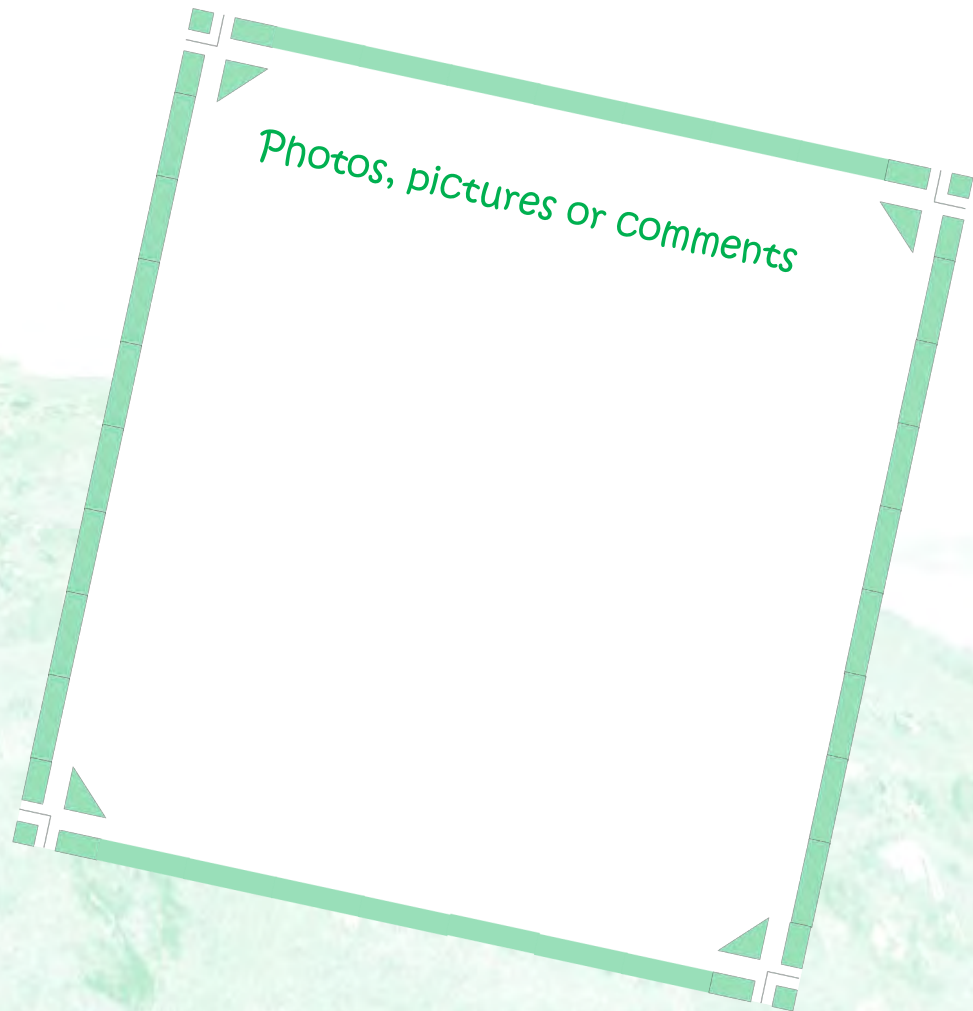
Skills

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Challenge 3

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Living healthily

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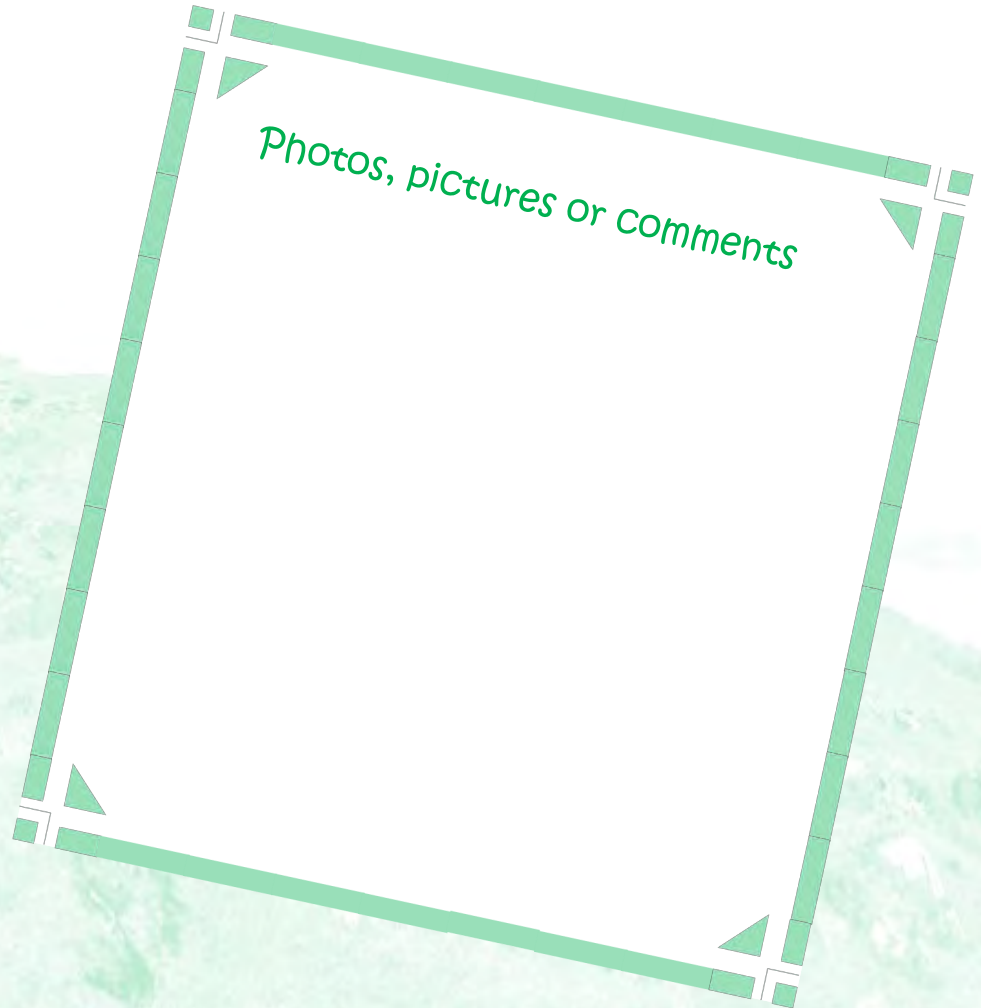
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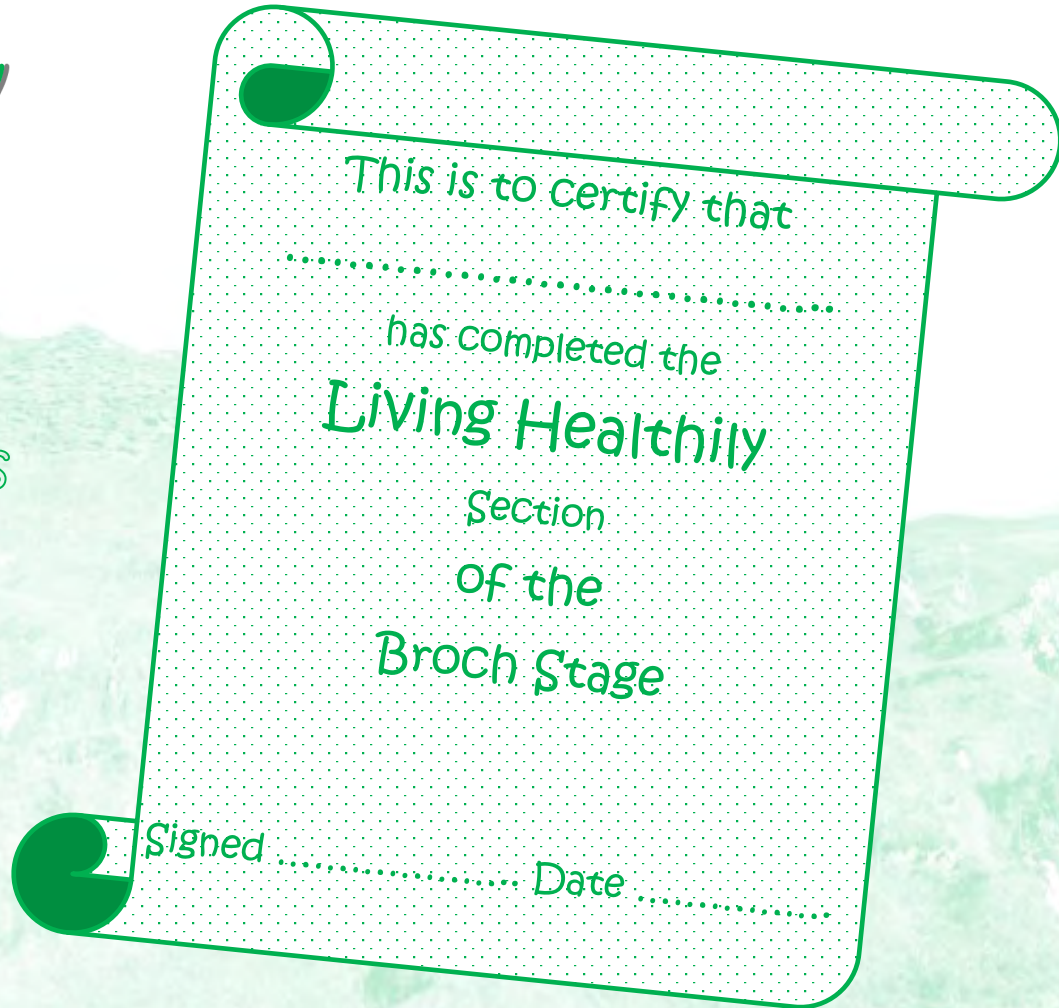
Skills

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Living Healthily

Section

of the

Broch Stage

Signed

Date

Living healthily

Independence

Skills

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Outdoors

Responsibility

Employment

Personal Project- make a word and picture book about a historical time, person or event that interests you eg dinosaurs, the Romans etc

Learn to tie your shoelaces.

Pack you own bag for school each day for 10 days.

