



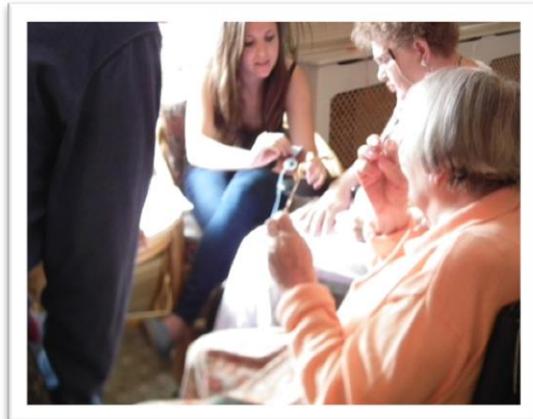
The Sir Robert Woodard
ACADEMY

Information Booklet

Sponsored Walk - 14 July 2016

and

Activities Week - 18-21 July 2016



How does Activities Week support our Pillars of Learning?



Trying new skills and using the skills we already have.



Finding out about the world and our local community.



What can we do to make a difference?



Strengthening links between students, staff and our community.



Working as a team in our Chapters and within the Academy.



Practical ways to make a difference.

May 2016

Welcome to the Sir Robert Woodard Activities Week 2016

This is our chance to team build as Chapters, experience new events and take time to enjoy education in a broader sense. Activities Week is an important part of our Pillars of Learning strategy as the opportunities it brings enables us to meet all of the Pillars in one week!

We are proud that the Academy supports our local community, and Activities Week is a time for all students to become involved in this. Part of valuing our society is to be aware of our environment - both locally and internationally and this is why we include trips out to explore local wildlife and heritage, as well as appreciating the wider world.

Each Chapter will take part in a series of activities, both in and out of the Academy and we will join together as a school to participate in our annual walk on the Downs to Cissbury Ring, which raises money for each Chapter charity, through sponsors. Every student will have the chance to contribute to this Chapter effort and there will be an award for the Chapter raising the most sponsorship money.

Understanding ourselves and the things that we can do is an important part of our development. We will be dedicating a day to exploring new physical skills and learning about the special skill sets of people with disabilities that are truly inspirational.

This leaflet details all of our activities, including the heritage trips. You will need to select **one trip** from the heritage trips listed in this booklet . The leaflet also provides details of what to wear, what to bring for each day's events and the cost of your chosen trip. Please complete the reply slip and return it by **Friday 27 May**. This information is also on the Academy website.

Please see the timetable for Activities Week - be careful to see what your Chapter is doing on what day.

Ms D Barr
Assistant Principal

Mr Guy Williams
Director of Internationalism

Activities Week Timetable – July 2016

Chapter and Year Group	Thursday 14th	Friday 15th	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd
<i>Dickens and Year 7 Brunel</i>	Sponsored Walk	INSET DAY	Investing in our Community	Physicality	Internationalism	Heritage Trips	Mentor Time and Assembly
<i>Lapper and Year 8 Brunel</i>	Sponsored Walk	INSET DAY	Heritage Trips	Investing in our Community	Physicality	Internationalism	Mentor Time and Assembly
<i>Mandela and Year 9 Brunel</i>	Sponsored Walk	INSET DAY	Internationalism	Heritage Trips	Investing in our Community	Physicality	Mentor Time and Assembly
<i>Nightingale and Year 10 Brunel</i>	Sponsored Walk	INSET DAY	Physicality	Internationalism	Heritage Trips	Investing in our Community	Mentor Time and Assembly
<i>Year 7 and Year 8 Camp Trip</i>	Sponsored Walk	INSET DAY	At Camp	At Camp	At Camp	At Camp	Mentor Time and Assembly
<i>PA Tour</i>	Sponsored Walk	INSET DAY	On Tour	On Tour	On Tour	On Tour	On Tour

