

# Commitments –WHO INSPIRES YOU?

Sign off a commitment this week and recognise those who inspire you!



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# Who inspires you?

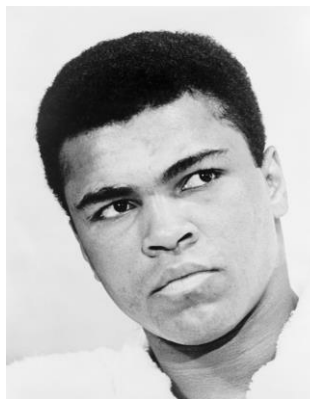




# Who inspires you?

**This will be very personal to you. A person that inspires you may have the following qualities:**

1. People who support and guide others (maybe our NHS workers or parents).
2. People who remain positive in difficult times and show strength and resilience.
3. People who listen and value others.
4. Passionate people who demonstrate commitment and dedication to their work/skills - becoming the best they can be.
5. People who make a positive, significant impact on the lives of others.



# Beacon Hill Academy staff share their inspirational person

## **Mrs Kite**

- My inspirational person is Dougie Lampkin a British Trials Bike rider.
- Some might know I come from a biker family (I have a full motorcycle licence! I know shocked eh?)
- My brother has been a trials rider since he was in his teens. Here he is.
- His desire for off-road led him straight into the hands of the law as it is illegal to ride a motorbike on private land without permission. The policeman was kind to him and said join Dudley Motorcycle Club and do it properly. So he did and has been trials riding ever since. (Even I had a go once!)
- There are Trials events throughout the world, he enters and rides in thousands, including his favourite The Scottish Six Day Trial. Where they ride about 100 miles a day and attempt Trials 'sections' along the route. A section is a route which goes over varied terrains, sometimes up rock or through streams. Whereupon the rider has to start and end without putting a foot down. This is called a 'dab' The person with the fewest dabs wins.
- Dougie Lampkin has won the Scottish Six day trial the most times since it started in 1909. (He has also been both British and World Champion many times.) It is usually in May Bank holiday time. (Unfortunately cancelled this year. My brother also had entered this year and was coming from Perth in Australia to have another go at it) I usually log on every evening that the trial is held and see how the scores are going. Dougie Lampkin in 2018 he completes six days of trials having only made 8 dabs. <https://www.trialscentral.com/results/scottish-six-days-trial-ssdt-results/2018-scottish-six-days-trial-results/5280-2018-ssdt-provisional-final-results-12th-may-2018/file>
- In 2017 he only made 1 dab. <https://www.trialscentral.com/results/scottish-six-days-trial-ssdt-results/2017-scottish-six-days-trial-results/4740-scottish-six-days-trial-final-provisional-results-2017/file>
- Here is a video of what the sections look like and some riders. Spot the dabs!!<https://vimeo.com/268833168> and here is Dougie Lampkin.[https://www.youtube.com/watch?v=vrqSg\\_a9og&t=198s](https://www.youtube.com/watch?v=vrqSg_a9og&t=198s)
- I hope you have enjoyed watching the bikes, he is a real inspiration to me as it is practice and determination that has given him so much success. Something we can all bear in mind why things get difficult. I am a great believer that if you want to succeed at something, you can do it if you really try hard enough.





# Beacon Hill Academy staff share their inspirational person



## Miss Johnson

Since she became America's First Lady, I've been inspired by the work of Michelle Obama and after reading her memoir last year, my admiration for her grew even more. She has fought many battles in her life including racism, sexism and the death of loved ones at a young age but resilience and determination has been her ally. Today there are 62 million girls who are not in education and Michelle set up a program to "Let Girls Learn", so they have the quality education like she had, which will enable them to reach their potential.

## Miss Bavington

My inspiration is Kobe Bryant. He inspires me to inspire others and always push yourself to become the best version of you that you can possibly be.

## Miss Cox

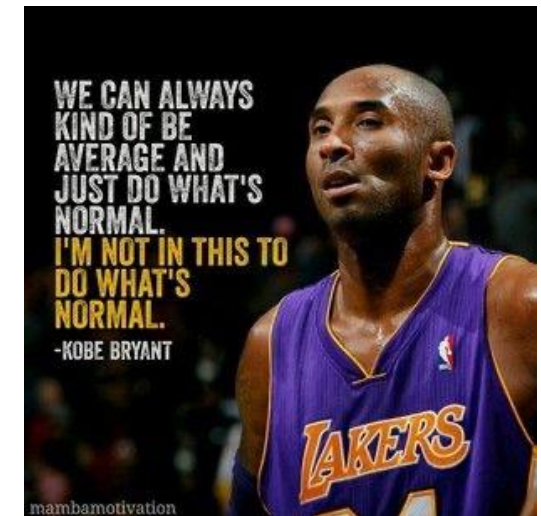
My family are my inspiration. They make me laugh, make me smile, make me a better person, and make me feel supported; every minute of every day.

## Miss Edwards

My inspiration is my auntie. She is currently a pediatric nurse in Northern Ireland and a frontline worker during the Covid-19 outbreak. Despite being worried at times she has been so positive and brave going into work every day. She's working to keep her children safe in the middle of all of this too and I couldn't be prouder of her.



A quote from Michelle:  
"Success isn't about how much money you make. It's about the difference you make in people's lives."



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# Beacon Hill Academy staff share their inspirational person

## Ms Mazzi

I find my sister Amie inspirational. She is working on the front line in this terrible crisis as a A and E consultant in the NHS in Coventry. So proud of everything she has achieved. She is a working mom, and a fantastic one.

