

Year 7  
Activities Week  
14-17th July 2014



Team 2

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 2

Who is in your team?

Groups	Tutor	Reg Room	Teachers	Responsibilities
<b>2a</b>	7FI1	J110	Ms Dann	
			Mr Dann	Team Leader
<b>2b</b>	7SO2	J111	Ms Brayne	Epipen Trained
			Ms Quinn	
			Mr Knight	
<b>2c</b>	7WA1	J113	Mr Wade	
			Dr Marshall	
			Mr Johnson	First Aider

What are you doing during the week?

Dates	Activities	Transport	Return Time
Mon 14/07	Get Creative (in school)	In school	3pm
Tues 15/07	Thorpe Park	Coach 9am	3.30pm
Wed 16/07	Retreat – Trailfinders Ealing	Students to make their own way there	Dismissed there
Thur 17/07	Outdoor Activities – Westhorpe Activities Centre	Coach 9am	3.30pm



# Monday 14th 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				
2a	7F11	J110	9am	B6	B8	B10	Hall
2b	7SO2	J111	9am	B10	B6	B8	Hall
2c	7WA1	J113	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.

# Tuesday 15<sup>th</sup> July

## Thorpe Park



Groups	Tutor	Registration		Coach Leaves	Arrival	Check In	Departure
		Room	Time				
2a	7FI1	J110	8.40am	9am	10am	12-1pm	3pm
2b	7SO2	J111	8.40am	9am	10am	12-1pm	3pm
2c	7WA1	J113	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.

# Wednesday 16<sup>th</sup> July

## Retreat - Trailfinders



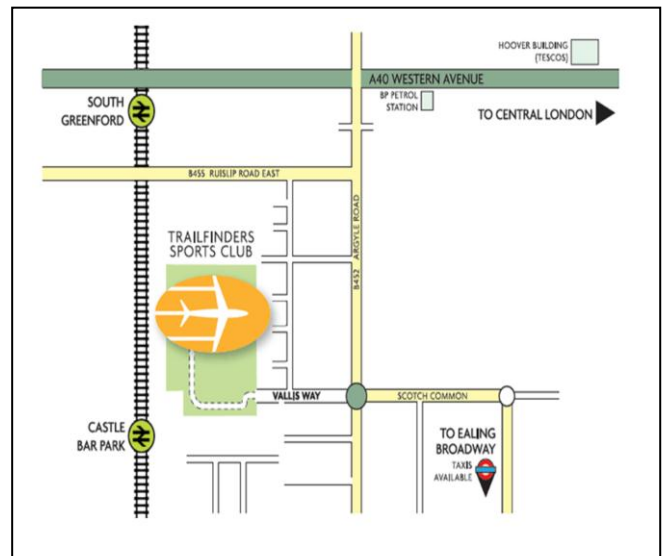
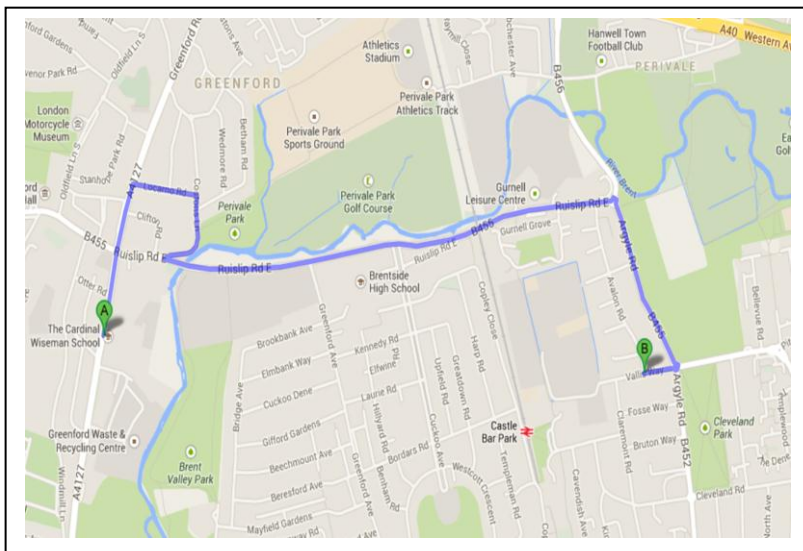
Groups	Tutor	Registration		Activities	Lunch	Activities	Departure
		Room	Time				
2a	7FI1	Trailfinders	9am	9-12am	12-1pm	1-3pm	3pm
2b	7SO2	Trailfinders	9am	9-12am	12-1pm	1-3pm	3pm
2c	7WA1	Trailfinders	9am	9-12am	12-1pm	1-3pm	3pm

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.

# Thursday 17<sup>th</sup> July

## Outdoor Adventure Activities

### Westhorpe Activities Centre

Groups	Tutor	Registration		Coach Leaves	Arrival	Activities	Departure
		Room	Time				
2a	7FI1	J110	8.40am	9am	10am	10-3pm	3pm
2b	7SO2	J111	8.40am	9am	10am	10-3pm	3pm
2c	7WA1	J113	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.
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# Student Diary

**Monday 14<sup>th</sup> July**

What activities did you do today?

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How did you use the PLTS today?

Independent Enquirer

Creative Thinker

Reflective Learner

Team Worker

Self-Manager

Effective Participant

How did you challenge yourself?

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

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# Tuesday 15<sup>th</sup> 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?

# Wednesday 16<sup>th</sup> July

What activities did you do today?

How did you use the PLTS today?

Independent Enquirer

Creative Thinker

Reflective Learner

Team Worker

Self-Manager

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How did you challenge yourself?

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

# Thursday 17<sup>th</sup> 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.