Make your own bed each day for 10 days.

Write down your own homework for 10 days.

Choose a Challenge of your own.

Living healthily

Independence

Skills

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Outdoors

Responsibility

Employment

My project is about

Why I have chosen this project

I completed the project on

How did it go?

My mentor says

My parents say



Living healthily

Independence

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Photos, pictures or comments



Living healthily

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Challenge 2

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My mentor says

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My parents say

.....



Living healthily

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Photos, pictures or comments

Living healthily

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Challenge 3

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Living healthily

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Photos, pictures or comments

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Living healthily

Give a presentation about something that interests you to the class.

Independence

Write a programme for the roamer.

Skills

Use an iPad app to make a photographic collage.

Making friends

Make a sundial, a potato clock or a water clock.

Outdoors

Learn a new handicraft such as jewellery making or marbling and make something as a gift for someone

Responsibility

Employment

Choose a challenge of your own

Living healthily

Independence

Skills

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Employment

My presentation is about

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Why I have chosen this topic /

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I gave my presentation on

How did it go?

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My mentor says

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The class say

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Living healthily

Independence

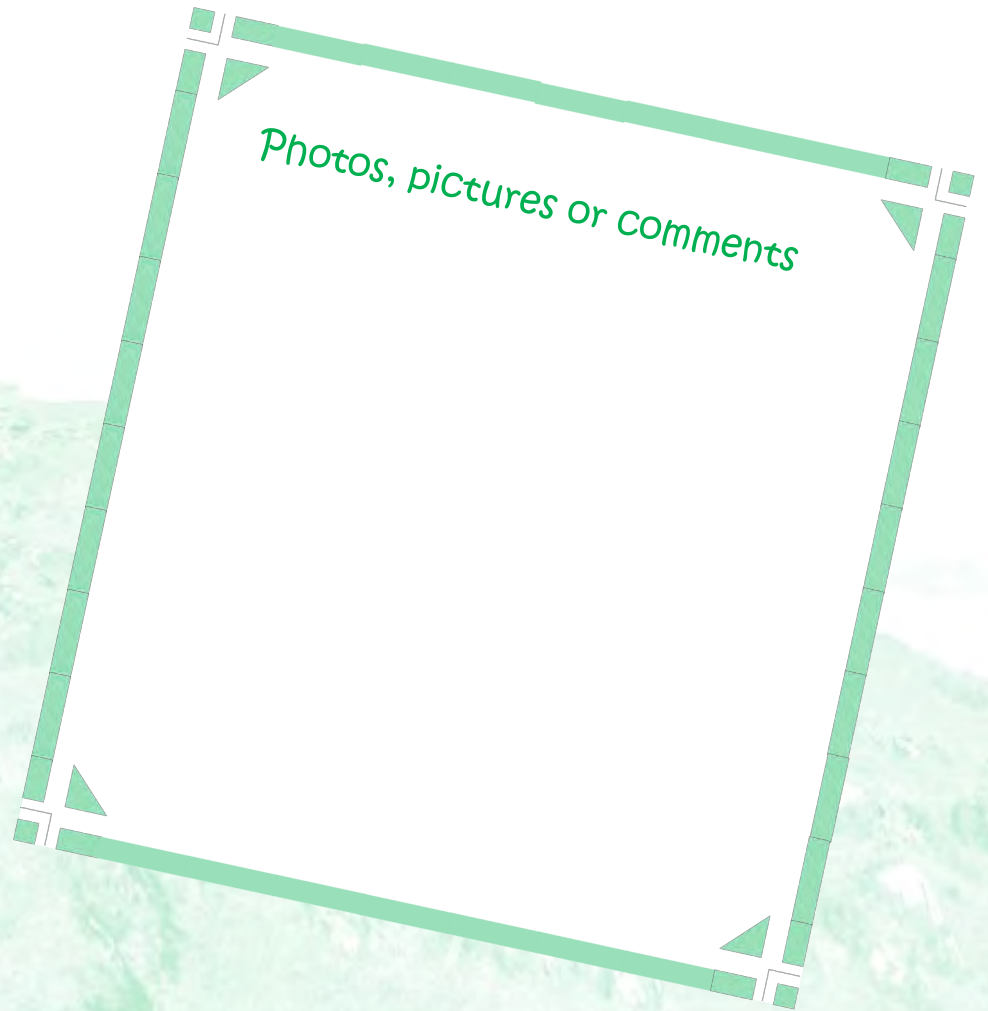
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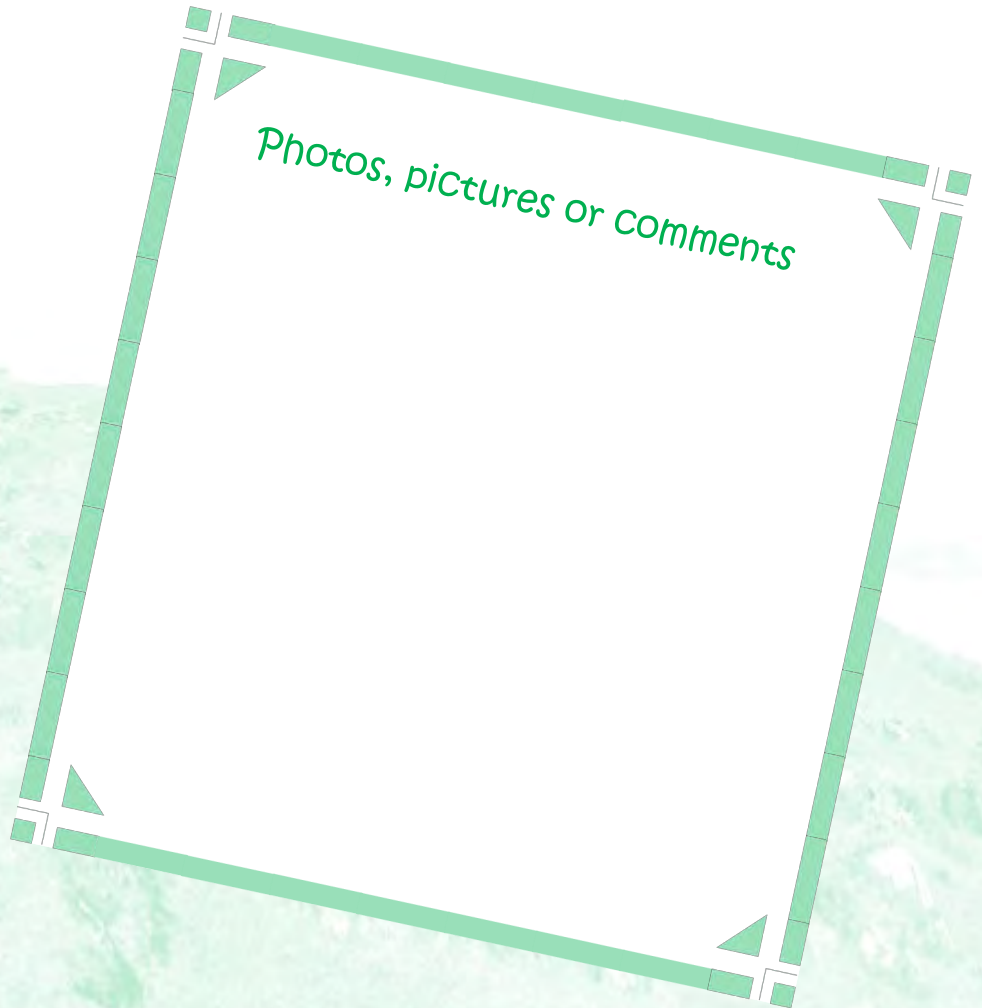
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Living healthily

Make up a game and write out the instructions for it. Decorate and laminate them and then play the game with your friends.

Independence

Join an after school activity club.

Skills

Serve cakes to visitors and show them around the school.

Making friends

Outdoors

Write a letter or email to a friend you have not seen recently telling them about what you have been doing.

