

Year 9 Residential Trip to Cobnor Activity Centre



14-17th July 2014

Name.....

Key Information

Cobnor Activity Centre is located in Chichester Harbour. It offers miles of sheltered tidal water and is set within a superb rural landscape. This makes it ideal for those who enjoy water sports and land-based activities. It aims to help educate young people, to develop their physical, mental and spiritual capacities so that they may grow to full maturity as individuals and members of society.

Group leader: Ms Benton
Other teachers: Mr Beale – epipen trained
Mr Jenner
Ms Jennings – epipen trained
Mr Price – First Aider
Ms Quigley

Emergency contact: Ms McLoughlin
02085758222

Number of students: 46 students (19 boys/27 girls)

Coach Company: Impact Coaches
020 8579 9922

Location of centre: Cobnor Activities Centre
Cobnor Point
Chidham
West Sussex
PO18 8TE

Phone number: 01243 572791
Head of centre: Gary Palmer

Itinerary

- Departure

Registration of students:	8am
Location:	Library
Departure of coach from school:	8.30am
Arrival at centre:	10.30am

- General Timetable

Breakfast:	8-9am
Break:	10.30-
10.45am	
Lunch:	12.15-
1.15pm	
Break:	2.45-3pm
Own Time:	4.30-6pm
(Please take school equipment)	
Dinner:	6-7pm
Evening Activity:	7-8.30pm

- Return

Departure of coach from centre:	2pm
Arrival at school:	4pm

Timetable

Cardinal Wiseman School							
47							
14-17 July 2014							
9 in GROUP							
Year 9 stud							
14th	MONDAY	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	GROUP 6
HT 13.42							
5m	10.30-1pm	Arrive	Room Allocation	Un Pack	Site Visit	Fire Drill	
	1-2.30pm	Archery	Canoeing	Low ropes	Kayaking	Climbing	
	2.30-2.45pm	BREAK	BREAK	BREAK	BREAK	BREAK	
	2.45-4.15pm	Kayaking	Archery	Canoeing	Low ropes	MTB skills	
	4.15-6pm	OWN TIME	OWN TIME	OWN TIME	OWN TIME	OWN TIME	
	6-7pm	DINNER	DINNER	DINNER	DINNER	DINNER	
	7-8.30pm	mini Olympics	mini Olympics	mini Olympics	mini Olympics	mini Olympics	
15th	TUESDAY	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	
HT 14.33							
5m	8-9am	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
	9-10.30am	Sailing Bosun	Sailing Bosun	Archery	MTB skills	Low ropes	
	10.30-10.45	BREAK	BREAK	BREAK	BREAK	BREAK	
	10.45-12.15	Sailing Bosun	Sailing Bosun	Climbing	Archery	Canoeing	
	12.15-1.15pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
	1.15-2.45	Low ropes	Climbing	Sailing Bosun	Sailing Bosun	Archery	
	2.45-3pm	BREAK	BREAK	BREAK	BREAK	BREAK	
	3-4.30pm	Canoeing	Low ropes	Sailing Bosun	Sailing Bosun	Problem Solving	
	4.30-6pm	OWN TIME	OWN TIME	OWN TIME	OWN TIME	OWN TIME	
	6-7pm	DINNER	DINNER	DINNER	DINNER	DINNER	
	7-8.30pm	Night Line	Night Line	Night Line	Night Line	Night Line	
16th	WEDNESDAY	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	
HT 15.23							
5m	8-9am	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
	9-10.30am	Problem Solving	MTB skills	Kayaking	Raft Building	Sailing Bosun	
	10.30-10.45	BREAK	BREAK	BREAK	BREAK	BREAK	
	10.45-12.15	MTB skills	Problem Solving	Raft Building	Climbing	Sailing Bosun	
	12.15-1.15pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
	1.15-2.45	Climbing	Raft Building	Problem Solving	Canoeing	Kayaking	
	2.45-3pm	BREAK	BREAK	BREAK	BREAK	BREAK	
	3-4.30pm	Raft Building	Kayaking	MTB skills	Problem Solving	Raft Building	
	4.30-6pm	OWN TIME	OWN TIME	OWN TIME	OWN TIME	OWN TIME	
	6-7pm	DINNER	DINNER	DINNER	DINNER	DINNER	
	7-8.30pm	Orinteering	Orinteering	Orinteering	Orinteering	Orinteering	
17th	THURSDAY	GROUP 1	GROUP 2	GROUP 3	GROUP 4	GROUP 5	
HT 14.12							
4.9m	8-9am	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
	9-10.30am	Cobnor Challenge	Cobnor Challenge	Cobnor Challenge	Cobnor Challenge	Cobnor Challenge	
	10.30-10.45	BREAK	BREAK	BREAK	BREAK	BREAK	
	10.45-12.15	RAFT RACE	RAFT RACE	RAFT RACE	RAFT RACE	RAFT RACE	
	12.15-1.15pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
	1.15-2.45	Depart	Depart	Depart	Depart	Depart	
	2.45-3pm						
	3-4.30pm						

Kit List

Clothing:

- 6 changes of suitable clothing, this should include:
 - Long sleeved tops
 - Long trousers (not $\frac{3}{4}$ length)
- 6 sets of underwear
- 6 pairs of warm socks (not trainer socks)
- A waterproof coat and trousers (activities will take place even if it is raining)
- A warm coat
- A warm hat and gloves
- Swim wear and clothes to get wet in, or a wet suit
- A sunhat
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Footwear:

- Sturdy walking boots or trainers, these will get dirty (plimsoles and sandals are not acceptable)
- Shoes for wearing in the water, these must be secure and will get wet.

