

RESILIENCE CAMP 2019

Wednesday 11 September to Friday 13 September



Importance of resilience

- ▶ We aim to drive forward the quality of resilience in our students; convey a body of knowledge about learning; develop personal learning attributes and provide opportunities to practise new skills, all of which can be applied throughout school.

Types of resilience

- ▶ **Cognitive** - The ability to apply yourself, adapt in certain situations and try new approaches to tasks.
- ▶ **Emotional** - The ability to control your emotions, empathise with others and learn from your mistakes.
- ▶ **Cultural and Spiritual** - The ability to show tolerance in all situations.
- ▶ **Physical** - The ability to take control of your body and push yourself to your limits.
- ▶ **Endurance** - The ability to keep on going even when things get tough.

Kit - essentials

- ▶ Warm sleeping bag
- ▶ Blanket/roll mat

The should be placed in a bin liner and clearly named

- ▶ Fully waterproof cagoule
 - ▶ Lunch box
 - ▶ Plastic drinks bottle
- 2 plastic/metal plates
 - Knife, fork, spoon,
 - Dish
 - Tea towel

Kit

- ▶ Good trainers or walking boots
- ▶ Jeans, trousers, tracksuit
- ▶ Shirts/t-shirts
- ▶ Sweaters/jumpers
- ▶ Shorts
- ▶ Underwear/Socks
- ▶ Pyjamas
- Toiletries
- Sun block
- Rucksack
- Torch
- Pencil case
- **Students do not need to bring their planners**

Key information

- ▶ Tent and group arrangements will be within form groups.
- ▶ Students **MUST NOT** bring any electrical equipment
- ▶ **Mobile phones are banned** and must not be brought to camp.
- ▶ Students are restricted to 1 small suitcase/bag, their sleeping bag and a small rucksack.
- ▶ Spending Money £5
- ▶ Medication must be clearly labelled and handed to Mrs Cooper on arrival to school on Wednesday morning.
- ▶ Meals

Programme - Wednesday

- ▶ Arrive at normal time with all their kit.
- ▶ Travel to Fanwoods
- ▶ 1ST Activity putting up tents
- ▶ Lunch
- ▶ Activity Rotation
- ▶ Free time
- ▶ Evening meal
- ▶ Activity
- ▶ Bed

Students will need:

- A packed lunch



Programme - Thursday

- ▶ Breakfast
- ▶ Activity Rotation
- ▶ Lunch
- ▶ Activity Rotation
- ▶ Free time
- ▶ Evening meal
- ▶ Activity
- ▶ Bed



Programme - Friday

- ▶ Breakfast
- ▶ 1st activity - pack and take tents down
- ▶ Lunch
- ▶ Return to school for 2:30pm

Communication

- ▶ In the event of an emergency we ask that you contact school during school hours.
 - ▶ **01274 871225**
- ▶ Out of school hours Mrs Luffman
 - ▶ **07710851243**
- ▶ They will then get in contact with us at camp.
- ▶ We will update you daily on what the students are up to using twitter. Please follow us.
 - ▶ **@BBGAcademy**