Responsibility

Make up a playground code of conduct

Employment

Choose a challenge of your own

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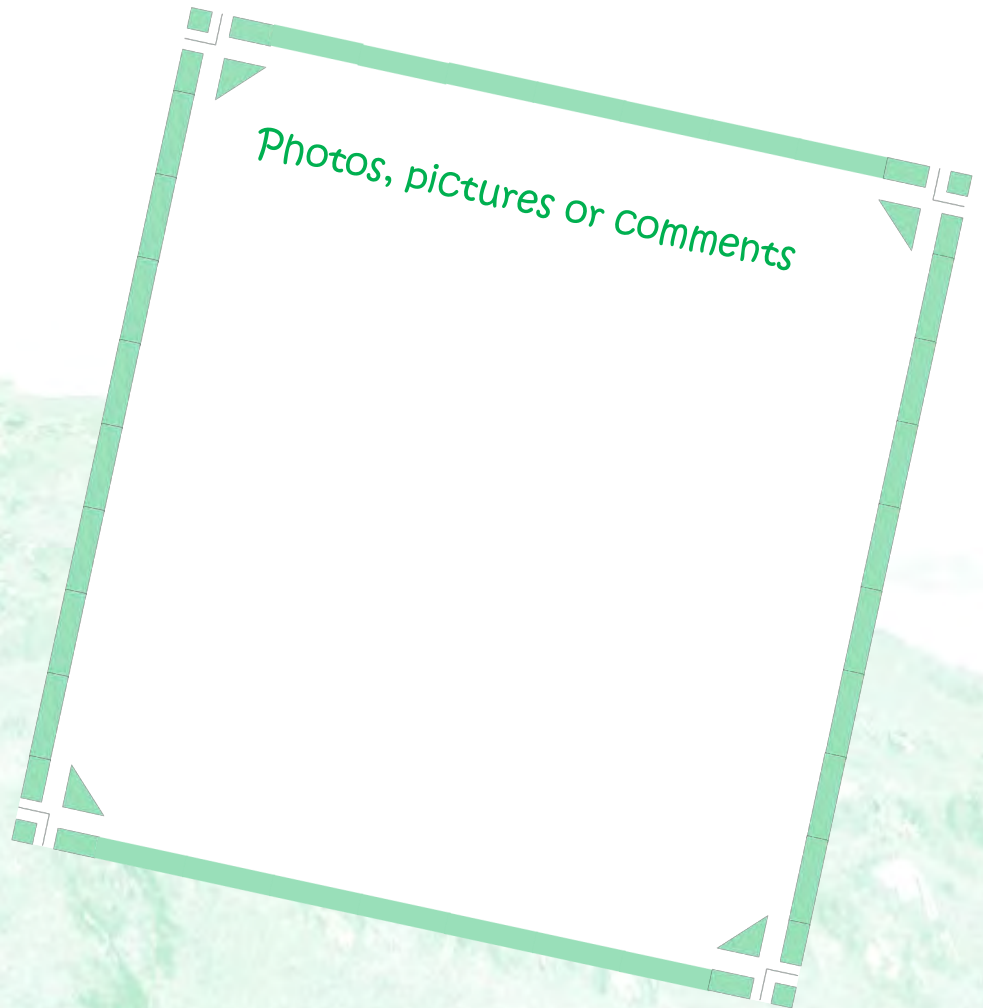
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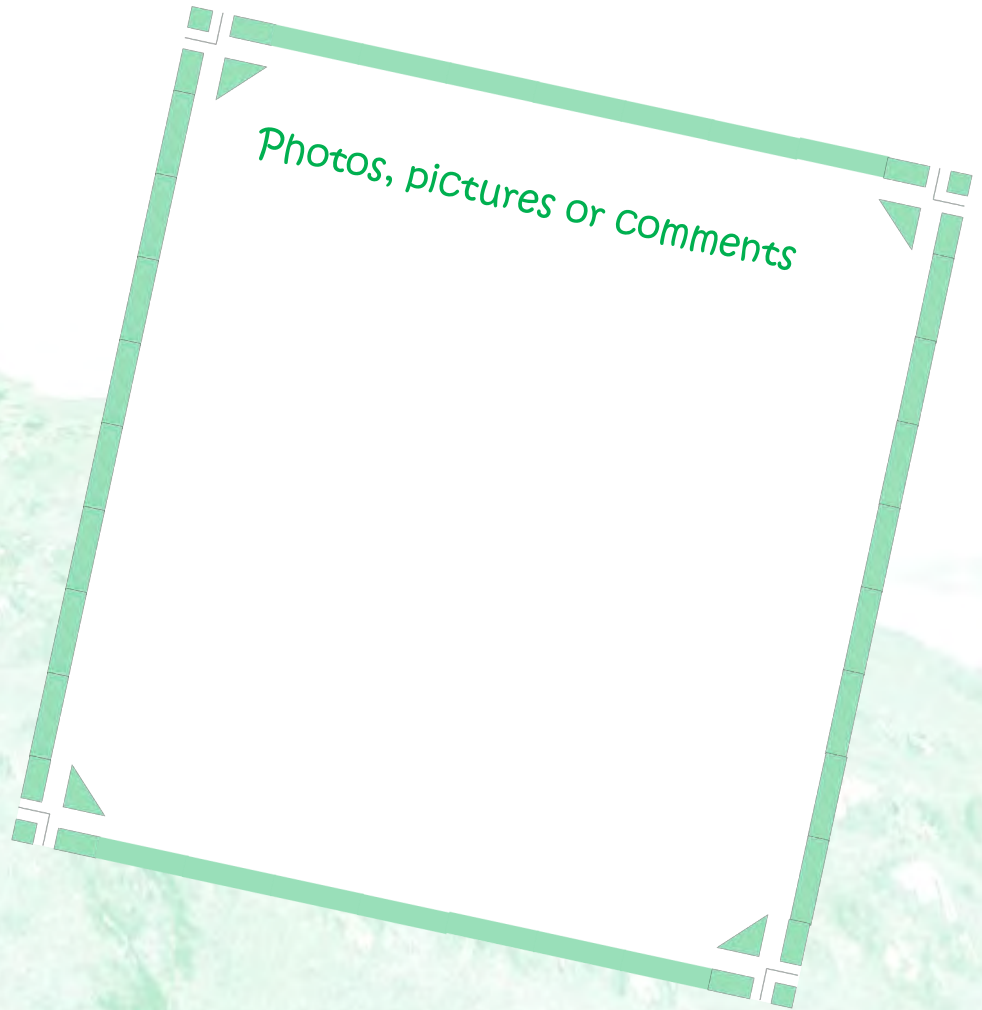
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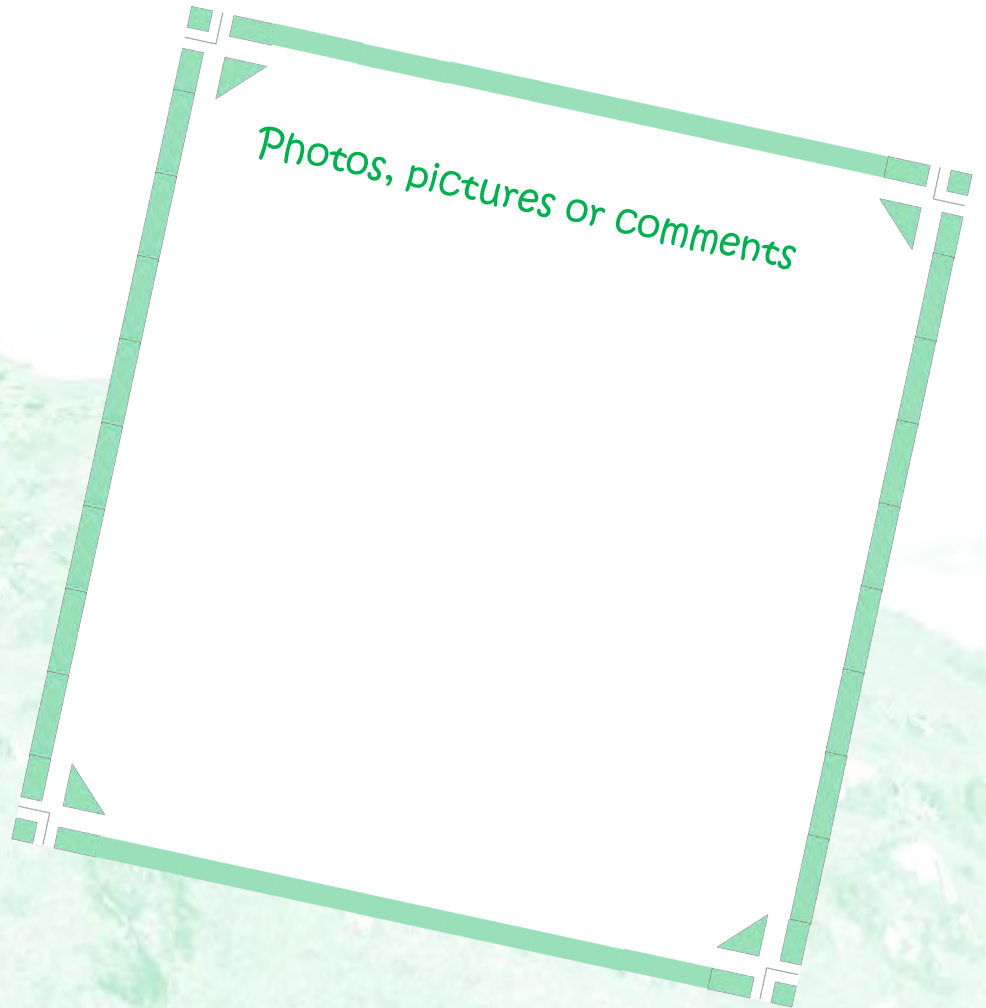
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Living healthily

Build a shelter from natural materials.

Independence

Make a survival kit.

Skills

Boil some water and make a hot drink using the storm kettle.

Making friends

Climb the Barr Mor.

Outdoors

Make a picture from natural materials.

Responsibility

Choose a challenge of your own.

Employment

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Broch Stage

Signed Date

Living healthily

Make up a set of safety rules for keeping safe on Lismore roads

Independence

Show how to make an emergency telephone call and explain when you would use one.

Skills

Teach a younger child a new skill and enable them to make something they are proud of.

Making friends

Outdoors

Take the smartie challenge to see if you can raise £10 for charity

Responsibility

Make a poster encouraging people to be eco friendly in some way eg saving energy, not dropping litter etc

Employment

Choose a challenge of your own

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 1

.....

Why I have chosen this challenge

.....

I completed the challenge on

How did it go?

.....

.....

My mentor says

.....

My parents say

.....



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 2

Why I have chosen this challenge

I completed the challenge on

How did it go?

My mentor says

My parents say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 3

Why I have chosen this challenge

I completed the challenge on

How did it go?

