

Welcome to



Atlantic Academy Portland
an Aspirations Academy

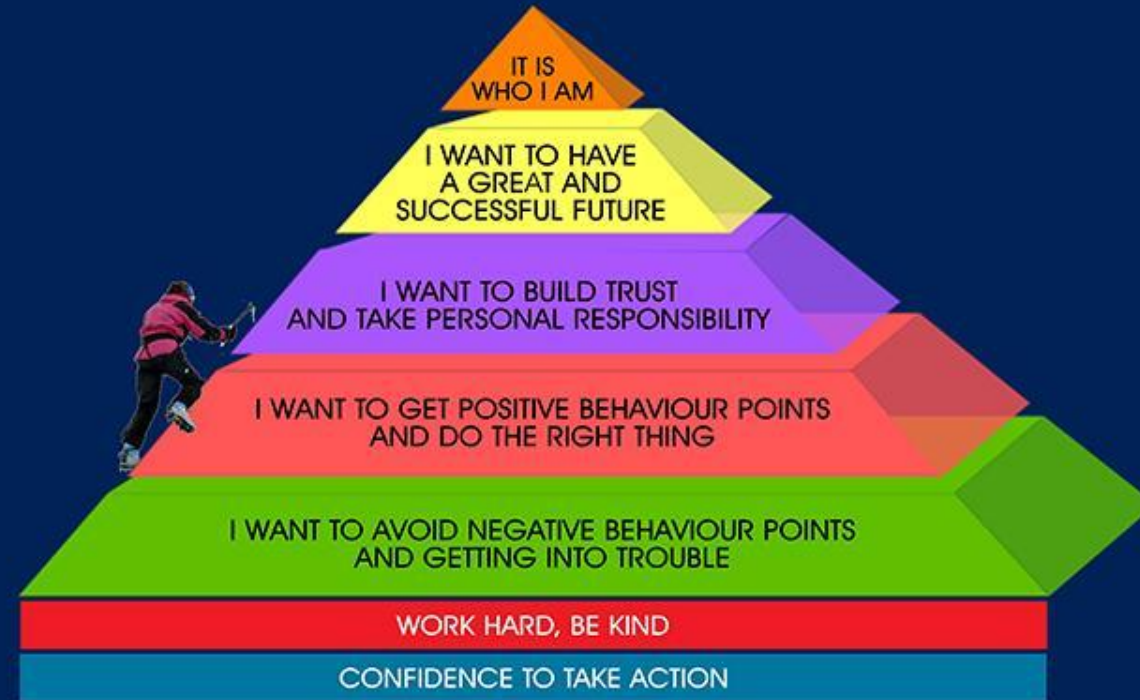
Atlantic Apprenticeship:
Stoicism and Self Worth

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Friday 14th September



Aspirations Academies Trust
in association with AUI and QISA

Behaviour for Character



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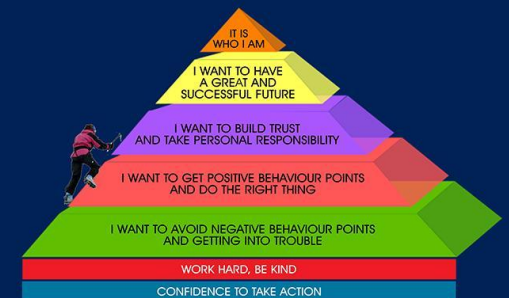
It should be simply who we are

- At Atlantic we create an environment where all of our students can excel and advance themselves in every way. The goal is that all students reach the top of the pyramid where excellent learning and excellent behaviour are second nature, not something that one has to work at constantly, **it should be simply who we are.**
- This is a state of mind that we want all our students to aspire to, attain and sustain, not just at school, but for the rest of their lives.



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Behaviour for Character



The basic expectation...

- ...is that all students will be at base camp at least, and most of you will be well underway on the journey to the top of the pyramid.
- Our job is to create the environment where students have the confidence to take action and climb, through working hard and being kind, through the stages, to the top of the pyramid. The top is the ultimate goal for all.
- **‘It is who we are, a state of mind, a characteristic, which prevails throughout our very being, now and for the rest of our lives’.**



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Behaviour for Character



Character . . .

The particular combination of qualities in a person that makes them different from others

- Are you kind?
- Are you loyal?
- Are you determined?
- Are you hard working?
- Are you able to follow instructions?
- Are you outgoing?
- Are you funny?
- Are you adventurous?
- Are you patient?

“Ability may get you to the top, but it takes character to keep you there.”

– John Wooden



What characteristics do you think this Olympic champion has?



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Good character . . .

