

# Year 7 Enrichment 2017

## AIM FOR THE STARS

Monday 3<sup>rd</sup> July – Friday 7<sup>th</sup> July  
Team Building and Personal Challenge



This booklet provides an overview of the week to indicate which activity each group is doing on a particular day. It then gives a detailed guide for each day including a timetable, a list of what to bring and any special notes.

Please read through the booklet carefully and make sure you know what you are doing each day. If you have any concerns contact your tutor or speak to Miss Moss or Mr Germaine. Pupils who are normally eligible for free school meals will have a lunch provided each day, unless they have already told their tutor that they are bringing their own.

### Important notes:

- If a pupil is ill or unable to attend, please **phone the school** promptly on each day.
- Pupils do not need to wear school uniform (see guidance on what to wear).
- Pupils must be on time for activities.
- Pupils must follow instructions of members of staff and of instructors.
- Pupils must show respect to each other, staff, instructors and the public.
- Pupils with an inhaler, epipen or any other medication must bring it (and a spare).
- Pupils should **not** bring anything of value as there is no storage facility

## Y7 Enrichment Week Timetable

<u>Tutor or Guide</u>	<u>Grp</u>	<u>Monday 3<sup>rd</sup></u>	<u>Tuesday 4<sup>th</sup></u>	<u>Wed 5<sup>th</sup></u>	<u>Thursday 6<sup>th</sup></u>	<u>Friday 7<sup>th</sup></u>
<u>Mrs Ellison</u>	<u>DO</u>	Keynes Park High Ropes & Swim	@ Bristol	Waterland Outdoor Pursuits	CDPS Survival Skills	Teambuilding activities and rounders
<u>Mrs K Davies</u>	<u>DU</u>	Waterland Outdoor Pursuits	CDPS Survival Skills	@Bristol	Keynes Park High Ropes & Swim	Teambuilding activities and rounders
<u>Ms Sarna / Ms Simpson</u>	<u>FR</u>	CDPS Survival Skills	Waterland Outdoor Pursuits	Keynes Park & Swim	@Bristol	Teambuilding activities and rounders
<u>Mrs Charleston</u>	<u>LI</u>	Waterland Outdoor Pursuits	CDPS Survival Skills	@Bristol	Keynes Park High Ropes & Swim	Teambuilding activities and rounders
<u>Miss Hickey</u>	<u>NI</u>	Keynes Park High Ropes & Swim	@Bristol	Waterland Outdoor Pursuits	CDPS Survival Skills	Teambuilding activities and rounders
<u>Mr Broussine</u>	<u>TU</u>	CDPS Survival Skills	Waterland Outdoor Pursuits	Keynes Park & Swim	@Bristol	Teambuilding activities and rounders

## Waterland Outdoor Pursuits - Watersports

Meet:	8.45am in Registration room	
Transport:	Board coach at 8.55am for departure at 9.00am	
Location for Activity:	Waterland Outdoor	
Activities:	Activities to include ( <i>pupils have already opted</i> ):  Kayaking Sailing Canoeing Windsurfing Rafting Archery Bushcraft	
Timetable:	09.20 am	Arrive Waterland Outdoor and register
	14.30 pm	Get changed
	14.45 pm	Board bus and return to CDPS
Equipment:	Towel Swimming gear Sun lotion Wet weather gear and warm clothing Footwear that can get wet (old trainers or wet suit shoes) <b>Spare</b> warm clothes to travel home in. Packed lunch including drink and snacks SAFETY GEAR IS PROVIDED Wetsuits are provided for windsurfing A plastic bag to carry wet things home	
NOTE:	Please do not bring any valuables as there is nowhere to store them that is safe and the bus is not remaining on site.  Have swimming costume on underneath clothes to speed up getting changed for Activity 1	

## @Bristol Museum

Meet:	8.45am in Registration room, coach leaves at 8.50am. <b>Please make sure travel sickness pills have been taken in advance if you need them.</b>
Location for Activity:	@Bristol Museum in Bristol
Activities:	A range of discovery sessions and a planetarium show.
Timetable:	Arrive @Bristol at 10.30am, pupils will be split into groups and will take part in a range of hands-on activities and a planetarium visit. <i>Planetarium show starts at 11am promptly.</i> 15.15pm Arrival at CDPS
Equipment:	Pen / pencil Packed lunch including drink and snacks Bottle of drinking water TRAVEL SICKNESS PILLS FOR THE RETURN JOURNEY IF NECESSARY.
NOTE:	Please do not bring any valuables as there is nowhere to store them that is safe.

## Cotswold Country Park - High Ropes/Swim

Meet: 8.45am in Registration room

Transport: Board coach at 8.55am for departure at 9.00am

Location for Activity: Cotswold Country Park

Activities: Head4Heights High Ropes Activities  
Swimming at the beach by the lake

Timetable: 09.20 am Arrive Cotswold Country Park and register  
09.30 am Tutor groups to separate and walk to location  
1 to Head4Heights, 1 to beach

Group 1	
09.30am	Head4Heights
12.15pm	Lunch
12.45pm	Walk to beach and swim (12.45-2.30pm)
14.00pm	Get changed
14.30pm	Walk back to reception
14.45pm	Board bus, register and return to CDPS

Group 2	
09.30am	Walk to beach and swim (10am -11.45am)
11.45pm	Lunch
12.00pm	Walk to Head4Heights
12.15pm	Head4Heights
14.30pm	Walk back to reception
14.45pm	Board bus, register and return to CDPS

Equipment: Towel  
Swimming gear  
Hat  
Sun lotion  
Grippy footwear for climbing (trainers)  
Loose trousers (track pants) for climbing to protect your legs  
**(shorts are not suitable)**  
Wet weather gear  
**Spare** warm clothes to travel home in.  
Packed lunch including drink and snacks  
Large bottle of drinking water

NOTE: Please do not bring any valuables as there is nowhere to store them that is safe and the bus is not remaining on site.

## CDPS - Survival Skills

Meet: 8.50am in Registration room

Location for Activity: Cirencester Deer Park School

Activities: A range of activities carried out on the Bathhurst Estate

Timetable:

8.50 am	Stay in Registration room
9.30 am	Meet Mr Perkins / Mr Grant on the tennis courts.
14.30pm	Return to tennis courts and register
15.25pm	Leave school

Equipment:

- Wet weather gear
- Footwear that can get wet and muddy
- Hat
- Sun lotion
- Spare warm clothes to be changed into on their return.**
- Drink and snacks

NOTE: This activity will involve making a camp fire and cooking some food on the fire. Food will be provided for cooking but pupils can bring other food to complement this. Vegetarians and pupils with other special dietary requirements should bring their own packed lunch. Dessert will be available.

**Pupils are likely to get muddy on this activity so need to be suitably dressed.**

Please do not bring any valuables as there is nowhere to store them that is safe.

## CDPS - Team Activities

Meet: 8.50am in Registration room

Location for Activity: Cirencester Deer Park School

Activities: Sports and Team Building Fun

Timetable: 9.05am Go to Reg room

Equipment: Pupils come to school in clothing suitable for PE  
Wet weather gear  
Footwear that can get wet and muddy  
Hat  
Sun lotion  
Drink and snacks

NOTE: Please do not bring any valuables as there is nowhere to store them that is safe.