My mentor says

My parents say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments



Living healthily

Independence

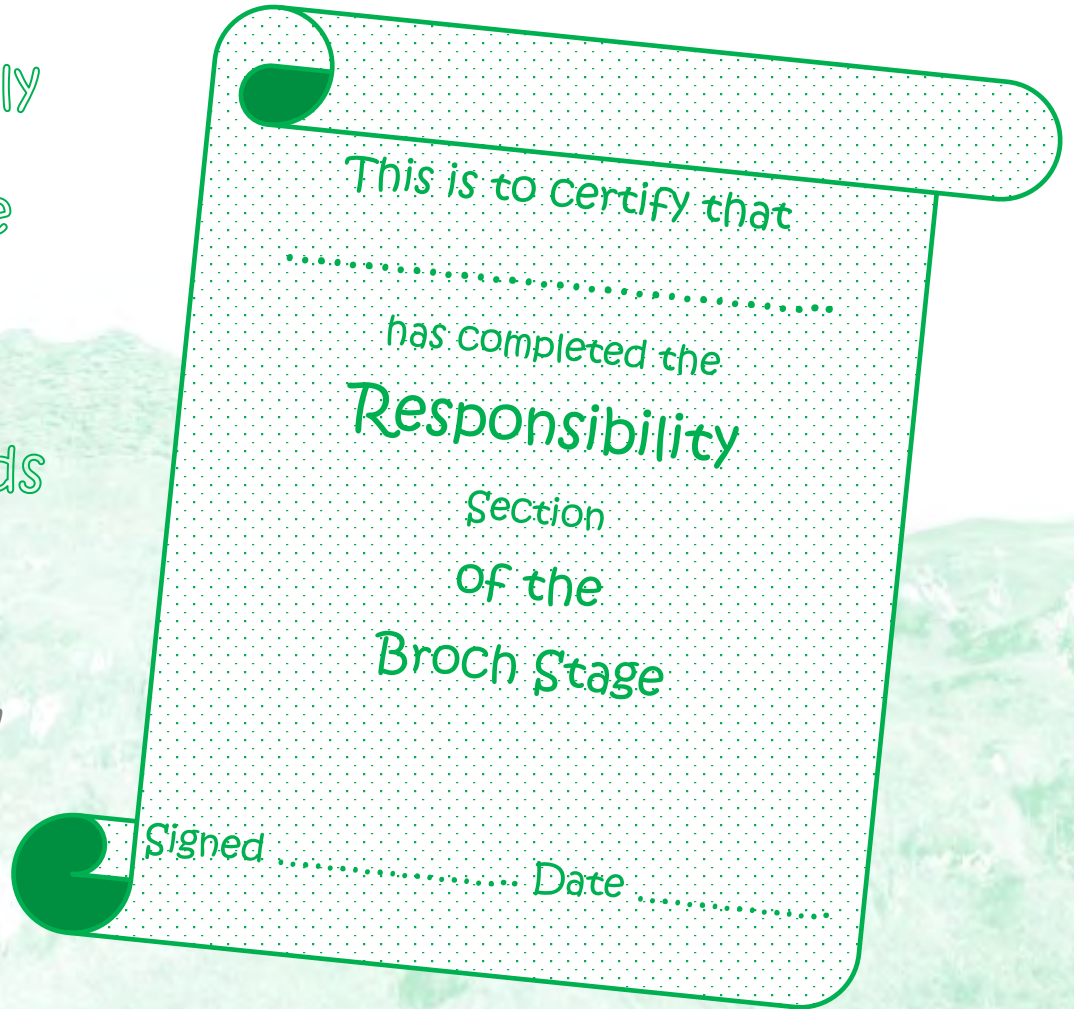
Skills

Making friends

Outdoors

Responsibility

Employment



This is to certify that

.....

has completed the

Responsibility

Section

of the

Broch Stage

Signed Date

Living healthily

Visit someone who works on the island and find out what they do each day.

Independence

Make a picture collage of people in different jobs

Skills

Interview an adult in school to find out about their job and what they do.

Making friends

Outdoors

Complete a practice application for form for a job.

Responsibility

Make a list of all the jobs people can do on our island. Talk about the ones you would most like to do and why.

Employment

Choose a challenge of your own

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 1

Why I have chosen this challenge

I completed the challenge on

How did it go?

My mentor says

My parents say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment



Photos, pictures or comments

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 3

.....

Why I have chosen this challenge

.....

I completed the Challenge on

How did it go?

.....

.....

My mentor says

.....

My parents say

.....



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

A tilted rectangular frame with a thick green border and white corner tabs, set against a background of a green landscape. The frame is empty, with the text "Photos, pictures or comments" written inside it in a green, italicized font.

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 2

Why I have chosen this challenge

I completed the challenge on

How did it go?

My mentor says

My parents say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

This is to certify that

.....

has completed the

Employment

Section

of the

Broch Stage

Signed Date

A photograph of a grassy hill with a stone wall on top, under a bright sky. The hill is covered in green grass and some rocks. The stone wall is made of grey stones and runs across the top of the hill. The sky is bright and clear.

Records, notes and ideas

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge					
Date started					
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					
Date completed					

Living healthily

Independence

Skills

Making friends

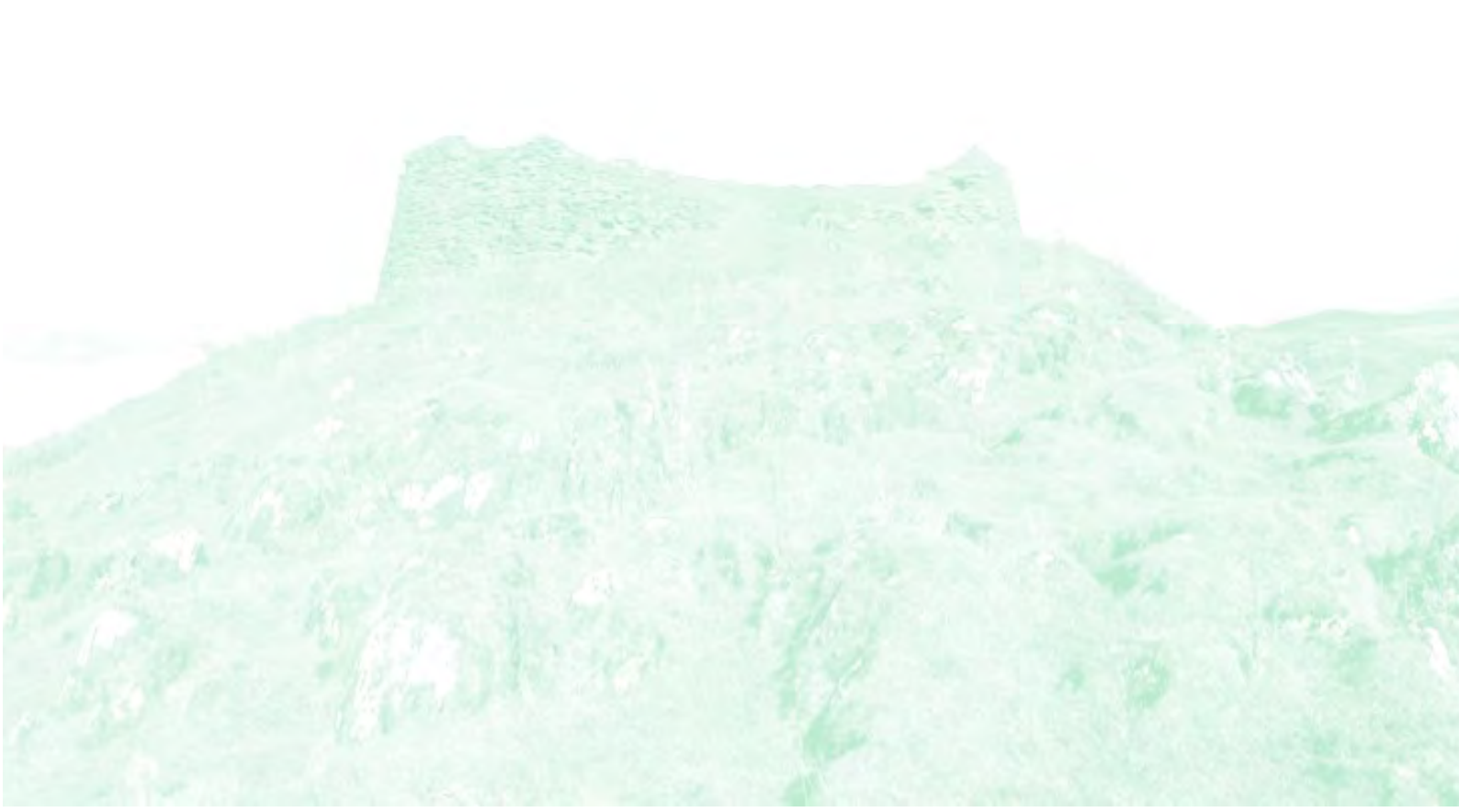
Outdoors

Responsibility

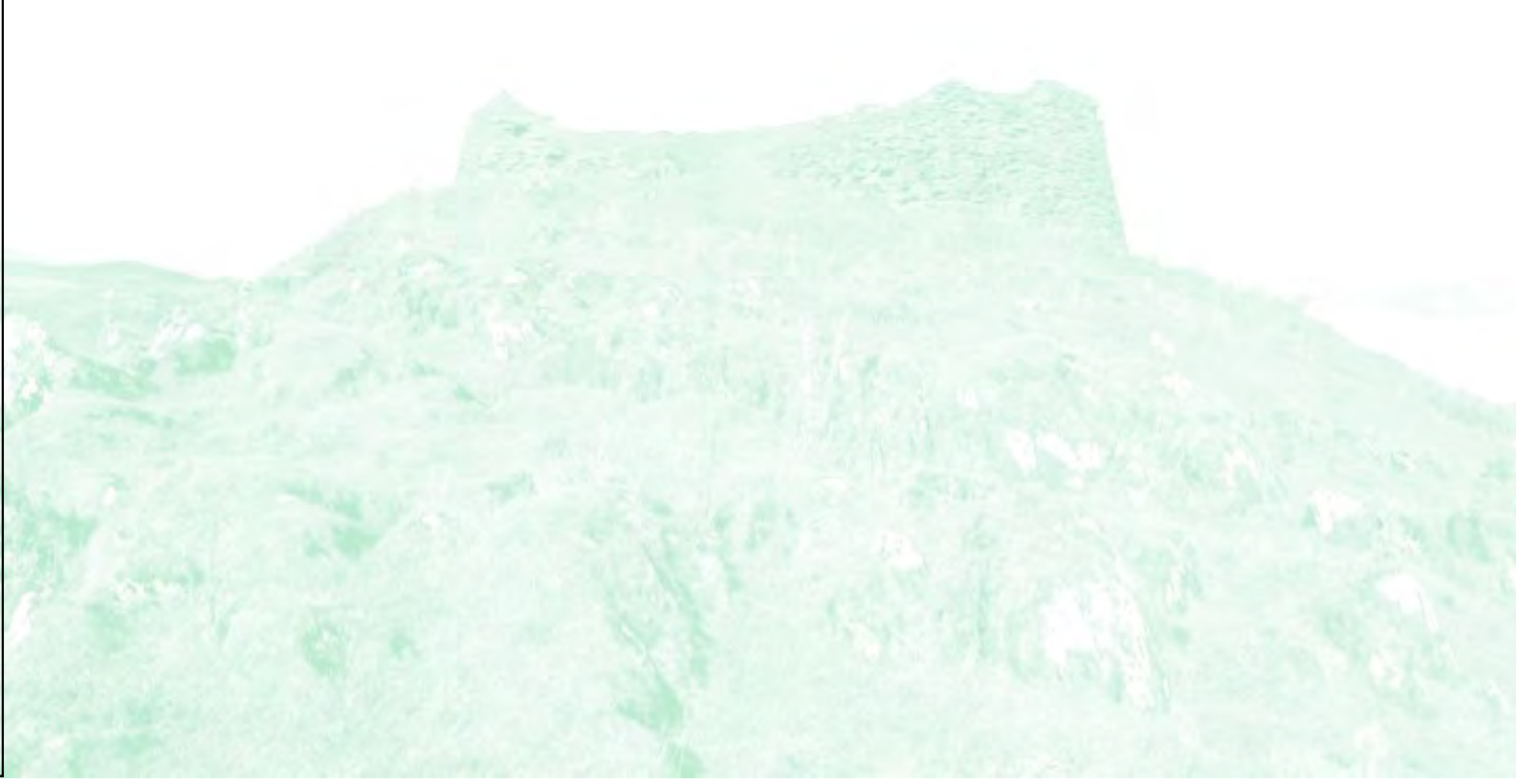
Employment

Challenge					
Date started					
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Date completed					