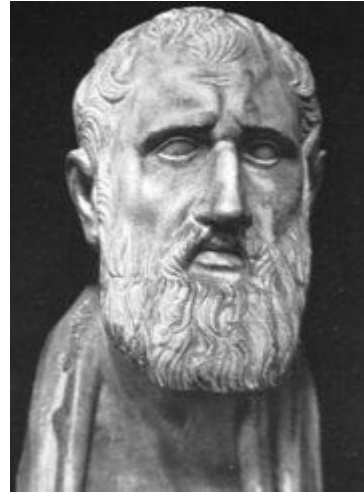
- Attracts the trust and respect of other people.
- Allows you to influence others.
- Changes your perspective about failure.
- Sustains you through difficult times or opposition.
- Improves your self-esteem, self-respect, and confidence.
- Creates a foundation for happy, healthy relationships.
- Helps you stay committed to your values and goals.
- Improves your chances of success in work and other endeavors.



Stoicism

Stoicism is a way to approach life and was founded by a Greek thinker named Zeno of Citium in the early 3rd century BC.

People who practice stoicism, known as stoics, believe that many things, both good and bad, that happen in our lives are out of our control. Stoics believe that we should not worry about these events outside of our control, and instead we should focus on how we respond to them.



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Staying stoical at Atlantic Academy

Sometimes we are not aware of our behaviour and how we are perceived and often think we have been wronged for no reason . The situation feels out of our control. HOw we respond to this is within in our control and can either escalate or diffuse a situation :

- Asked for you R4L card for talking in line up...stay stoical!
- Given a SWAT warning ...stay stoical!
- In detention ... stay stoical!
- Before, in and after exams ... stay stoical!
- When ill or struggling... stay stoical!
- At sport ... stay stoical!
- Even at home... stay stoical!

“We are what we repeatedly do.
Excellence, therefore,
is not an act but a habit.”

-Aristotle

Best way to control most situations is to be prepared , have good habits and routines; accept what you can not control and if it will I make sure this doesn't happen again.



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Being resilient...

Many people who go through hard times recover, and even become stronger. They're **resilient**. Being resilient means using skills and strategies to become stronger and healthier. These skills and strategies can be learnt. The most important part of being resilient is being able to see setbacks and difficulties as an opportunity to grow.

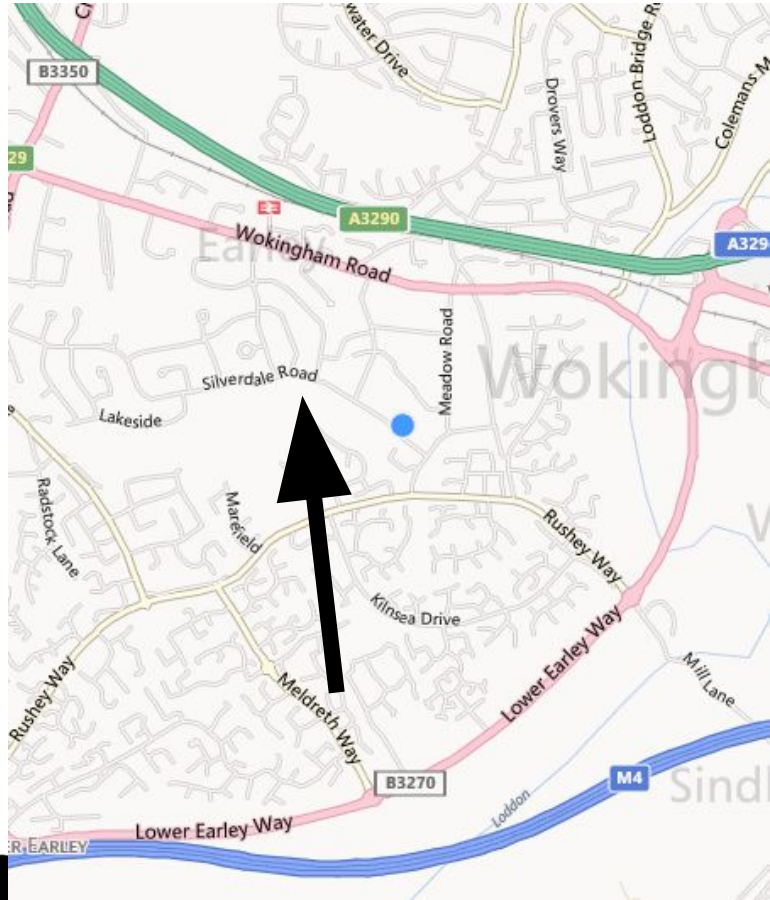
Characteristics of Resilience*

- Internal locus of control
- Strong self-esteem, self-efficiency
- Have personal goals
- Sense of meaningfulness
- Can use past successes to confront current challenges
- Can view stress as a challenge/way to get stronger
- Use humor, patience, tolerance, and optimism
- Can adapt to change
- Action-oriented approach
- Have strong relationships and ask for help
- Have faith



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Silverdale Road, Reading



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Silverdale Road, Reading



The owner gave us access to the only 24 hour a day table tennis club in the south of England and we all had a set of keys. So we went before school, after school, weekends, holiday. Many years of practice transformed us from ordinary to extraordinary.

