

Year 7
Activities Week
14-17th July 2014



Team 4

Name.....

Key Information

The theme for Year 7 Activities Week is:

'Fully Human, Fully Alive'

Year 7 students take part in four days of activities that aim to develop the different facets of the human person, outside of the academic.

These are:

Physical – Westhorpe Activities Centre

Spiritual – Retreat at Trailfinders Ealing

Social – Thorpe Park

Creative – workshops in school on circus skills, dance and comedy

Organisation:

Year 7 has been divided into four teams of seventy-five students. These teams are made up of three tutor groups. Each day a team takes part in one of the four activities so that by the end of the four days each team will have taken part in all the activities.

Emergency contact:

Ms McLoughlin

02085758222

Coach Company:

Impact Coaches

020 8579 9922

Team 4

Who is in your team?

Groups	Tutor	Reg Room	Teachers	Responsibilities
4a	7MO1	J205	Ms Keith	
			Mr Li	
			Ms Buffini	
4b	7WA2	J206	Ms Burrell	
			Mr Walpole	
			Ms Campbell	
4c	7CL2	J207	Mr Allard	First Aider
			Ms Sowa	Epipen Trained
			Ms Shaffery	Team Leader

What are you doing during the week?

Dates	Activities	Transport	Return Time
Mon 14/07	Retreat – Trailfinders Ealing	Students make their own way there	
Tues 15/07	Outdoor Activities – Westhorpe Activities Centre	Coach 9am	3.30pm
Wed 16/07	Get Creative (in school)	In school	
Thur 17/07	Thorpe Park	Coach 9am	3.30pm



Monday 14th July

Retreat – Trailfinders

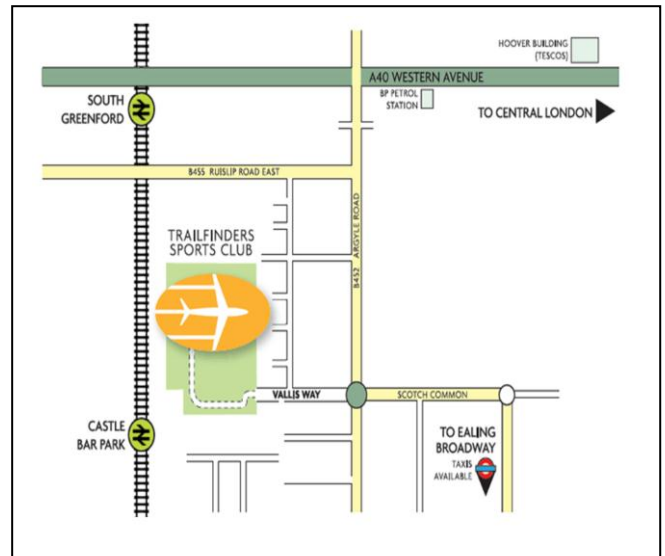
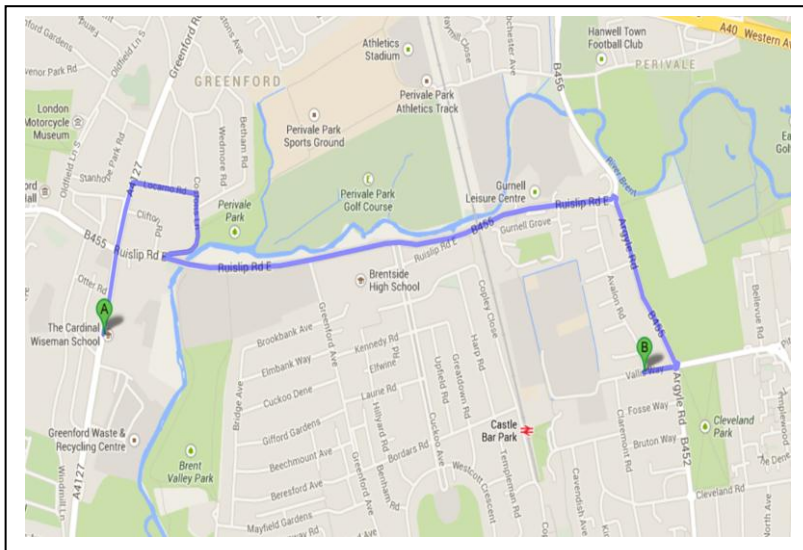
Groups	Tutor	Registration		Activities	Lunch	Activities	Departure
		Room	Time				
4a	7MO1	Trailfinders	9am	9-12am	12-1pm	1-3pm	3pm
4b	7WA2	Trailfinders	9am	9-12am	12-1pm	1-3pm	3pm
4c	7CL2	Trailfinders	9am	9-12am	12-1pm	1-3pm	3pm

All students must make their own way to:

B = Trailfinder Sports Club, Vallis Way, West Ealing, London W13 0DD

Nearby bus stops are: E2, E7, E9, E10

FSM students must collect their lunch from the school before going to Trailfinders. There is no where to buy lunch at Trailfinders.



What to bring...

- A packed lunch (Students on FSM must collect their lunch from the canteen before school).
- Water
- High factor sun cream
- Sun hat
- Rain coat
- Warm clothing

The school will take no responsibility for valuables that are brought on the trip.

Students must...

- arrive at 9am at Trailfinders Sports Club.
- register with their teacher.
- ensure they have brought any medication they need, including inhalers.
- ensure they have brought with them everything they may need.
- uphold the school's Code of Conduct

Consequences

If a student does not uphold the school's Code of Conduct...

- They will be warned that their behaviour must improve.
- They will remain with a teacher for the rest of the day.
- They will not take part in other activities during Activities Week and will remain in school instead.