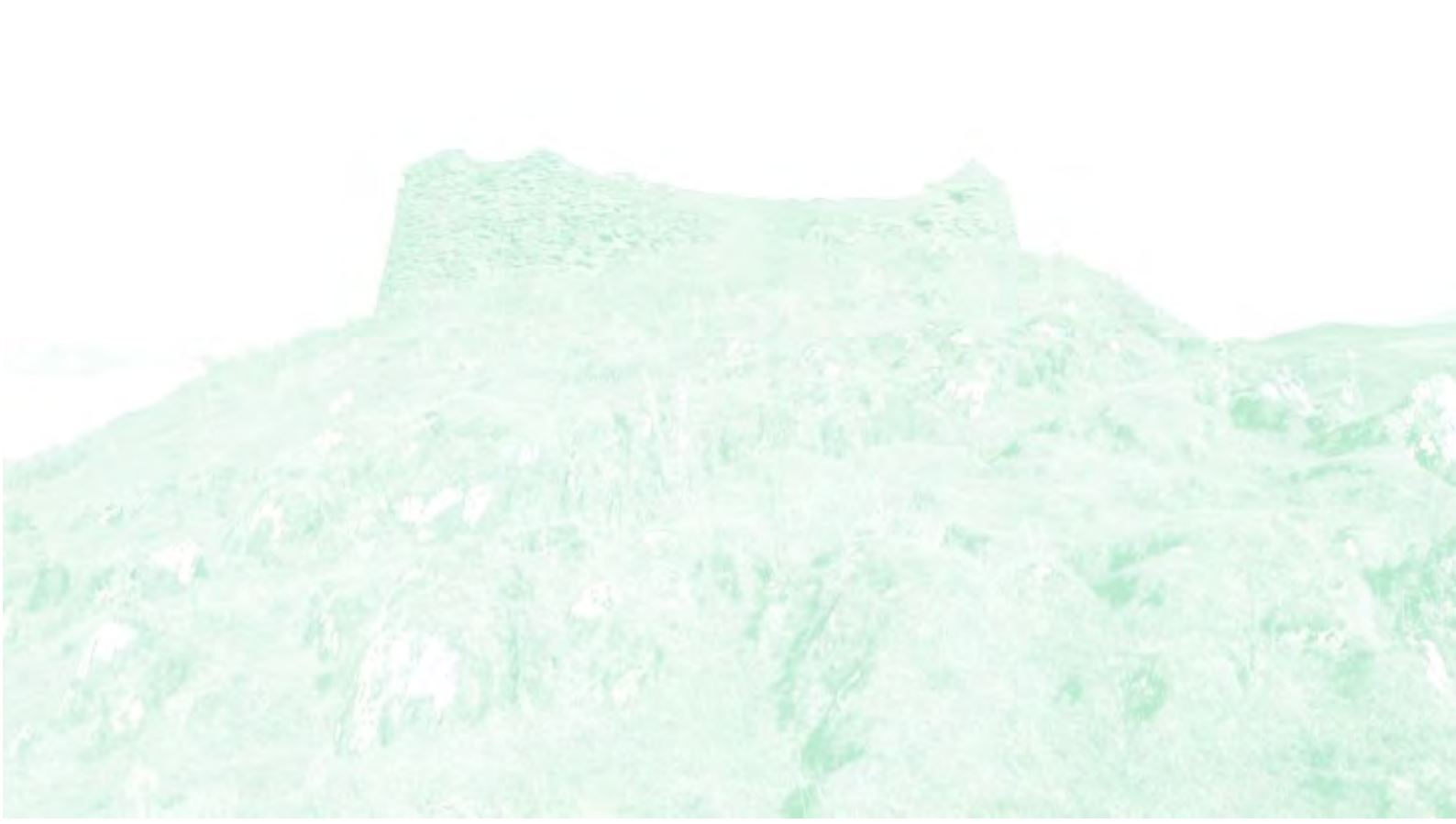
Notes and ideas



Notes and ideas



Notes and ideas



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment



.....
has completed the

Broch Stage

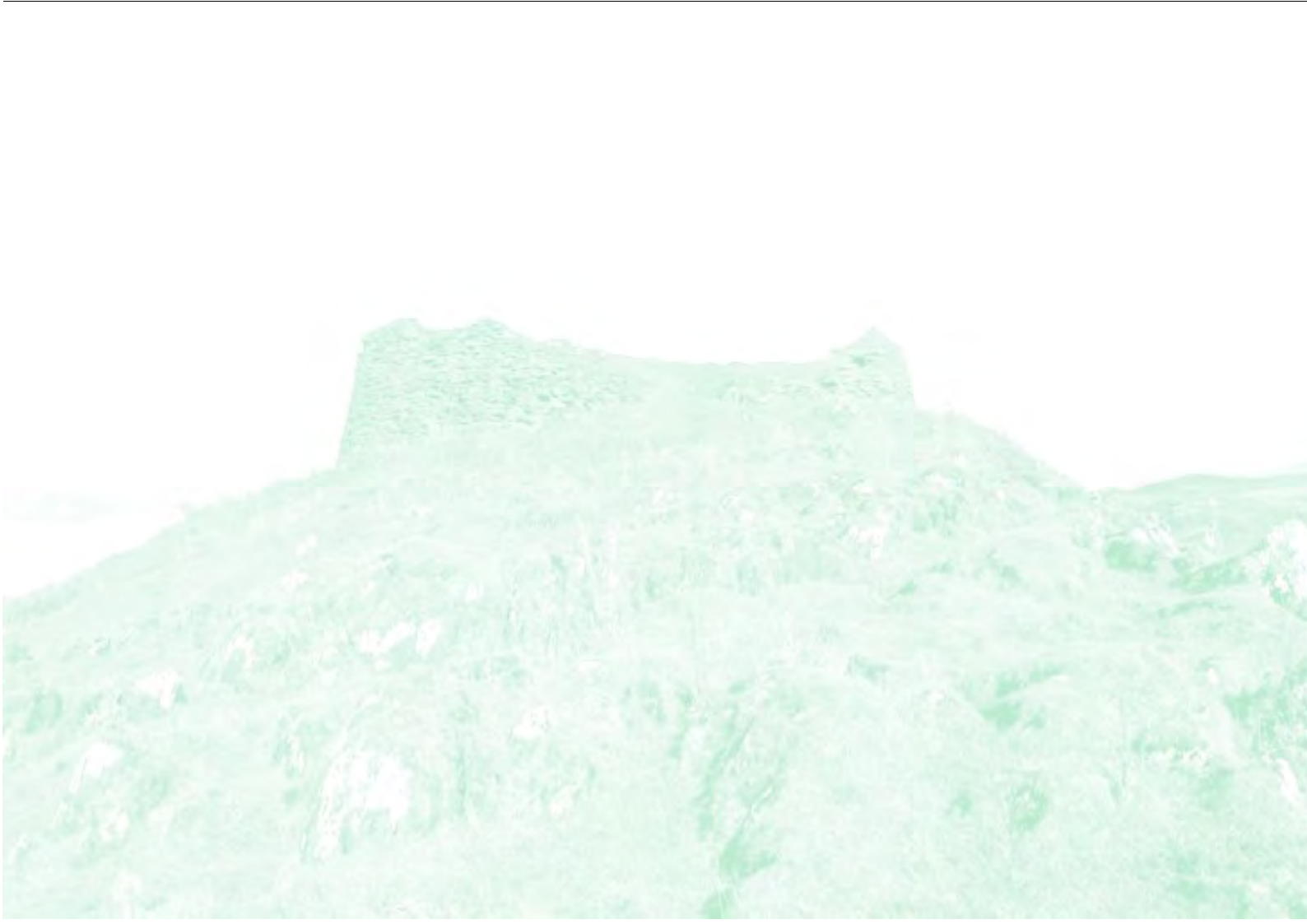
of the

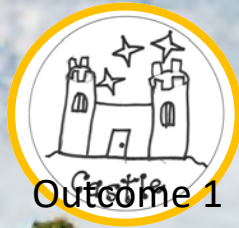
Lismore Award

Signed

Date







Outcome 1

Lismore Award

Castle Stage











Lismore Award

Castle Stage





This book belongs to

All about me

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

My name is

I was born on



Date I started the Castle Stage

.....

Progress Chart

	Challenge 1		Challenge 2		Challenge 3		Section completed
	Date started	Date completed	Date started	Date completed	Date started	Date completed	
Living healthily							
Independence							
Skills							
Making friends							
Outdoors							
Responsibility							
Employment							

Living healthily

Plan a healthy menu for a school lunch and arrange for it to be cooked. Explain to everyone why it is healthy.

Independence

Choose three athletics events and show an improvement in each one over a period of ten weeks

Skills

Make a poster to encourage some aspects of healthy living ,

Making friends

Explain four skills needed to play a team sport eg hockey -dribbling, sweeping, pushing hitting

Outdoors

Show how you can cycle safely on your bicycle and take your assessor on a bike ride of at least 3 miles

Responsibility

⇒ Choose a challenge of your own

Employment

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 1

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 2

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

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Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 3

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

This is to certify that

.....
has completed the

Living Healthily

Section

of the

Castle Stage

Signed

Date

Living healthily

Personal Project – make a display board about another country and compare it to Scotland.