## Mrs Thompson

My mum is my biggest inspiration. She is the bravest, most selfless person I know. She will always put others first in life and no matter what obstacles she is faced with she perseveres and is always a stronger and more resilient person. I am very lucky to be influenced by someone who strives to be there very best.



## Miss Bhaccu

The person who inspires me is Keanu Reeves. He has dealt with a lot of hardships throughout his life.

Aged 3 – his father left him and throughout childhood he went to 4 different schools as he struggled with dyslexia. Aged 23 his best friend died of a drug overdose and in 2000 his girlfriend died in a car crash. His sister was also diagnosed with cancer, but she fortunately beat it. Keanu donated 70% of his earnings from the Matrix to hospitals who treat cancer patients.

Despite all of these setbacks, Keanu continued to work hard and stay humble. He doesn't live in a huge house and still uses public transport and attends award shows with his mum.

His net worth is \$360 million

## Miss Foster

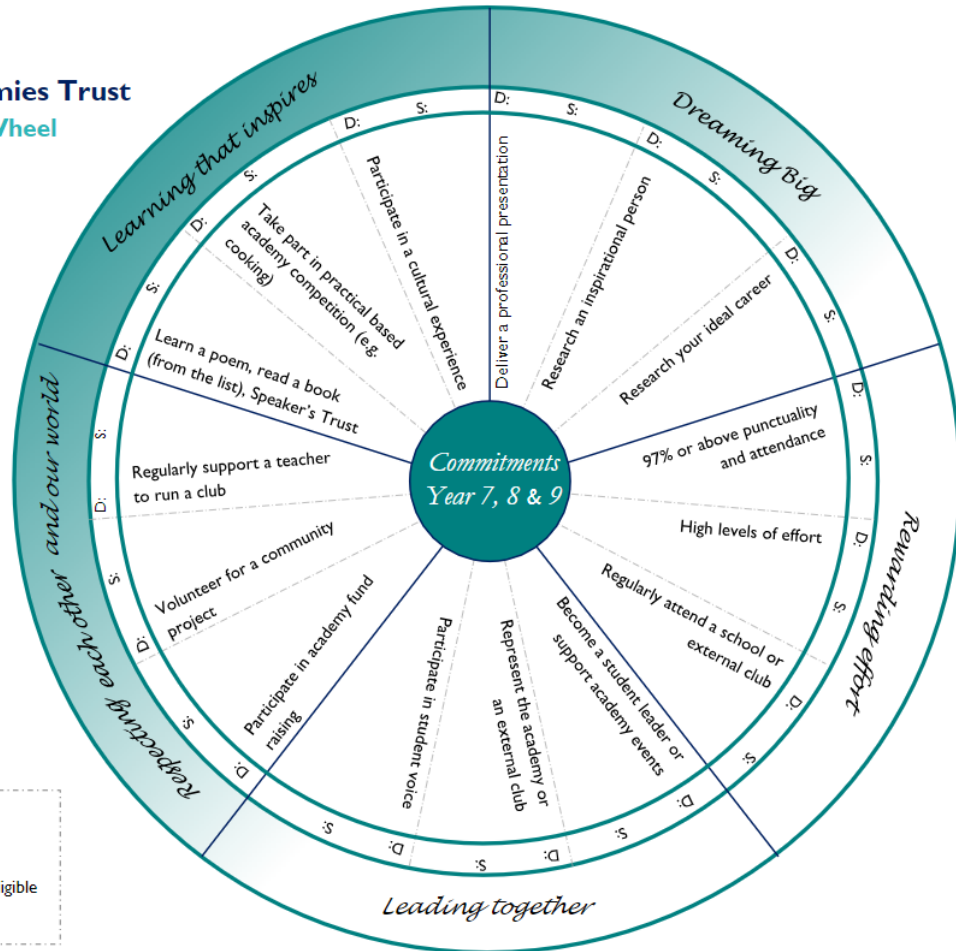
My inspirational hero is Nina Simone as she is an incredible female role model. She grew up poor and suffered racism, but she never stopped following her dreams. She worked hard to secure a music scholarship despite facing rejection due to racism. She overcame many obstacles to become one of the most famous singer/songwriters ever and has always used her music to promote important messages. Her music has helped me get through some hard times and her whole attitude to life inspires me to be a strong and confident person.



# Dreaming Big – Commitments wheel



Dudley Academies Trust  
Commitments Wheel  
Year 7, 8 & 9



Gain 10+ commitments:  
Rewards afternoon.

Gain all 15 commitments:  
Rewards afternoon and eligible  
to a celebration event.

– Let’s sign off your ‘Research an inspirational person’ commitment.

– Each week we will be looking at a different commitment you can complete at home.



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## ***Task: Create a poster or presentation on a person that inspires you***



- This can be a celebrity, family member, friend or someone you know.
- Include information about why they inspire you.
- What qualities do they have? (Some examples are: supportive, helpful, passionate, positive, respect for others, good listener/communicator, passionate, dedication and commitment to helping others).
- What was their journey to where they are today? (What did they study? How long have they worked in that particular field or played that sport? How have they helped others and for how long?)
- What qualities about this person have influenced you to think about the kind of job/person you would like to be in the future.



# *When you have completed the task...*



– EMAIL to Mr Martin who is keeping a track of what commitments you are achieving in home learning to sign off when we are back at school.

– [mmartin@beaconhillacademy.org.uk](mailto:mmartin@beaconhillacademy.org.uk)



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