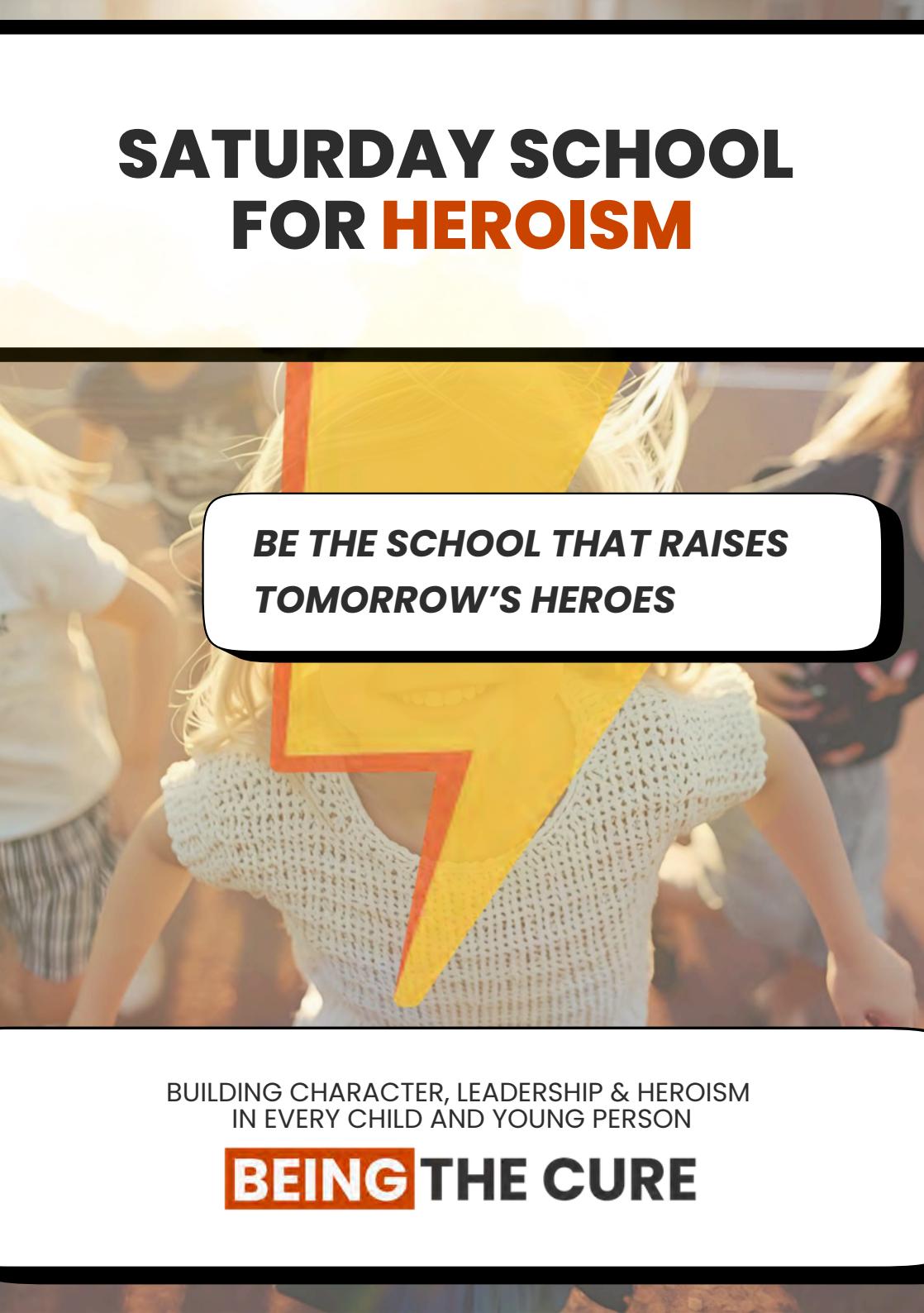


SATURDAY SCHOOL FOR HEROISM



***BE THE SCHOOL THAT RAISES
TOMORROW'S HEROES***

BUILDING CHARACTER, LEADERSHIP & HEROISM
IN EVERY CHILD AND YOUNG PERSON

BEING THE CURE

INTRODUCTION

What if your pupils spent Saturday mornings becoming heroes?

The Saturday School for Heroism is a meticulously designed educational initiative to instil a profound sense of heroism in children and young people which inspires them to strive for the welfare of others.

It goes beyond the classroom to instil values of empathy, resilience, and service. Every Saturday, children are immersed in an inspiring journey that blends storytelling, debate, creativity, sport, and service.

The result: young people who think critically, act compassionately, and grow into leaders who transform the world.



THE HEROIC EXPERIENCE

Our programme runs across two dynamic sessions each Saturday morning:

Indoor Session

In the first session, participants are immersed in indoor storytelling, sparking lively debates and discussions that encourage the exploration of various perspectives. The thought-provoking narratives serve as a foundation for the day's activities.



Outdoor Session

The second part of the program typically takes place outdoors, allowing children and young people to put into practice the lessons they've gleaned indoors. They engage in a wide range of sports and creative activities, enabling them to deeply connect with the theme of the day. This outdoor experience empowers them to apply the principles of inner humility, self-honesty, and empathy in their interactions with others.

YOUTH SOCIAL ACTION

The programme fosters a spirit of philanthropy through an end-of-term youth social action project. These projects can vary from feeding the homeless, to transforming living spaces for elderly residents or supporting neighbours through charity in light of the cost-of-living crisis.

