

18 JUNE - 22 JUNE 2018

CHALLENGE WEEK 2018

STRETCH YOURSELF

**Information Booklet for
Parents** for this year's
exciting week of activities.



UNIVERSITY OF
BIRMINGHAM
SCHOOL



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THE PURPOSE OF CHALLENGE WEEK

By Mrs Stemp

Having big, scary and exciting goals to strive towards is what life is all about. This ambition is something Bonita Norris set upon through a journey of self-discovery. With a thirst to try new things and a mindset to go beyond her comfort zone, she achieved greatness and became the youngest British female to climb Mount Everest.

Having recently attended a talk from Bonita Norris, I would like to share her story as we embark on the University of Birmingham School's second Challenge Week as an example of how wider experiences and wild ambitions lead to truly amazing feats.


Bonita talked about how as a young 16 - year - old, she was set a challenge by her teacher of completing a local half marathon, something that to her seemed impossible.

Yet four months later she crossed the finish line in just over two hours, with tears of both pain and elation that she had achieved by far the hardest thing she had ever done.

From that moment on, Bonita continued to seek challenges and set goals, knowing that through staying committed she could achieve personal best after personal best.

(continued overleaf)





By the time it came to her tackling Everest, she came to appreciate that Mount Snowdon in Wales was the equivalent of her first ever 30 second run. It was merely a stepping stone to greater things, but totally significant in her journey towards reaching the top of the world, literally!

During Challenge Week, just like Bonita, our pupils too will be challenged mentally and physically to their personal limits, helping to shape and define the person they are aspiring to be.

Bonita was once told that 'People like us don't climb Everest'.

She refused to be told what her limitations were and aspired to prove the world wrong.

We too seek this ambition for all of our pupils, to encourage them to set their sights high, to rise ambitiously with confidence and conviction, and learn how to see a goal through to its end.

Through Challenge Week we aim to set ambitious tasks that engage our pupils in a rollercoaster of knowledge enhancement, focus and perseverance, with moments of self-doubt, failure and resilience, through a journey that encourages us to lean on each other to guide us in the right direction.

Ambition is a life skill, which takes time and experience to master.

The potential in all of us is limitless and by learning to be ambitious in everything we do, absolutely anything is possible.

Challenge Week aims to provide these opportunities and is something we as a school are really excited to be able to offer.

SUPPORTING YOUR CHILD

Within this booklet you will find the finer details of Challenge Week for your child(/children). Please read through this booklet with your child carefully and ensure that they are sufficiently equipped and organised for each day, specific to their activity.

Please positively encourage your child. The University of Birmingham School is a school you and your child have chosen for its ethos surrounding character development, enrichment and links with the University of Birmingham. We can all work together to widen our pupils' experiences by positively encouraging everyone's involvement in all activities.

Please ensure that the school is up to date with your child's medical needs and that relevant medication is at school for your child. This includes ensuring that there are spare inhalers and epipens in school for your child. You can do this at any point by visiting our main reception, but specifically for the purpose of Challenge Week, please complete this by signing in medication before 8.30am on **Monday 18th June 2018**. For the safety of your child, pupils who do not have the appropriate medication for offsite visits will **not** be able to attend and will instead remain onsite.

The night before, please ensure your child(/children):

- Have packed their bag for the day ahead using the equipment check lists.
- Have sufficient water-based drinks and food with them.
- Have all medication with them e.g. inhalers, epipens.
- Set an alarm to ensure they are punctual to school so that everyone can leave on time for activities.
- Discuss the activities with them. How might they be courageous and remain positive in the heat of a challenge?

Finally, ask your child about their experiences at dinner time. You could ask them to reflect each day on their daily highs, lows and learns.

High - What activities did they enjoy the most?

Low - What challenges did they face?

Learn - What have they learnt?

Grateful - What three things are they grateful for?

