

01 JULY - 05 JULY 2019

CHALLENGE WEEK 2019

STRETCH YOURSELF

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



UNIVERSITY OF
BIRMINGHAM
SCHOOL



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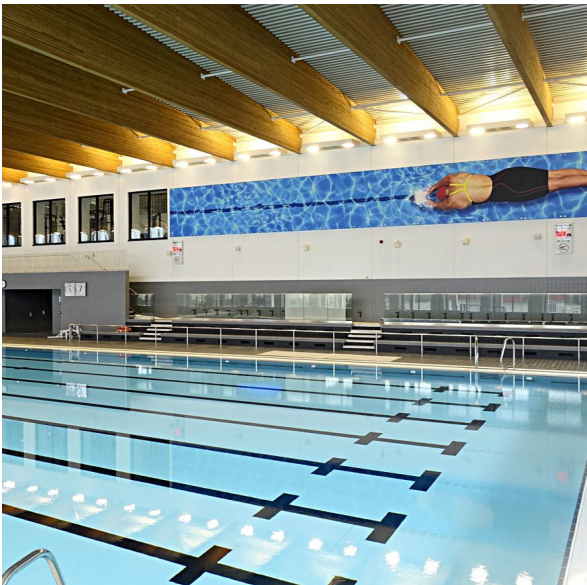
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THE PURPOSE OF CHALLENGE WEEK

By Mrs Stemp

Having big, challenging 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 attended a talk from Bonita Norris not long ago, I would like to share her story as we embark on University of Birmingham School's third 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, perseverance, 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 24th June 2019**. 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.
- If it's hot and sunny, have sun cream available.
- 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 'Courage & Curiosity'. 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).

	Group & Activity Type	Description	What do I need to wear?	What do I need to bring?
Monday	Circus Workshop.	Bush craft - learn about safe fire management, whittling wood, & building shelters. Outdoor team challenges - complete innovation challenges & team games. Circusmash- Engaging workshop to provide the opportunity for pupils to learn circus skills.	School PE kit and blazers. Rain coat in case of wet weather.	Treat today as a normal school day.
Tuesday	Think Tank.	Pupils will be taking a trip to the Think tank to be part of an interactive energy show & a guided adventure tour exploring the Think Tank. Pupils will learn & discuss heat & chemical energy by creating sugar fireballs & learn about kinetic energy. In the afternoon, pupils will have the opportunity to explore the Think Tank & take part in various trails around the museum working out various challenges as a team.	School uniform. Rain coat in case of wet weather.	Packed lunch. Sun cream in case of hot, sunny weather. Plenty of water-based drinks.
Wednesday	Treasure Hunt UoB Campus or Seaside. Group B (please check timetable for English groups you are in).	Mystery treasure hunt around the UoB campus. Pupils will be forming small groups to solve puzzles, riddles, & gather clues whilst navigating around the familiar UoB campus. English groups - 7Pd, 7Sn, 7Xe.	School uniforms. Rain coat in case of wet weather.	Packed lunch. Sun cream in case of hot, sunny weather. Plenty of water-based drinks.
Thursday	Treasure Hunt UoB Campus or Seaside. Group A (please check timetable for English groups you are in).	Visting Burnham-on-Sea! To explore & learn in a captivating environment. Taking the curriculum to the beach, pupils will develop awareness of sea pollution & as a team what they can do to help the environment. English groups - 7Si, 7Zn, 7Ne, 7Cu.	School PE kit and blazers. Rain coat in case of wet weather.	Packed lunch. Sun cream in case of hot, sunny weather. Plenty of water-based drinks.
Friday	Performing Arts.	Express yourself! Developing pupils' confidence & enjoyment of singing through a practical, full day singing workshop. Groups will then come together & perform in collaboration for a final show piece to their peers.	School uniforms.	Treat today as a normal school day.

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.

	Group & Activity Type.	Description	What do I need to wear?	What do I need to bring?
Monday	Bear Grylls Adventure.	All pupils will be travelling to Bear Grylls Adventure park where students will test their limits on some of the world's most incredible, mental & physical challenges. Pupils will escape the ordinary & achieve something epic. Taking part in the Survival Maze, Break Out Escape Room, Assault Course and Archery.	School PE kit and blazers. Rain coat in case of bad weather.	Packed lunch.
Tuesday	Water themed workshops.	Pupils will be taking part in various 'Water' themed workshops throughout the day, including Water First Aid with St. John Ambulance and RNLi, Origami Boat Challenges, Dig a School Pond with Willmot Dixon & volunteering at the Quaker Centre.	School PE kit and blazers. Bring waterproof footwear or wellies. Rain coat in case of bad weather.	Treat today as a normal school day.
Wednesday & Thursday	Pier 52. Geocaching. Volunteering.	Water activities (paddle-boarding, raft building/racing & ringo riding). Geocaching; known as the world's biggest treasure hunt! Pupils will use GPS locations & clues to discover caches hidden in a park. Caches can be found worldwide using the the official Geocaching app. Volunteering with Canal's Trust to construct a community garden at Bournville Moorings.	School PE kit & blazers. Bring waterproof footwear or wellies. Rain coat in case of bad weather.	Change of clothes that can get wet & towel. Sturdy footwear & old outdoor clothing. Sun cream in case of hot, sunny weather. Plenty of water based drinks.
Friday	Performing Arts.	Pupils will be joining creative & performance art workshops including photography & developing a performance in dance, parkour or drama. In the afternoon they will be performing these to each other.	School PE kits & 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

	Description	What do I need to wear?	What do I need to bring?
Monday & Tuesday	Duke of Edinburgh expedition.	<i>See DofE correspondence.</i>	<i>See DofE correspondence.</i>
Wednesday	Transition Day with Year 6 - Sports leaders will be leading sports sessions with this years incoming Year 7 pupils as part of their Level 1 Sports Leaders Award.	School uniform. Rain coat in case of wet weather.	Packed lunch. Sun cream in case of hot, sunny weather. Plenty of water based drinks.
Thursday	Entrepreneur & social action workshop delivered & led by our sixth form inspiring our students to become innovative change makers to create positive change to the community.	School PE kit and blazers. Rain coat in case of wet weather.	Treat today as a normal school day.
Friday	Duke of Edinburgh evaluation and peer presentations.	School uniform.	Treat today as a normal school day.

Performance Group

	Description	What do I need to wear?	What do I need to bring?
Monday	Entrepreneur & social action workshop delivered & led by our sixth form inspiring our pupils to become innovative change makers to create positive change to the community.	School PE kit and blazers.	Treat today as a normal school day.
Tuesday	The remainder of pupils onsite will be taking part in a series of workshops held by the High Performance Sport Centre based at the University of Birmingham. This will enable pupils to see aspects of life of an elite student athlete including Sports Psychology, Nutrition, Strength and Conditioning. This will be accompanied with practical sport sessions including Handball, Volleyball and Cricket.	School uniform. Rain coat in case of wet weather.	Packed lunch. Sun cream in case of hot, sunny weather. Plenty of water based drinks.
Wednesday & Thursday	Duke of Edinburgh expedition.	<i>See DofE correspondence.</i>	<i>See DofE correspondence.</i>
Friday	Duke of Edinburgh evaluation and peer presentations.	School uniform.	Treat today as a normal school day.

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 offer plenty of opportunity for our pupils 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.



Any Questions?

If you have any questions about Challenge Week, please contact Katiya Nunes, our Events & Enrichment Officer, on k.nunes@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.



"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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