What to wear and what to bring for each activity

ACTIVITY/TRIPS	TRANSPORT	CLOTHING	FOOD	OTHER
Downs Sponsored Walk to Cissbury Ring and back	On foot	<ul style="list-style-type: none"> • Wet weather trainers or walking boots • Comfortable clothing 	Packed lunch - bring plenty of water	<ul style="list-style-type: none"> • Sun cream
Arundel Wetland and Wildfowl Trust	Coach and on foot	<ul style="list-style-type: none"> • Wet weather trainers or walking boots • Comfortable clothing 	Packed lunch - bring plenty of water	<ul style="list-style-type: none"> • Sun cream • Pocket money
Portsmouth Historic Dockyards	Train and on foot	<ul style="list-style-type: none"> • Wet weather trainers or walking boots • Comfortable clothing 	Packed lunch - bring plenty of water	<ul style="list-style-type: none"> • Sun cream • Pocket money
Shoreham Airport Lifeboat Station, Houseboats and Treasure Hunt	Train and on foot	<ul style="list-style-type: none"> • Wet weather trainers or walking boots • Comfortable clothing 	Packed lunch - bring plenty of water	<ul style="list-style-type: none"> • Sun cream • Pocket money
Hever Castle, Kent	Coach and on foot	<ul style="list-style-type: none"> • Wet weather trainers or walking boots • Comfortable clothing 	Packed lunch - bring plenty of water	<ul style="list-style-type: none"> • Sun cream • Pocket money
Observatory Science Centre, Herstmonceux	Coach and on foot	<ul style="list-style-type: none"> • Wet weather trainers or walking boots • Comfortable clothing 	Packed lunch - bring plenty of water	<ul style="list-style-type: none"> • Sun cream • Pocket money
Physicality Day, at the Academy	On-site	<ul style="list-style-type: none"> • Trainers and sports clothing. • Old clothes for painting activity 	Lunch available in the canteen as usual	
Making a difference in your Community Day, in the local area	Minibus and on foot	<ul style="list-style-type: none"> • Wet weather trainers or walking boots • Comfortable clothing 	Packed lunch - bring plenty of water	<ul style="list-style-type: none"> • Sun cream • Pocket money
Internationalist Day, at the Academy	On-site	<ul style="list-style-type: none"> • Non uniform 	Lunch available in the canteen as usual	

Where a packed lunch is required, students eligible for free school meals will be provided with a packed lunch from the canteen

HERITAGE TRIPS – Please select one trip from the following five choices:

Arundel Wetland Centre

This is a great day out for nature lovers, students who like being outdoors and those who are interested in the wild wetland habitat which is part of West Sussex.

Students will have the chance to consider what they can do in their own lives to support wildlife and do their bit for the environment.

Included in the trip are two practical workshops where experts lead students on a journey of discovery into pond life, bird life and other species living here.

Students will travel by coach to Arundel where they will spend their time exploring the Wetland Centre. They will need comfortable clothes that can withstand splashes and a bit of wear and tear.

There will be time to relax with friends at lunchtime and there is a souvenir shop, where ice creams and snacks can also be purchased. Students will travel back to the Academy by coach in time for the end of the school day.

The cost of this trip is £14 which includes transport, entry fees and special workshops.



Portsmouth Historic Dockyard

Students will travel by train to Portsmouth Harbour Railway Station and will walk only a couple of minutes to reach Portsmouth Historic Dockyard. This is a fabulous chance to experience our naval heritage and find out more about the history of British sea power. The site of the Dockyard area offers the space for three different experiences:



HMS Victory: HMS Victory is the Royal Navy's most famous warship. Best known for her role in the Battle of Trafalgar, the Victory currently has a dual role as the Flagship of the First Sea Lord and as a living museum. Students will be able to discover what life was like above and below deck.

HMS Warrior: The fastest, largest and most powerful warship in the world when she was launched. Such was her reputation that enemy fleets were intimidated by her and scared to attack Britain at sea - yet she never fired a shot in anger.