Independence

Make your bed everyday for 10 weeks.

Skills

Plan and carry out a science experiment.

Making friends

Spend an afternoon with an island group e.g. Art, Camera Club, etc.

Outdoors

Make a telephone call to book something or to find something out.

Responsibility

Employment

Choose a challenge of your own.

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

My project is about

Why I have chosen this project

I completed the project on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 2

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 3

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

This is to certify that

.....
has completed the

Independence

Section

of the

Castle Stage

Signed

Date

Living healthily

Show that you have improved your touch typing speed over a 10 week period.

Independence

Take 4 photographs. Download them and cut and paste them to make a set of notelets.

Skills

Making friends

Hold a simple conversation with a French person and find out some French facts.

Outdoors

Write a book review for a favourite book and design a book cover for it

Responsibility

Write an entry for the blog.

Employment

Choose a challenge of your own of your own

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 1

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 2

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 1

.....

Why I have chosen this challenge

.....

I completed the challenge on

How did it go?

.....

.....

My teacher says

.....

Other people say

.....



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

This is to certify that

.....
has completed the

Skills

Section

of the

Castle Stage

Signed

Date

Living healthily

Join an out of school activity and attend for 10 sessions.

Independence

Make contact with someone from another island school and keep in touch.

Skills

Making friends

Visit another school and share lessons and playtime with the class.

Outdoors

Write a recipe for what makes a good friend.

Responsibility

Welcome visitors to school at a community event.

Employment

Choose a challenge of your own.

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 1

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 2

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 3.....

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

This is to certify that

.....
has completed the

Making friends

Section

of the

Castle Stage

Signed

Date

Living healthily

Learn how to lay and light a fire and cook something on it.

Independence

Learn how to use a saw, secateurs, loppers and a hammer.

Skills

Making friends

Take your assessor for a walk on the island and identify 10 trees and 10 wild flowers that you know.

Outdoors

Follow an orienteering course around the school grounds.

Responsibility

Learn the Country Code and explain why it is important.

Employment

Choose a challenge of your own.

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 1

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 2.....

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 3

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

This is to certify that

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has completed the

Outdoors

Section

of the

Castle Stage

Signed

Date

Living healthily

Make a leaflet giving information about cycling/ recycling or some other issue on the island.

Independence

Skills

Help the senior citizens with their shopping.

Making friends

Make a risk assessment for a school activity or outing.

Outdoors

Take on a leading role in some aspect of school.

Responsibility

Plan, organise and lead an activity for the whole school eg a walk, a picnic etc

Employment

Choose a challenge of your own

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 1

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 2

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 3

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

This is to certify that

.....
has completed the

Responsibility

Section

of the

Castle Stage

Signed Date

Living healthily

Spend a day working with someone at a practical job.

Independence

Interview 3 people who have jobs. Find out what they do and write about which you would pick and why.

Skills

Making friends

Learn how to write a letter of application for a job.

Outdoors

Find out about someone who is famous for the work they do and write a short biography to tell how they became famous.

Responsibility

Employment

Go to work with a parent or other relation and find out what they do.

Choose a challenge of your own.

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 1

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 2

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 3

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

This is to certify that

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has completed the
Employment

Section
of the
Castle Stage

Signed

Date



Records, notes and ideas

Weekly Challenge Record

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge					
Date started					
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Date completed					

Weekly Challenge Record

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge					
Date started					
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					
Date completed					

Notes and ideas



Notes and ideas



Notes and ideas



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Congratulations!

.....
has completed the

Castle Stage

of the

Lismore Award

Signed

Date



Notes and ideas





Lismore Award

Lighthouse Stage











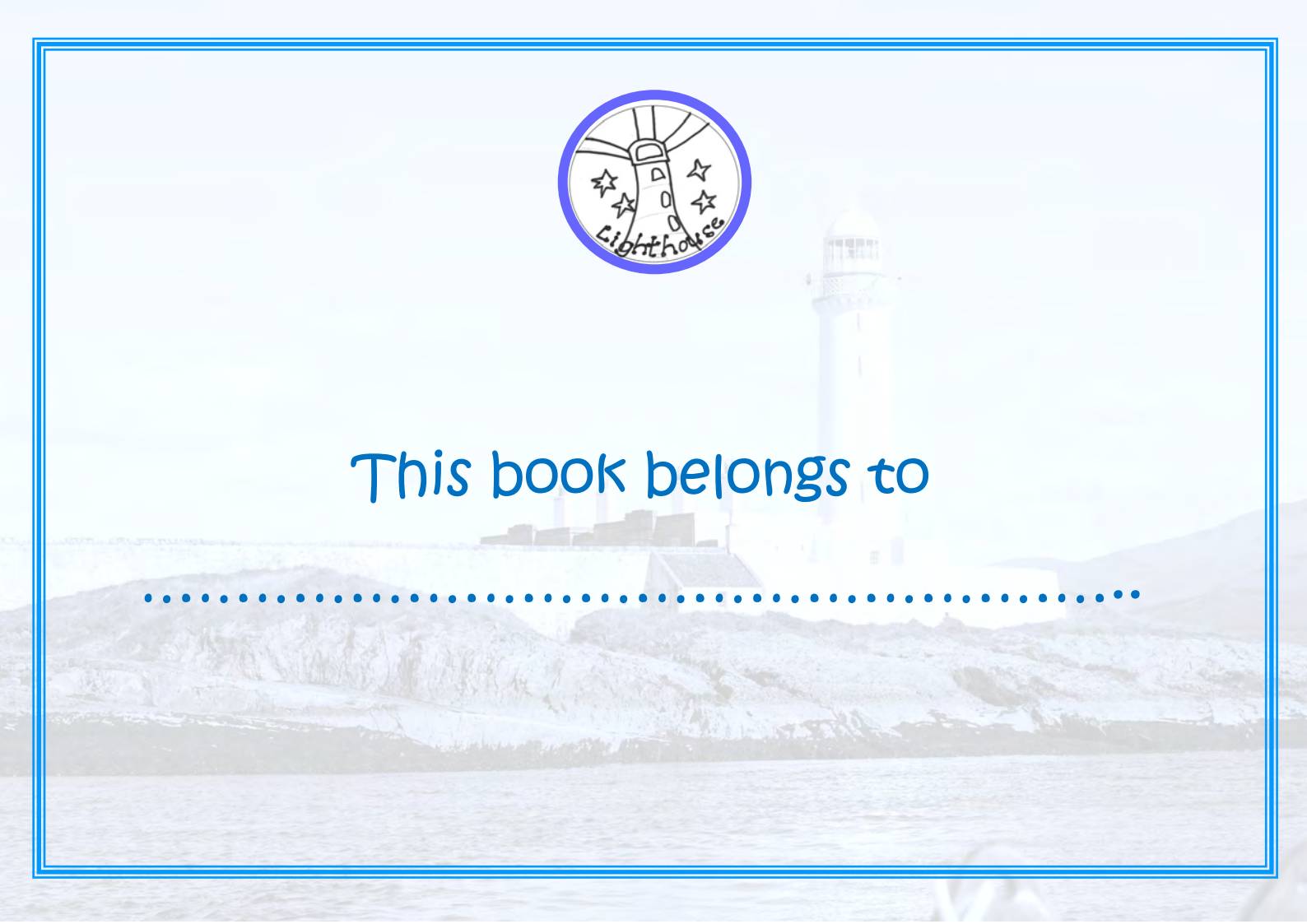
Lismore Award

Lighthouse Stage



This book belongs to

.....



All about me

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

My name is

I was born on



Date I started the Lighthouse
Stage

Progress Chart

	Challenge 1		Challenge 2		Challenge 3		Section completed
	Date started	Date completed	Date started	Date completed	Date s started	Date completed	
Living healthily							
Independence							
Skills							
Making friends							
Outdoors							
Responsibility							
Employment							

Living healthily

- ◆ Plan buy and prepare a healthy snack for the whole school.

Independence

- ◆ Learn a new sport and attend at least 10 sessions.

Skills

- ◆ Make a leaflet for parents explaining what healthy snacks are suitable for school and why.

Making friends

- ◆ Lead 10 warm up sessions in PE lessons for the whole class.

Outdoors

- ◆ Plan a fitness course for the whole school.

Responsibility

- ◆ Choose the challenge of your own.

Employment



Living healthily

Challenge 1

Independence

Why I have chosen this challenge

Skills

I completed the Challenge on

Making friends

How did it go?

Outdoors

My teacher says

Responsibility

Other people say

Employment

.....



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments



Living healthily

Challenge 2

.....

Independence

Why I have chosen this challenge

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Skills

I completed the Challenge on

Making friends

How did it go?

.....

Outdoors

.....

My teacher says

.....

Responsibility

Other people say

.....

Employment



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments



Living healthily

Challenge 3

.....

Independence

Why I have chosen this challenge

.....

Skills

I completed the Challenge on

Making friends

How did it go?

.....

Outdoors

.....

My teacher says

.....

Responsibility

Other people say

.....

Employment



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment



This is to certify that
.....
has completed the
Living Healthily
Section
of the
Lighthouse Stage

Signed Date



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Personal Project – Make a project about religious, ethical or moral issue.

Open a bank account and show how you can save money to buy something of your choice.

Demonstrate that you can change the sheets on you bed.

Travel to Oban and back on the boat on your own to either meet someone or run an errand.

Attend a 3 to 4 day residential trip without your parents.

Choose a Challenge of your own.

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

My project is about

Why I have chosen this project

I completed the project on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 2

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 3

Why I have chosen this challenge

I completed the challenge on

How did it go?