YEAR 7 PROGRAMME

Our Year 7 focus for Challenge Week will be 'Life Skills'. Through a variety of locally-sourced experiences, pupils will be challenged to develop their skills in problem solving, team work, communicating with others, negotiating and learning to set goals and plan ahead. Overall, pupils will develop their self-confidence through a range of tasks and settings (detailed below).

| | Today's Life Skill Focus | Description | What do I need to wear? | What do I need to bring? |
|------------------|--|--|--|---|
| Monday | <p>Planning ahead.</p> <p>Navigating my local area.</p> | <p>Pupils will be set the challenge of calculating their energy expenditure for walking to Cannon Hill Park. Pupils will make a packed lunch accordingly. We will walk to Cannon Hill Park for a picnic lunch, play rounders and mini golf, ride on the pedalos and then walk back to school.</p> | <p>School PE kit and blazers.</p> <p>Rain coat in case of bad weather. (We are walking to the park.)</p> | <p>Lunch box/lunch container (lunches will be provided). Sun cream in case of hot weather. Plenty of water-based drinks and water bottle.</p> |
| Tuesday | <p>Problem Solving.</p> | <p>Mystery treasure hunt around the University of Birmingham campus. Students will be forming small groups to solve puzzles, riddles, and gather clues whilst navigating around the familiar UoB campus.</p> | <p>School uniform.</p> <p>Rain coat in case of bad weather.</p> | <p>Packed lunch.</p> <p>Sun cream in case of hot weather. Plenty of water-based drinks.</p> |
| Wednesday | <p>Survival skills.</p> <p>Team work and collaboration.</p> | <p>Bush craft - Students will be learning safe fire management, whittling wood, and building shelters. Bikability - Based on individual students' confidence on a bike they will be learning tricks and fitness techniques. Outdoor team challenges - Working as a team, students will be completing innovation challenges and team games.</p> | <p>School PE kit and blazers.</p> <p>Rain coat in case of bad weather.</p> | <p>Treat today as a normal school day.</p> |
| Thursday | <p>Following instructions.</p> <p>Team work and collaboration.</p> | <p>Pupils will be led by peers in the Year 9 leadership programme for a day of field sports and activities.</p> | <p>School PE kit and blazers.</p> <p>Rain coat in case of bad weather.</p> | <p>Treat today as a normal school day.</p> |
| Friday | <p>College event.</p> <p>Performance and confidence.</p> | <p>Pupils will be joining creative and performance art workshops in the morning, learning skills and developing a performance in dance, parkour, and drama. In the afternoon, they will be performing these to each other.</p> | <p>School PE kit and blazers.</p> | <p>Treat today as a normal school day.</p> |

YEAR 8 PROGRAMME

Our Year 8 focus for Challenge Week will be 'Water-based curiosity'. As part of the week's experiences, local water-based recreational and educational activities aim to enhance water confidence and broaden interest and curiosity in these diverse and novel environments. Such water-based challenges seek to enhance self-confidence and curiosity, alongside team-work and exploration.

| | Today's Skill Focus | Description | What do I need to wear? | What do I need to bring? |
|-------------------------------------|--|---|--|--|
| Monday | Courage and curiosity in a novel environment. | All pupils will be travelling to the Snowdome in Tamworth for skiing and ice skating. | Please wear your own clothes. This will be on real ice and snow so please dress appropriately. Gloves and hats are allowed but not necessary. Bare legs will not be allowed. | A packed lunch. |
| Tuesday, Wednesday, Thursday | Courage and curiosity around water sports and the natural world. | Students will be completing each of the following activities over the three days, taking part in two activities on each day. <ul style="list-style-type: none"> - Water activities (kayaking, paddleboarding, rowing) - Orienteering (student led mapping and way finding) - Canal boat ride - Wrens Nest geography and ancient sea bed exploration - College sport challenge (as a team run a marathon, swim the channel, cycle the Tour de France) - Pond dipping and biological surveys of local waterways. | School PE kit and blazers. Footwear that can get wet. Rain coat in case of bad weather. | A packed lunch. Change of clothes that can get wet and towel for water activities. Suitable swimming costume and towel for college challenge. Sun cream in case of hot weather. Plenty of water based drinks. |
| Friday | College event. Performance and confidence. | Pupils will be joining creative and performance art workshops in the morning learning skills and developing a performance in dance, parkour, and drama. In the afternoon they will be performing these to each other. | School PE kit and blazers. | Treat today as a normal school day. |

YEAR 9 PROGRAMME

Our Year 9 focus for Challenge Week will be **sport and fitness performance, and leadership**. As well as the practical expedition for their Duke of Edinburgh bronze award which allows pupils to demonstrate the practical skills they have been training for since September, Year 9 pupils will also participate in performance sports tournaments and sports leadership challenges, working to lead and inspire younger members of our school.

