

S

STOIC

def. A person who can endure hardship without complaining, showing the utmost resilience and perseverance in the most challenging times.

A Stoic upholds virtues such as integrity (having strong moral principles) and courage. These characteristics can be demonstrated by Stoic Philosopher, Marcus Aurelius, who was always willing to learn from others and admit mistakes which led to him successfully holding the Roman Empire together during the Parthian War (161 -166 AD).

T

TEAMWORK

def. The collaborative effort of a group to achieve their desired goal.

According to a study at Stanford University, teams that work well together are 64% more productive.

Stowe offers an extremely wide range of co-curricular activities which include a varied Arts programme and a plethora of sports activities. To create the best team spirit, individuals must respect their teammates, uphold the rules and observe the decisions of the referee/umpire. Teamwork is also needed for academic success and is shown by sharing effective teaching strategies to maximise the education of Stoics.

Teamwork will be measured by team participation across all areas of the School, which is measured through The Stoic Award.

One of England's star cricketers, Old Stoic Ben Duckett, has demonstrated the importance of strong teamwork, respecting others and having belief in the individual when representing his country.

O

OPPORTUNITY

def. A set of circumstances that make it possible to do something.

Stoics are given the opportunity to take part in CCF, DofE, Choir, Debating and many more activities as well as opportunities to improve their academic outcomes by attending clinics. Stoics should embrace every opportunity they are given by learning from mistakes which further develops a growth mindset. Stoics should be optimistic and recognise that abilities can be improved by perseverance and increased effort (inside and outside the classroom). By reflecting on previous mistakes pupils are showing skills such as analytical thinking which are necessary when adopting the Change Maker mindset.

Pupils should take advantage of the opportunities they are given and are therefore expected to: make the most of every lesson, respect everyone's rights to learn, be on time to their commitments and take responsibility for their learning by handing in prep on time. Teachers are encouraged to increase their engagement with Stowe's strategic plans to improve diversity and inclusivity throughout the School and be willing to adapt to different ways of thinking.

I

INDIVIDUAL

def. A maverick who is willing to go against the crowd using their own creativity and innovation.

Stoics should think for themselves and not be influenced by others around them, creating innovative individuals who generate creativity. This involves pupils picking an activity which they have a genuine passion for and not necessarily following the crowd. To encourage individuality pupils must be confident in their own skin. Teachers should aim to instil confidence in pupils by praising effort and reflection both in and out of the classroom.

Old Stoic Liberty King, as Head of Strategy at The Education Trust, is inspiring young people to push beyond perceived limitations and maximise their life chances through education and skills.

C

CHARACTER

def. The mental and moral qualities distinctive to an individual.

A Stoic should uphold character virtues such as humility and resilience. Their actions, habits, and emotional responses are all directed to the moral good. Pupils should recognise the importance of the three Rs: having *Respect* for yourself, *Respect* for others and taking *Responsibility* for your own actions.

The selfless traits and public-spirited actions of Old Stoic, Sir Nicholas Winton, resulted in 669 Czech children being rescued during WW2. In 2024, Old Stoic, James Rudkin won a Gold medal for rowing at the Olympics in Paris, and credits responsibility, empathy, determination, and obsession as the key ingredients to his success.

'A pessimist sees the difficulty in every opportunity, and an optimist sees the opportunity in every difficulty.' - Sir Winston Churchill