Action Stations: Action Stations is a high-tech, interactive indoor attraction housed in Boathouse 6. The boathouse itself was built between 1845 and 1848, and like the technology it now features inside, it was once at the forefront of design and innovation in the Victorian era.

There will also be the opportunity to visit the Royal Navy Museum.

The cost of this trip is £15, which includes the train fare and entrance fees. Students will need to bring a packed lunch and there will be the opportunity to buy souvenirs.

Shoreham Airport, Lifeboat Station, Houseboats and Treasure Hunt

For students who would rather stay closer to Lancing, we are exploring Shoreham. We will depart from the Academy and walk to Shoreham Airport, where we will stop to enjoy an ice cream and plane spot. We will then walk along the river to see the unique houseboats, which will surprise and delight. The next stop is over the river to visit Shoreham Lifeboat Station, for a guided tour.



After lunch there will be a treasure hunt in Shoreham Town Centre, where students will discover little known facts about their local area. The day will end with a train ride from Shoreham Railway Station to Lancing Railway Station, where students will walk back to the Academy.

The cost of this trip is £3.00, plus pocket money for an ice cream.

Hever Castle, Kent

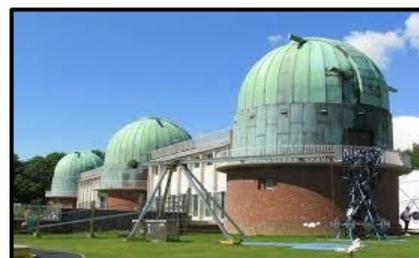
This was the home of Anne Boleyn. The castle itself is stunning, set in the beautiful grounds in the Kent countryside. There are numerous activities to make it a full day out, including three mazes, one being the renowned water maze, an adventure playground, a miniature model home exhibition and a Japanese tea house. The grounds also include a lake surrounded by woods, and a beautiful horseshoe lawn where students can have their packed lunch.



The cost of the trip is £16.00 which includes coach travel and the entrance fee. There is a shop so students may wish to bring some money to buy some souvenirs. Students will have to bring a packed lunch although there are cafés in the grounds as well.

The Observatory Science Centre, Herstmonceux

This is an amazing day out. The Observatory is set in the beautiful East Sussex countryside with views over the local castle. It is based in the buildings that house the massive telescopes that are used to form the Greenwich Observatory.



There are dozens of hands-on exhibits indoors, as well as a Discovery Park and Water Exhibit areas outdoors. The grounds are beautiful and a lovely setting for a picnic lunch. There will also be a Bridge Building Workshop, a Telescope Tour and a science show.

At the heart of the day there will be three team challenges in which students can pit their scientific wits against other teams.

The cost of the trip is £16.00 which includes coach travel, the challenges and the entrance fee. Students will need to bring a packed lunch and they may wish to bring a small amount of money to buy some souvenirs and there is a small but lovely café at the centre as well.

ACTIVITIES

Investing in our Local Communities **A Day Spent Working in our Community**



The Sir Robert Woodard Academy prides itself on working with the community. A group of students choose to do this for enrichment fortnightly; the feedback from the experiences that these students have had and the outcomes that they have helped to make happen, prompted us to do this on a wider scale during activities week.

To help students to encounter these opportunities, we work with a number of local charities and initiatives in and around our local area. We ask our students to support a local enterprise, a charity or an individual that requires support. This is an exciting week of seeing our young people help others, they are able to complete projects and see the results of their labour and efforts. More than this, they get to feel the 'real buzz' of making a difference as a volunteer.

Last year we were involved in litter picking on the local beaches, essential maintenance in a local graveyard, entertaining a nursing home of elderly clients, hosting and preparing a cream tea for the homeless, creating a wild garden in a local park and bag packing at a local supermarket; to raise money for a specific charity.