My teacher says

Other people say



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

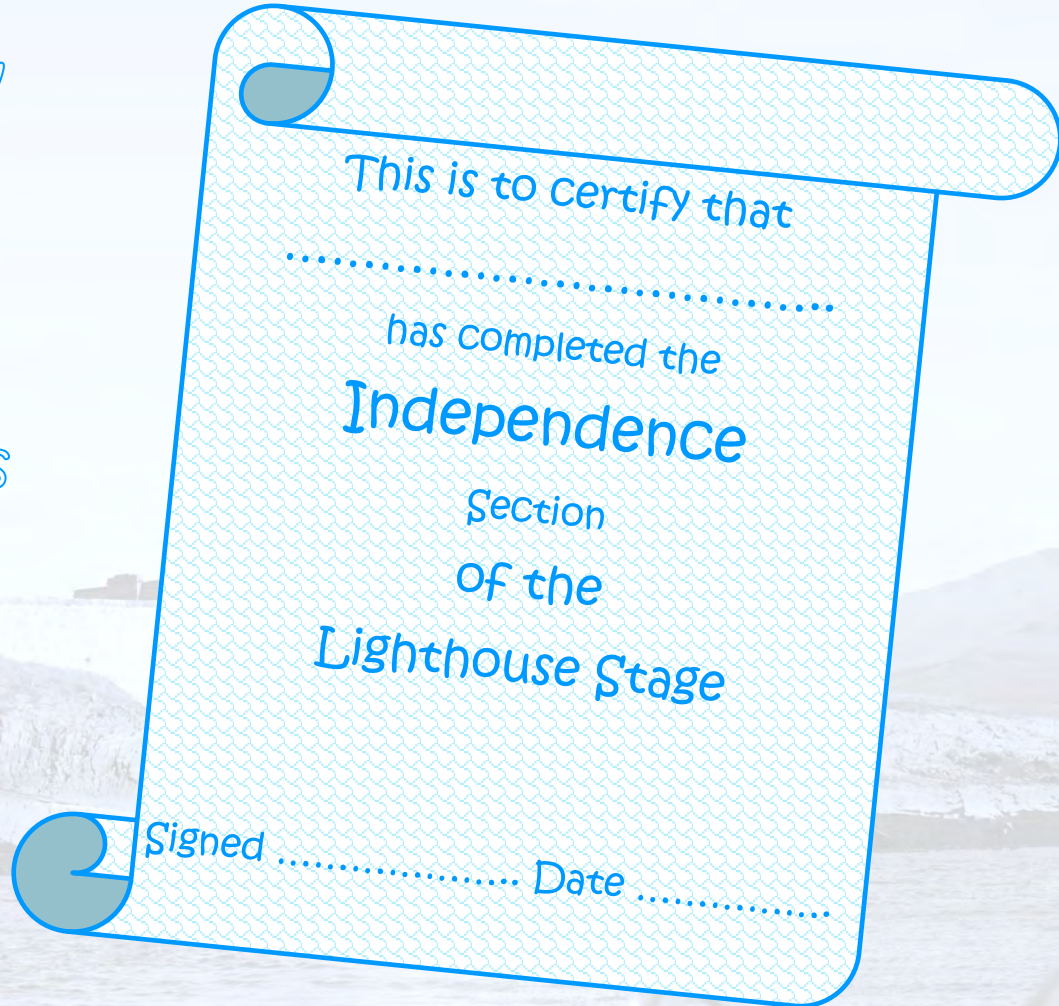
Skills

Making friends

Outdoors

Responsibility

Employment





Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Make a program for the probot and show it to the Class.

Make a film with sound and music on the iPad.

Upload a picture and news story you have written to the school website.

Design and print or paint fabric and draw an item of clothing to be made out from it.

Learn how to make a traditional Scottish dish, learn its history and its name in Gaelic and share it with a Gaelic speaking member of the community.

Choose a challenge of your own.

Living healthily

Challenge 1

.....

Independence

Why I have chosen this challenge

.....

Skills

I completed the Challenge on

Making friends

How did it go?

.....

Outdoors

.....

My teacher says

.....

Responsibility

Other people say

.....

Employment



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Challenge 2
.....

Why I have chosen this challenge
.....

I completed the Challenge on

How did it go?
.....

My teacher says
.....

Other people say
.....

Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Challenge 3

.....

Independence

Why I have chosen this challenge

.....

Skills

I completed the Challenge on

Making friends

How did it go?

.....

Outdoors

.....

My teacher says

.....

Responsibility

Other people say

.....

Employment



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Independence

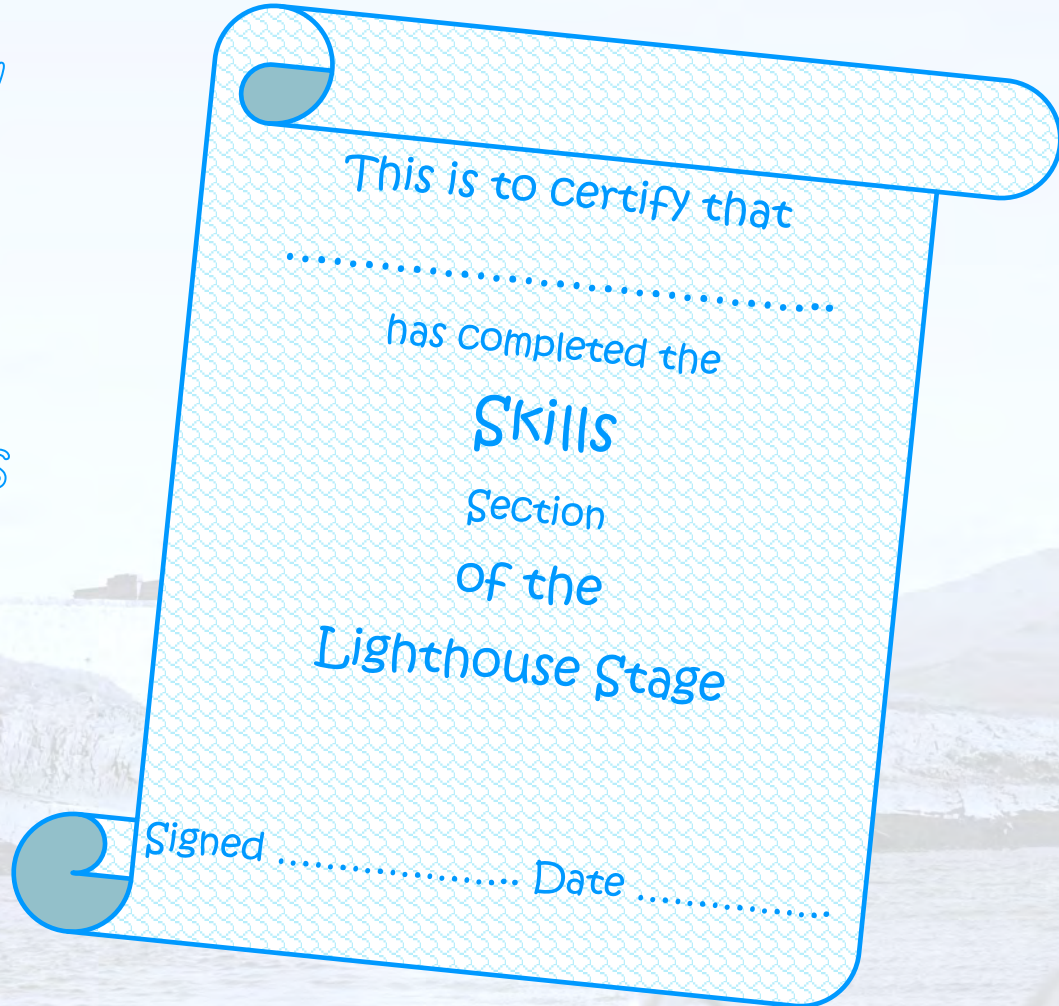
Skills

Making friends

Outdoors

Responsibility

Employment



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

- ◆ Find a Pen Pal and write to each other at least 3 times.
- ◆ Write a code for maintaining good relationships with your friends.
- ◆ Contact pupils from other island schools and arrange to meet up to spend some time together.
- ◆ Join an activity club with children from other schools and attend at least 10 times.
- ◆ Attend an event with a large number of children and join in with all the activities
- ◆ Choose a challenge of your own

Living healthily

Challenge 1

.....

Independence

Why I have chosen this challenge

.....

Skills

I completed the Challenge on

Making friends

How did it go?

.....

Outdoors

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My teacher says

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Responsibility

Other people say

.....

Employment



Living healthily

Independence

Skills

Making friends

Outdoors

Responsibility

Employment

Photos, pictures or comments

Living healthily

Challenge 2
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- ◆ Try a new adventure skill such as rock climbing, sailing etc.
- ◆ Climb a mountain.
- ◆ Camp out overnight in a tent you have put up yourself.
- ◆ Plan and go on an expedition on the island on your own with your friends.
- ◆ Attend an outdoor activity week.
- ◆ Choose a challenge of your own .

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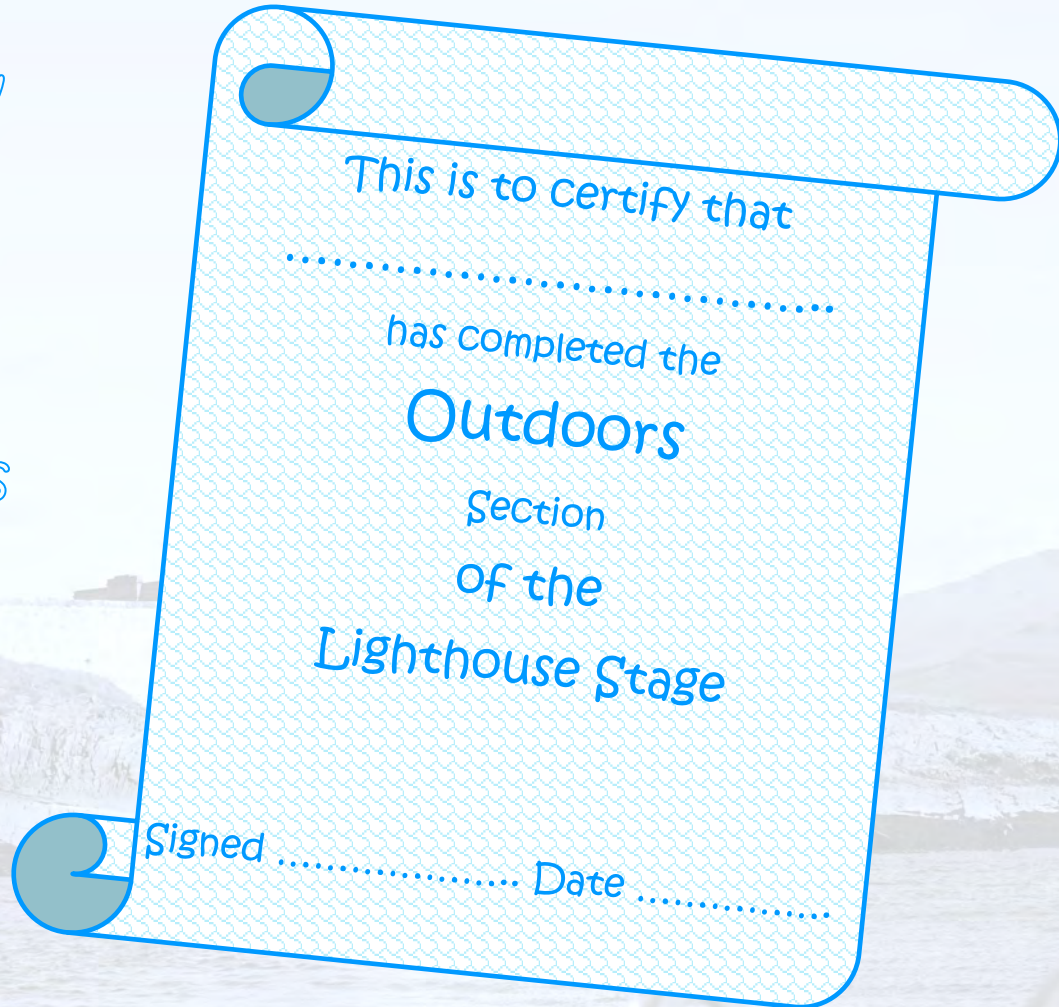
Skills

