

Reflection

Did you enjoy working for the silver JASS award? What exactly did you enjoy?
What would you do differently if you could do it again?



Paisley Grammar School



Logbook 15/16

Name _____

Mentor _____

My Interests

My Interests is where I have taken on a new hobby or interest or a current hobby or interest that can be developed further. This can be completed at school or at home. For your Silver Award you need to take part in and record 12 hours worth of your new hobby or development of an old hobby.

Date	Activity

What I learned during this hour	Signature



Get Active Stay Active

Get Active, Stay Active involves regular involvement in a sport or physical activity. This can be completed at school or at home. For your Silver Award you need to take part in and record 12 hours worth of physical activity.

Date	Activity

What I learned during this hour	Signature



Volunteering

Volunteering in my school / in a primary school / in my school community and in my own community.

Date	Activity

What I learned during this hour	Signature