Our students are required to work in a team of between 10-30, with adult support and all Health and Safety requirements and equipment. There will be a variety of different organisations to work with, learning a wealth of different skills, culminating in a finished project. Due to the number of organisations we work with it is not possible to select a choice. However, what we can't offer in selection, we will more that make up for in helping our young people to experience volunteering; and for many the first time becomes the beginning of a lifelong commitment. Most importantly our students are investing in their local community.

Students will need to wear old clothes and bring a packed lunch.

Annual Downs Sponsored Walk

What better way to raise money for our Chapter charities than getting fit at the same time! Our annual Downs Sponsored Walk has a special place in Activities Week. This takes place during the school day, where we walk a circular walk from the Academy to Cissbury Ring, enjoying the South Downs National Park.



This year all staff and students will walk together on Thursday 14 July, covering a total distance of approximately 7 miles over the course of the day. We stop for a picnic at Cissbury Ring, where we have hired toilets, before walking back to the Academy. It is really important that students wear trainers or walking boots – for comfort and safety.

Along with a packed lunch and plenty of water, students should bring sun cream, a sun hat or a waterproof depending on the weather. Every student will have a sponsor form and we do hope that you and your family will support them with this. Our chapter charities are:

Mandela – Chestnut Tree House	Nightingale – The Queen Alexandra Hospital Home
Lapper – Cancer Research	Brunel – Rockinghorse Children's Charity
Dickens – Dravet Syndrome Foundation	

Physicality

This is going to be a very special day in which everyone will be given the opportunity to stretch their physical abilities to the limit in three very different ways.

The day will be divided into three different workshops:

Enable Me

Enable Me is a charity that recruits and trains teams of disabled volunteers who could work in schools, colleges, youth groups and in the wider community to help educate and inspire young people to want to change negative attitudes.

The teams communicate and tell their own stories, *“so that a positive message slowly ripples out across the school gates into the families and extended families in the wider community.”*

Enable Me will bring in the volunteers to share their inspirational stories and give us the opportunity to walk in their shoes, we will also have the chance to play wheelchair basketball as part of the experience.



Circus Allstars

The second workshop will be run by Circus Allstars who are a group of professional circus performers who are excellent communicators and are passionate about what they teach. They focus on making learning fun and building confidence through learning.

By the end of the session, you will have learned how to perform a wide variety of circus skills: tight-wire walking, juggling, spinning plate, balancing feather, poi, gymnastic-ribbon, devil stick, diabolo, pedal-go and stilts.



Foot and Mouth Painting

We have a working collaboration with Alison Lapper, who often visits the Academy and who has a Chapter named after her. She will be running a session alongside Ms Pigg in the Art Department. The aim will be for students to produce a piece of art using only their feet and mouths.

Students should wear comfortable clothes as they may get paint over them! No uniform required.





Internationalism

The Academy is committed to the idea that we are part of a global community - what happens in one part of the world has an effect on those in the rest of it. We are all linked. Throughout the day, students will be exploring how we are connected to one another and what our responsibility is to our planet and the people on it.

Malala Yousafzai (pictured centre) is a young woman who was shot by members of the Taliban for advocating education rights for women in Pakistan. She survived and is now living in Birmingham. She is the youngest-ever Nobel Prize winner. Her work for the right for girls to go to school has since grown into an international movement. We will be exploring her life and what education means around the world.

What can we learn from her? What can we do to make a difference in the world?

We have also invited guest Workshop Leaders from Amnesty International, The New Internationalist and Oxfam, all who will provide expert knowledge and experience in helping us tackle discrimination and issues of equality in the 21st Century.