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- ◆ Organise plan and lead an after-school activity for 6 sessions.
- ◆ Organise a campaign on the island which will help the environment or raise money for others.
- ◆ Take on 10 hours voluntary work within the community such as visiting someone or walking the dog.
- ◆ Run an event for children or senior citizens on the island.
- ◆ Meet with a member of an island group to find out what it does e.g. Community Council.
- ◆ Choose a challenge of your own.

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This is to certify that

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has completed the

Responsibility

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Signed Date



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- ◆ Contact a skilled person and try out their art e.g. Sarah, Seahorse, Carpentry – Dan etc.
- ◆ Spend half a day at an office to find out about this type of work.
- ◆ Make a curriculum vitae for yourself.
- ◆ Visit a National Health Service place of work eg hospital, surgery dentist.
- ◆ Write about what job you might like to do- find out what qualifications and skills you would need and how you would achieve them.
- ◆ Choose a challenge of your own.

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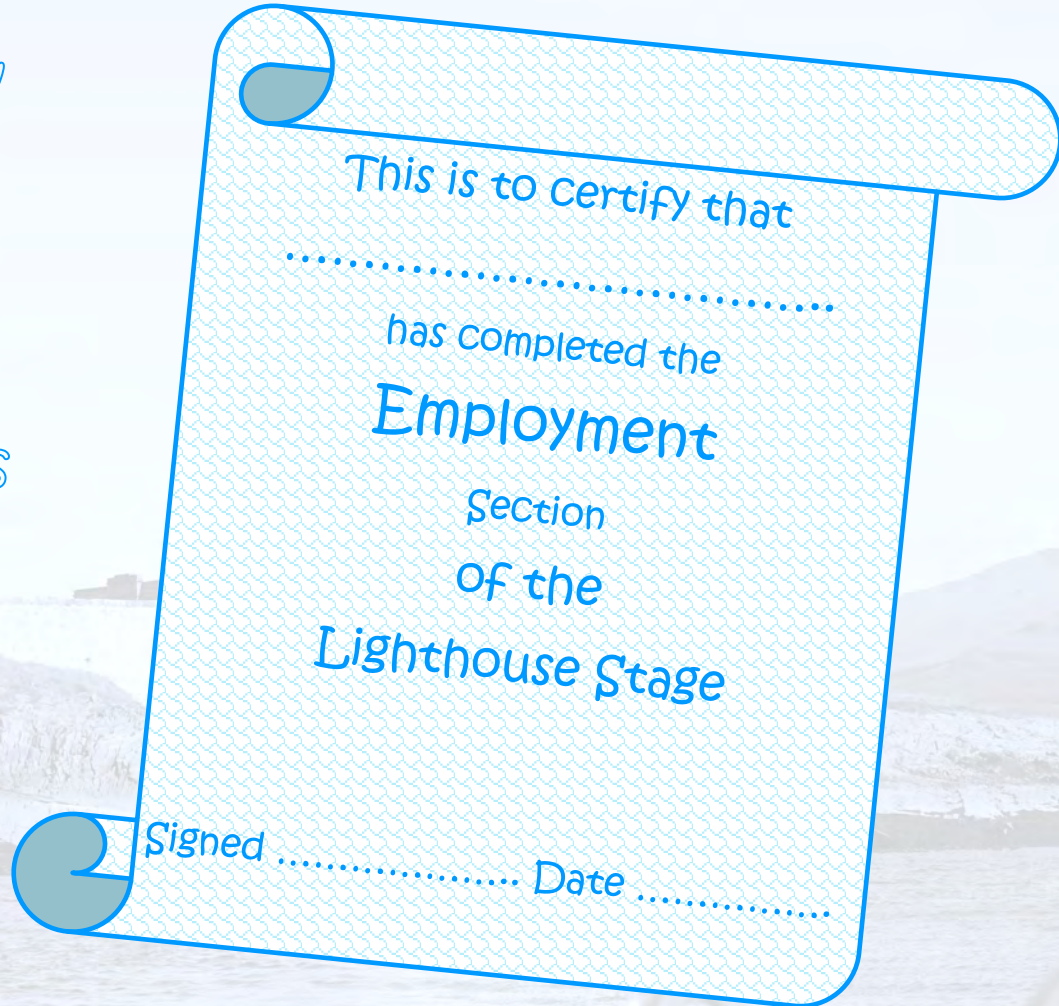
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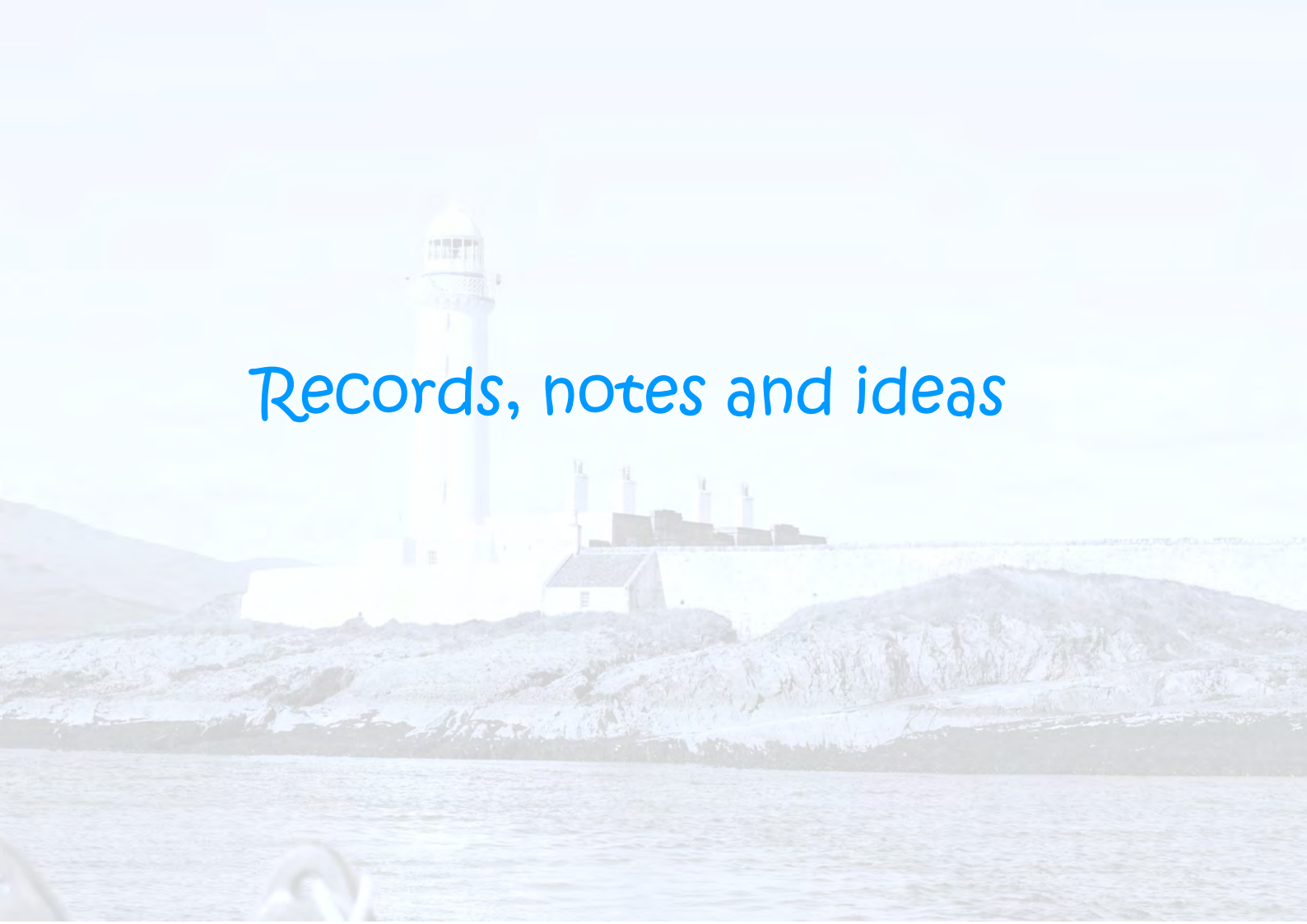
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Records, notes and ideas



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Challenge					
Date started					
Session 1					
Session 2					
Session 3					
Session 4					
Session 5					
Session 6					
Session 7					
Session 8					
Session 9					
Session 10					
Date completed					

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Date completed					

Notes and ideas



Notes and ideas



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Congratulations!

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of the

Lismore Award

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Notes and ideas