Bedding:

- Sleeping bag
- Single fitted sheet
- Pillow case
- Nightwear

Plus

- 2 towels and toiletries, including suncream
- Torch
- Water bottle
- Bin liner for dirty clothes

Students should not bring a mobile phone, jewelry or anything of value, as its safety will not be guaranteed by the teachers or staff at Cobnor Activity Centre.

If parents need to contact their children they can call the centre on:

01243 572791

Activity Groups

Groups

Group 1	
Ms	Quigley
Jubril	Adedeji
Vera	Baiden
Ciara	O'Reilly
Sarah Jane	Conway
Anna	Dziki
Victoria	Andrzejewskal
Nathan	Kowalewicz
Charlie	O'Leary
David	Rocha

Group 2	
Mr	Beale
Donnell	Magezi
Daniela	Tiwo
Chanel	Eshoh
Shauna	Munnelly
Chloe	Mifsud
Renay	Pierre Powell
Andrew	Chammas
Emanuel	Sasikumar
Michael	Garaza

Group 3	
Mr	Jenner
Dominic	De Silva
Tamera	Joseph-Mark
Caragh	Nolan
Maya	Crist
Ellie	Brady
Mairead	McGovern
Neo	Batute
John	Tuohy
Marco	Wolosiak

Group 4	
Ms	Benton
Chris	Monponbanua
Shalom	Dilip
Roisin	O'Dea
Dominika	Gaber
Courtney	Clancy
Simone	Charles
Jamie	Lett
Francesco	Beretta
Rishi	Stevenson

Group 5	
Mr	Price
Azra	Jennings
Xavier	Donegal
Carys	Peacock
Sara	Pervez
Jade	Lewis
Weronika	Baranowska
Armina	Galminaite
Luke	Reilly
Alexander	Mould Outten
Zakary	Rehman
Uden	Henry

Accommodation

Log Cabin

Room 1

Ms Quigley

Room 2

Jubril Adedeji
Chris Monponbanua
David Rocha
Michael Garaza

Room 3

Mr Price

Room 4

Carys Peacock
Sara Pervez
Victoria Andrzejewskal
Mairead McGovern

Room 5

Sarah Jane Conway
Maya Crist
Chloe Mifsud
Weronika Baranowska

Room 6

Ellie Brady
Renay Pierre Powell
Courtney Clancy
Armina Galminaitė

Room 7

Ms Benton
Ms Jennings

Dorm 1

Ciara O'Reilly
Caragh Nolan
Chanel Eshoh
Roisin O'Dea
Jade Lewis
Shauna Munnelly

Dorm 2

Dominika Gaber
Anna Dzuki
Simone Charles
Vera Baiden
Tamera Joseph-Mark
Daniela Tiwo
Shalom Dilip

Jubilee Building

Room 1

Nathan Kowalewicz
Neo Batute
Andrew Chammas
Luke Reilly
Jamie Lett
Charlie O'Leary
John Tuohy
Emanuel Sasikumar

Room 2

Mr Jenner
Mr Beale

Room 3

Zakary Rehman
Marco Wolosiak
Uden Henry
Alexander Mould Outten
Francesco Beretta
Rishi Stevenson

Room 4

Dominic De Silva
Xavier Donegal
Donnell Magezi

Students' Responsibilities

Conduct

- Students must uphold the school's Code of Conduct.
- Cobnor Activity Centre does not tolerate any form of bullying, racism or violent behaviour towards or from any of our guests.
- Noise levels must be kept to a minimum from 10.30pm till 7.30am.
- Vandalism of any Cobnor property is not acceptable and students will be charged for any repairs required.
- Appropriate language must be used by students.
- Smoking, alcohol and illegal substances are forbidden.

Accommodation

- Boys and girls are not permitted in each other's rooms.
- Students must remain in their allocated rooms.
- On Thursday all litter must be placed in the large refuse bins at the entrance to the boat park. There are recycling bins for glass and cans situated in the adjacent car park. Failure to do so will result in a minimum charge of £50.
- The toilets are reserved for natural body functions. Please do not put any other items down them.
- No food or drink to be taken into the Log Cabins, Jubilee Sleeping area
- No wet shoes or wet clothing to be taken into the accommodation.
- Any soiled mattress covers will be charged at £2 each.
- Bed sheets will be issued to the group on arrival and must be removed on the morning of departure and handed to the duty member of staff.

Dining

- Tables must be wiped down with a suitable cleaning agent.
- Please sweep the floor thoroughly to remove any food waste.

Consequences of poor behavior

- Verbal warning
- Removed from activities
- Parents called and asked to collect their child.
- Any poor behaviour will also be followed up in line with the school's policies on the student's return to school.

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 in Cobnor?

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

How did you challenge yourself?

What could you do tomorrow to improve your experience in Cobnor?

Wednesday 16th 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 in Cobnor?

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 your time at Cobnor 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 I may think like you; I give You my spirit that You be within me. Above all, I give You my heart that I may love like you. 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

Evening 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.