Tuesday 15th July

Outdoor Adventure Activities

Westhorpe Activities Centre

Groups	Tutor	Registration		Coach Leaves	Arrival	Activities	Departure
		Room	Time				
4a	7MO1	J205	8.40am	9am	10am	10-3pm	3pm
4b	7WA2	J206	8.40am	9am	10am	10-3pm	3pm
4c	7CL2	J207	8.40am	9am	10am	10-3pm	3pm

What to bring...

- A packed lunch and water (Students on FSM must collect their lunch from the canteen before school)
- High factor sun cream/sun hat
- Waterproof coat and trousers
- Clothing that can get wet and a warm change of clothing
- Swimming trunks/costume
- Spare trainers that can get wet (not boots as the footwear must be secure)
- Towel
- Bin bag for wet clothing

The school will take no responsibility for valuables that are brought on the trip.

Students must...

- arrive at 8.40am.
- register in the correct room, see the timetable above.
- ensure they have brought any medication they need, including inhalers.
- ensure they have brought with them everything they may need.
- be sensible getting on and off the coach.
- use their seatbelts.
- uphold the school's Code of Conduct

Consequences

If a student does not uphold the school's Code of Conduct...

- They will be warned that their behaviour must improve.
- They will remain with a teacher for the rest of the day.
- They will not take part in other activities during Activities Week and will remain in school instead.





Wednesday 16th July

Get Creative - In school

Group	Tutor	Registration		Activity 1 9.30-11.05	Activity 2 11.25-12.45	Activity 3 1.30-2.30	Sharing 2.35-3pm
		Room	Time				
4a	7MO1	J205	9am	B6	B8	B10	Hall
4b	7WA2	J206	9am	B10	B6	B8	Hall
4c	7CL2	J207	9am	B8	B10	B6	Hall

What to bring...

- A packed lunch (Students on FSM must collect their lunch from the canteen)
- Water
- High factor sun cream
- Sun hat
- Rain coat
- Warm clothing

The school will take no responsibility for valuables.

Students must...

- arrive at 9am.
- register in the correct room, see the timetable above.
- ensure they have brought any medication they need, including inhalers.
- ensure they have brought with them everything they may need.
- uphold the school's Code of Conduct
- be encouraging of other students.

Consequences

If a student does not uphold the school's Code of Conduct...

- They will be warned that their behaviour must improve.
- They will remain with a teacher for the rest of the day.
- They will not take part in other activities during Activities Week and will remain in school instead.



Thursday 17th July

Thorpe Park

Groups	Tutor	Registration		Coach Leaves	Arrival	Check In	Departure
		Room	Time				
4a	7MO1	J205	8.40am	9am	10am	12-1pm	3pm
4b	7WA2	J206	8.40am	9am	10am	12-1pm	3pm
4c	7CL2	J207	8.40am	9am	10am	12-1pm	3pm

What to bring...

- A packed lunch (Students on FSM must collect their lunch from the canteen before school).
- Water
- High factor sun cream
- Sun hat
- Rain coat
- Warm clothing

The school will take no responsibility for valuables that are brought on the trip.

Students must...

- arrive at 8.40am.
- register in the correct room, see the timetable above.
- ensure they have brought any medication they need, including inhalers.
- ensure they have brought with them everything they may need.
- be sensible getting on and off the coach.
- use their seatbelts
- remain in groups of a minimum of 3 friends throughout the day.
- check in with their teachers between 12-1pm and at 3pm.
- uphold the school's Code of Conduct
- return on time to depart.

Consequences

If a student does not uphold the school's Code of Conduct...

- They will be warned that their behaviour must improve.
- They will remain with a teacher for the rest of the day.
- They will not take part in other activities during Activities Week and will remain in school instead.

Student Diary

Monday 14th July

What activities did you do today?

How did you use the PLTS today?

Independent Enquirer

Creative Thinker

Reflective Learner

Team Worker

Self-Manager

Effective Participant

How did you challenge yourself?

What could you do tomorrow to improve your experience of Activities Week?

Tuesday 15th July

What activities did you do today?

How did you use the PLTS today?

Independent Enquirer

Creative Thinker

Reflective Learner

Team Worker

Self-Manager

Effective Participant

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What could you do tomorrow to improve your experience of Activities Week?

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How did you use the PLTS today?

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Self-Manager

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What could you do tomorrow to improve your experience of Activities Week?

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Thursday 17th July

What activities did you do today?

How did you use the PLTS today?

Independent Enquirer

Creative Thinker

Reflective Learner

Team Worker

Self-Manager

Effective Participant

How did you challenge yourself?

What have you learnt about yourself during Activities Week and how could you apply this to your learning?

Prayers

Morning prayer:

Dear Lord, I give you my hands to do Your work; I give You my feet to go Your way; I give You my eyes to see as You see; I give You my tongue to speak Your words; I give You my mind that You may think in me; I give You my spirit that You may pray in me. Above all, I give You my heart that You may love in me – love the Father and love all humankind. I give You my whole self, Lord, that You may grow in me, so that it is You who lives, works and prays in me. Amen.

Prayers before meals:

For health and strength and daily food, We praise your name, O God. Amen

Bless us oh Lord and these thy gifts, which we are about to receive, through thy bounty, through Christ, our Lord.
Amen

Afternoon prayer:

My God, I thank You for having kept me safe this day. Pardon me the evil I have done, and accept the good I have done. Take care of me while I sleep and deliver me from all danger. Refresh for tomorrow and may Your grace be always with me and with all my loved ones. Amen.