Sports Leaders Group

| | Today's Skill Focus | Description | What do I need to wear? | What do I need to bring? |
|-----------------------------|---------------------------------------|--|--|---|
| Monday & Tuesday | Sport and fitness. | Duke of Edinburgh expedition. | <i>See D of E correspondence.</i> | <i>See D of E correspondence.</i> |
| Wednesday | Curiosity and observation. | Walk to Edgbaston Priory to watch the Nature Valley Classic, a professional tennis tournament. | School uniform. Rain coat in case of bad weather. | Packed lunch. Sun cream in case of hot weather. Plenty of water based drinks. |
| Thursday | Sport and fitness. Leadership. | Lead and inspire our Year 7 pupils in field sport challenges at school. | School PE kit and blazers. Rain coat in case of bad weather. | Treat today as a normal school day. |
| Friday | Presentation and listening. | Duke of Edinburgh evaluation and peer presentations. | School uniform. | Treat today as a normal school day. |

Performance Group

| | Today's Skill Focus | Description | What do I need to wear? | What do I need to bring? |
|---------------------------------|-----------------------------|--|--|---|
| Monday | Sport and fitness. | Performance sports tournament in volleyball, football, table tennis, and netball. | School PE kit and blazers. | Treat today as a normal school day. |
| Tuesday | Curiosity and observation. | Walk to Edgbaston Priory to watch the Nature Valley Classic, a professional tennis tournament. | School uniform. Rain coat in case of bad weather. | Packed lunch. Sun cream in case of hot weather. Plenty of water based drinks. |
| Wednesday & Thursday | Sport and fitness. | Duke of Edinburgh expedition. | <i>See D of E correspondence.</i> | <i>See D of E correspondence.</i> |
| Friday | Presentation and listening. | Duke of Edinburgh evaluation and peer presentations. | School uniform. | Treat today as a normal school day. |

SWIMMING

As part of Challenge Week, all Year 8 pupils will swim in the **new £55 million Sport and Fitness Centre**, at the University of Birmingham.

We have been assessing your child's confidence levels in the water during school swimming lessons. Consequently, we have been able to group all pupils accordingly, to ensure all our pupils have a positive and fulfilling swimming experience with us during Challenge Week.

The nature of the grouping has various elements to it. Primarily, the groupings have been allocated on experience levels, so that the swimming opportunities can be tailored to the needs of all our pupils. We have also considered pupil and parent feedback related to gender grouping and consideration of faith to ensure all pupils feel as comfortable as possible during the experience.

As an **inclusive comprehensive school**, we always ensure that planned curriculum activities are such that all pupils feel safe, happy, supported and challenged when participating. For instance, our PE kit has various options which meet modesty requirements. For our swimming course we expect pupils to select appropriate swimwear for the lessons, choosing sporting and not leisure swimwear. Pupils should not wear bikinis. Specifically, modest swimwear such as swimming costumes, swimming shorts and burkinis are available on the high street and through traditional sportswear providers like Speedo. Changing for these activities will of course be single sex, with the option for cubicles if pupils are concerned regarding modesty and decency in the changing environment.

We will, to a degree, be able to control our groupings but as we are using University facilities we need to ensure the safety of all our pupils. Therefore we will be using the **University lifeguarding team** to keep pupils safe and, as such, have little control over their staffing arrangements. The team are, however, trained professionals and highly skilled at their jobs and we are very glad for their support in helping this exciting opportunity go ahead.

Very few secondary schools have swimming on their curriculum and it is something we value very highly as a life skill. **Building water confidence and skill saves lives**, whether we learn how to help ourselves or others if we get into difficulty, or it becomes a healthy habit to stay well as we grow older. Swimming is an integral element of our PE and Sport curriculum which contributes towards the **all-round flourishing** of all pupils.

HOW COULD YOU SUPPORT CHALLENGE WEEK?

As you can appreciate, the logistical elements of such a week are vast. We would welcome you to join us to support the University of Birmingham School's Challenge week.

Make a Voluntary Donation

The educational experiences offered as part of Challenge Week are tremendous, and, for most of our pupils, offer plenty of opportunity to try new things. The cost of Challenge Week not only arises from the specific activity costs, but a large sum is derived from transporting our pupils by coach to different venues.

As an example, the cost per pupil per day for the water sports activities is £78. The cost per 56 seater coach to transport a third of a year group averages out to be £220.

To enable such opportunities for your child to flourish, **we would be very grateful to receive a £20 voluntary donation** from you for Challenge Week.