Please complete the reply slip accompanying this leaflet and return it to:

Ms Barr via Student Support by Friday 27 May

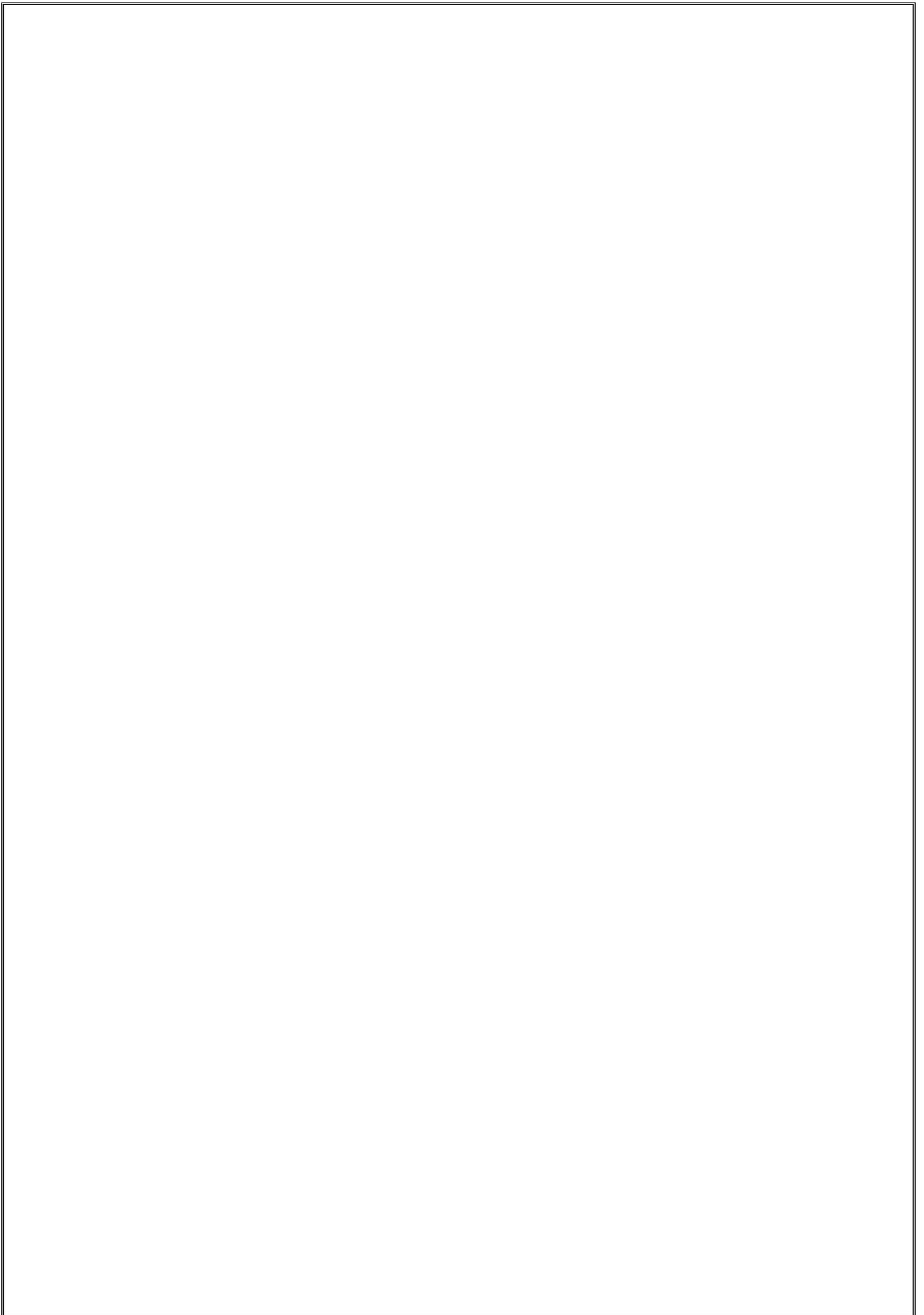
If you have any queries please contact:

***Ms D Barr on dbarr@srwa.woodard.co.uk or
Mr G Williams on gwilliams@srwa.woodard.co.uk***

Thank you for your support

We look forward to a successful and memorable

Activities Week 2016





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