

KS3 Digital Down Day: Ethos

Friday 5th February

Year 7, 8 and 9, put down your phones and move away from your screens and take part in the Regents Park KS3 Digital Down Day.

Give your eyes a rest and let's get active and creative. We challenge you to complete one or more of the activities from our Ethos list, which will encourage you to get active, get creative and digitally detox!

There are 40 suggestions to inspire you, from building the tallest tower, completing a mini-marathon to writing a suitcase story. Each activity links to one or more of the Regents Park ethos strands: **Respect; Pride; Creativity; Challenge.**

What do I do?

Choose one or more of the activities on the list and complete them to the best of your ability.

How do I know how to do it?

Some things require you to problem solve, others have advice online. Obviously, you will need to do your research before the day so that you stick to the digital down theme.



What will I get in return?

Many of the activities should give you a sense of personal satisfaction: you will have been creative or taken on a challenge. Some activities involve doing something for others. But also, we would like to reward those of you who embrace this challenge. There will be certificates and ethos badges for students who show they have made a real effort.

How can I prove what I have done?

You can upload any work or photos to your tutor group Google Classroom – the following day. Perhaps your parents could write a statement to prove that you have done something like clean their car. Working out how to prove it is part of the challenge! You can also bring the work itself to school when you return. It would be great to create a display of what you have done.

What if I have no resources at home?

Many of the activities don't require specific resources or encourage you to use old items. If you need some basic equipment (like pens, pencils and paper) then contact the school and we will help.

Finally STAY SAFE

Do not break COVID-19 rules, make your parents aware of any activity you are doing if it uses resources such as scissors and check that your parents are happy for you to use any particular items at home.

Good luck with your challenge and we hope you enjoy the Regents Park KS3 Digital Down Day.



Respect

Pride

Creativity

Challenge