12 table tennis champions in the 1980s came from this street - can you explain why?



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Grit and perseverance at Atlantic

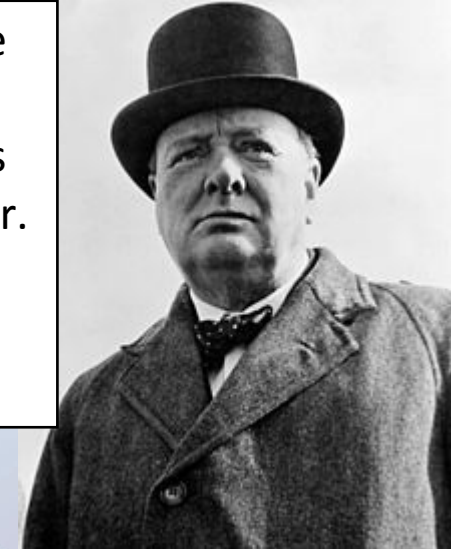
At Atlantic Academy, we believe that talent is only a very small part of what makes you succeed. What's much more important is your **GRIT**. You will need to practice your work over and over again to make it stick. We use knowledge organisers and self-testing to help you to do this.

There will be times when you will be tempted to stop, not bother and try something easier. However, by practicing your *stoicism* and *resilience* you will be able to overpower these feelings and **persevere** to achieve.

Mozart started playing the piano at the age of 1. His father Leopold was a world-class and pioneering world piano teacher. By the age of 6 he had practiced 3,500 hours. Which is an astronomical amount of practice. If you were to look at the development of young Mozart's piano playing - it didn't rapidly escalate. It was a slow, steady, gradual learning of excellence. Lots of baby steps and practice.



Winston Churchill, who has made some of the most famous speeches of all time to thousands of people, was born with a stutter. He used to practice every speech he made for hours on end even when he was very experienced.



Do you think these men always wanted to practice? What made them continue?



“If” by Rudyard Kipling

If you can dream - and not make dreams your master;
If you can think - and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'



Year 7 Shout Outs!

Harvey Brewer - showing he's keen and well mannered

Felix Barkham - really well organised

Matilda Busby-Willcocks - conscientious and alert

Jennifer Lay - diligent and enthusiastic

Tyler Quinault for his enthusiasm in Science

Alicia Mao - Excellent behaviour

Eibhlyn McKenzie - Organised and confident approach to her work

Alfie Leggett - High quality work in science

Caden Hawley - Working hard

Felix Barkham - Excellent definitions in science

Henry Harris in PE, he has been a star during football. He has taken on a strong leadership role in helping other students that have struggled with a step up of faster changing and a higher intensity PE lesson

Elisa-Mae Ashton - super music knowledge

Faith Taylor - excellent attitude to learning

Amelie Hiscocks for putting herself forward to read a poem to YR7

Brodi Chadbone

Oscar True - investing fully in lessons and excellent contributions

Nile Box - politeness and consistent hard work and positive approach

Harvey Brewer - great skills in music

Katie Jarvis - confident and musical vocal work

Rebecca Armos - great singing!

Samantha Smith - Excellent leadership in drama.

Faith Taylor - Excellent character in Drama enrichment

Year 7 Shout Outs!

Miss Hamilton would like to take this opportunity to thank the whole of 7P and 7S for their effort and enthusiasm in English. You have all helped make my classroom an inspiring and enjoyable place to work. Thank you - Keep trying hard - 100% effort all of the time!

Lewie, Steve, Casey, Joshua, Kensie, Jake, Aaron, Oscar, Anna – for being enthusiastic and trying hard.
Madison, Kayleigh, Ella, Summer B, Summer R, Alfie, James, Eva – for being polite and well organised.
Dan, Ben, Jake, Felix, Shannon – for wanting to answer every question and giving mature responses in class.

Liam - for trying really hard to catch up with the learning after missing several lessons. I miss you when you're not in class.

William, Elisa, Naomi – for concentrating and helping a friend with their learning.

Faith, Eibhlyn, Samantha, Sophia, Rebecca – for always trying your hardest and saying hello to me at break/lunch.

Kensie – for concentrating well on the Do Now task and completing it before the time was up.

Nile, Jack, Clara, Henry, Riley, Finlay - for consistent effort and politeness,

Caden – for hard work and using the RAG cards well.