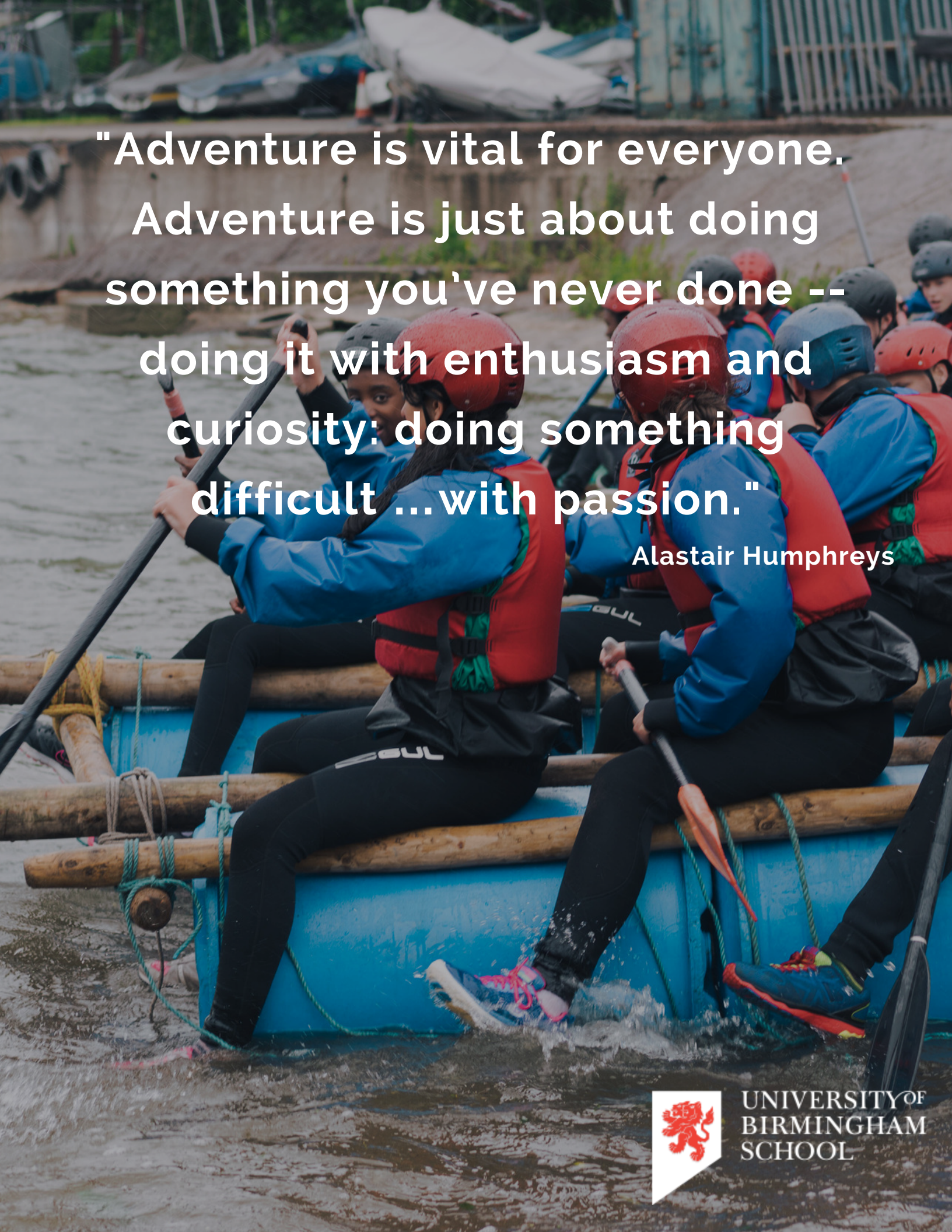
If this is something you can offer, please log on using the School Gateway - <https://login.schoolgateway.com> and transfer your donation using the Challenge Week option.

The logo for Schoolgateway, featuring the word "Schoolgateway" in white lowercase letters on a teal rectangular background.

Any Questions?

If you have any questions about Challenge Week, please contact Nardie Hanson, our Enrichment Officer, on n.hanson@uobschool.org.uk or 0121 796 5000.

If you have any ideas for future Challenge Week opportunities, we would be very interested to hear your ideas.

A group of people are participating in a white-water rafting activity. They are wearing blue jackets, red helmets, and red life jackets. They are sitting in a blue inflatable raft on a river. The water is turbulent, and the rafters are using paddles to navigate. The background shows a rocky riverbank with some buildings and trees.

**"Adventure is vital for everyone.
Adventure is just about doing
something you've never done --
doing it with enthusiasm and
curiosity: doing something
difficult ...with passion."**

Alastair Humphreys



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