It seeks to promote constructive character development, improve decision-making, and deter youth from negative behaviours and anti-social attitudes. This initiative serves as a valuable community asset, particularly in disadvantaged areas, and provides training for both educators and parents to extend the influence of moral development not emphasised in schools.

THE HEROISM FRAMEWORK

8 PILLARS

- **Mentoring through Storytelling** – learning from moral narratives.
- **Critical Thinking through Art** – expressing perspectives creatively.
- **Conflict Resolution through Sports** – teamwork, discipline, and fairness.
- **Wellbeing through Music** – harmony, resilience, and joy.
- **Communication through Debate & Poetry** – voice, confidence, and respect.
- **Retention through Graphics-Based Narratives** – embedding ideas visually.
- **Focus through Crafts** – patience, mindfulness, and persistence.
- **Discipline through Service** – giving back through meaningful action.

HEROIC PHILOSOPHY



Definition

01

We define heroism as the decision to act in service of others, guided by humility, honesty, and kindness. The act of making this decision is an expression of courage, and it is often accompanied by some form of sacrifice (for example, comfort or convenience).

Teachable & Learnable

02

Heroism is both teachable and learnable. It can transform the world by reducing inequities. It can foster a world of humility, honesty, and kindness.

Behaviour

03

A heroic perspective on the world naturally transforms an individual's behaviour and brings out their best moral qualities.

THE

HEROISM

CURRICULUM

The Heroism Curriculum is an English literacy curriculum (covering both reading and writing), grounded in a **moral development framework** that has been refined over the past ten years. It has been shaped through our direct work with children from diverse backgrounds, including those facing severe challenges such as crime, trauma, and social disadvantage.

At the heart of the Heroism Curriculum is a clear philosophy: that meaningful learning must engage the cognitive, emotional, and moral development of children. This philosophy underpins our trauma-informed approach, which is designed to cultivate positive behavioural change by nurturing these inner dispositions in a safe and supportive environment.

SO FAR



1,100+

CHILDREN DIRECTLY BENEFITTED IN NEWHAM

1,700+

FAMILIES SUPPORTED

77%

RISE IN CHILDREN WHO COULD UNDERSTAND AND ARTICULATE DIFFERENT FORMS OF GLOBAL INEQUITY

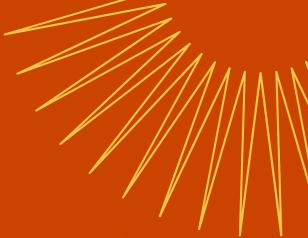
64%

RISE IN CHILDREN WITH A GREATER DEPTH UNDERSTANDING OF MORAL CHOICES

6%

RISE IN READING OUTCOMES FOR PARTICIPATING CHILDREN

COMMUNITY IMPACT



Click image to watch



Feeding the Homeless

Our children prepared and distributed 250 parcels of food for rough sleepers in Plaistow. Beyond meeting an immediate need, they engaged in meaningful conversations, bringing comfort to others and, in turn, transforming the way they see the world



Visiting the Elderly

Our children visited a local care home, spending time with residents who often face their twilight years in isolation. One gentleman shared that no one had ever taken such a keen interest in his life as these children did. A simple act of listening became a powerful moment of dignity and connection.



Cost of Living Crisis Support

Amid the cost of living crisis, our children went door-to-door offering support from a mobile food bank. When residents said they didn't need help, the children kindly asked if they could donate just one item of food for their neighbours. They not only collected essential supplies for those in need but also fostered a spirit of heroism.



Helping an Isolated Neighbour

Our children transformed the living space of an isolated elderly neighbour by cleaning her house, garden, and kitchen. They cooked for her and spent quality time with her. She said it felt as if little angels had visited.

WHY SCHOOLS NEED THIS?

Personal Development

Fosters moral fortitude and resilience, helping pupils grow in areas the standard curriculum often lacks time, resources, or expertise to cover.

Inclusion

Creates a trauma-informed, structured environment where every pupil feels safe, valued, and respected.

Behaviour & Attitudes

Delivers purposeful lessons and activities that empower pupils to make positive life-choices and avoid harmful behaviours.

Developing Teaching

Provides schools with practical strategies to embed character education and values-based learning into everyday teaching.

Parental & Social Engagement

Builds stronger connections between school, families, and the wider community through pupil-led service and social action projects.

Curriculum

Supports and enriches the school curriculum by addressing end-of-year objectives across core and foundational subjects, adding depth and real-world relevance.

INVESTMENT

"An affordable investment in the future of your pupils."

"The return on this investment reaches far beyond numbers. It is, quite literally, an investment in the future of our children, our young people, and the world they will shape."

The Saturday School for Heroism is fully managed and delivered by Being The Cure, removing any additional workload for the senior leadership team or the Head/Principal. We take care of every aspect — from safeguarding oversight and liaison with the school's Designated Safeguarding Lead, to managing all parent communications from start to finish. Our streamlined approach ensures that the programme runs smoothly, seamlessly, and without disruption to the school's daily operations, while enriching the wider school community with a unique and inspiring experience.

BECOME A SCHOOL OF HEROISM

LET'S GET IN TOUCH

info@beingthecure.org

020 3443 9782

www.beingthecure.org



BEING THE CURE

Registered Charity England and Wales 1188077