

Yr 7 Enrichment Week Briefing

- 1 – double check attendees register
- 2 – share contact number for the day
- 3 – inhalers, allergies, epipen bring meds
- 4 – pen & pencil – note down groups for the week
- 5 – check parent volunteers, ask them to confirm with Miss Ayres (and thank them!)

Throughout the week

- Listen CAREFULLY to ALL instructions from all members of staff
- Bring packed lunch (no eggs or nuts) and plenty of water
- Bring required medication and tell us if you have medication on you
- We may arrive back to school earlier than 3.25pm, make sure you have permission from your parents to leave early
- Own clothes except for Friday (uniform)

Week Overview

- Monday – river walks (5 groups of around 30)
- Tuesday – Dinton Pastures (different activities in groups of around 12)
- Wednesday – House Cricket (run by year 9s with parents supporting)
- Thursday – Community day (groups of 5-15 boys visiting local causes)
- Friday- Grandparents Day / Yr 9 PSHE

River Walks – what do you need

- Register 8.20am Chapel
- Travel to school in their own clothes, suitable for the weather and outdoor activities. Long trousers in case of tics.
- PE top in House colour
- Packed lunch, with plenty of water
- Sunglasses, sunhat and suncream
- Protective gloves or gardening gloves if you have them
- No valuables
- Medication including inhalers

Monday – River Walks – Safety Briefing

- ✓ Pupils to walk in twos
- ✓ Absolutely no running
- ✓ Listen to member of staff's instructions (including parents)
- ✓ Only cross roads when instructed
- ✓ Actively look out for members of public
- ✓ Phones to be away at all times
- ✓ No valuables to be brought
- ✓ Only go to the loo at the designated stops
- ✓ Stay hydrated, must have a water bottle – to be checked at start of day
- ✓ Ensure you eat properly at the right times
- ✓ Wear appropriate clothes including sunscreen / hat / waterproof / trainers / long trousers
- ✓ Look for signs & symptoms of hyperthermia, hypothermia, ticks and Lyme disease.
- ✓ Given 2 gloves each (if not allergic to latex)
- ✓ Only to pick up litter if area has been checked
- ✓ Do not reach too far or into bushes or unseen areas to pick up litter
- ✓ Do not throw stones, push others,
- ✓ Do step slowly/carefully and to beware of slipping, be particularly careful at the water's edge, no diving/jumping into waters is allowed, no drinking of river water
- ✓ Failure to adhere to these rules will mean parents contacted
- ✓ Trip leaders will have parent contact details and student contact details

Collecting Litter

- Do not go in the bushes or water's edge to find or collect litter
- Nominate 3 people in your groups (front, middle and back) to hold the black bag
- Only pick up litter if it looks safe and clean to do so and if you have gloves on

Hypothermia

- shivering
- cold and pale skin
- slurred speech
- fast breathing
- tiredness
- confusion

Hyperthermia

- Confusion.
- Dizziness.
- Elevated Heart Rate.
- Fainting.
- Fever.
- Headache.
- Muscle Cramps.

Signs & Symptoms



Lyme Disease

- Rash
- a high temperature, or feeling hot and shivery
- headaches
- muscle and joint pain
- tiredness and loss of energy
- pain and swelling in joints
- nerve problems – such as pain or numbness
- heart problems
- trouble with memory or concentration

Reading – Henley
SA

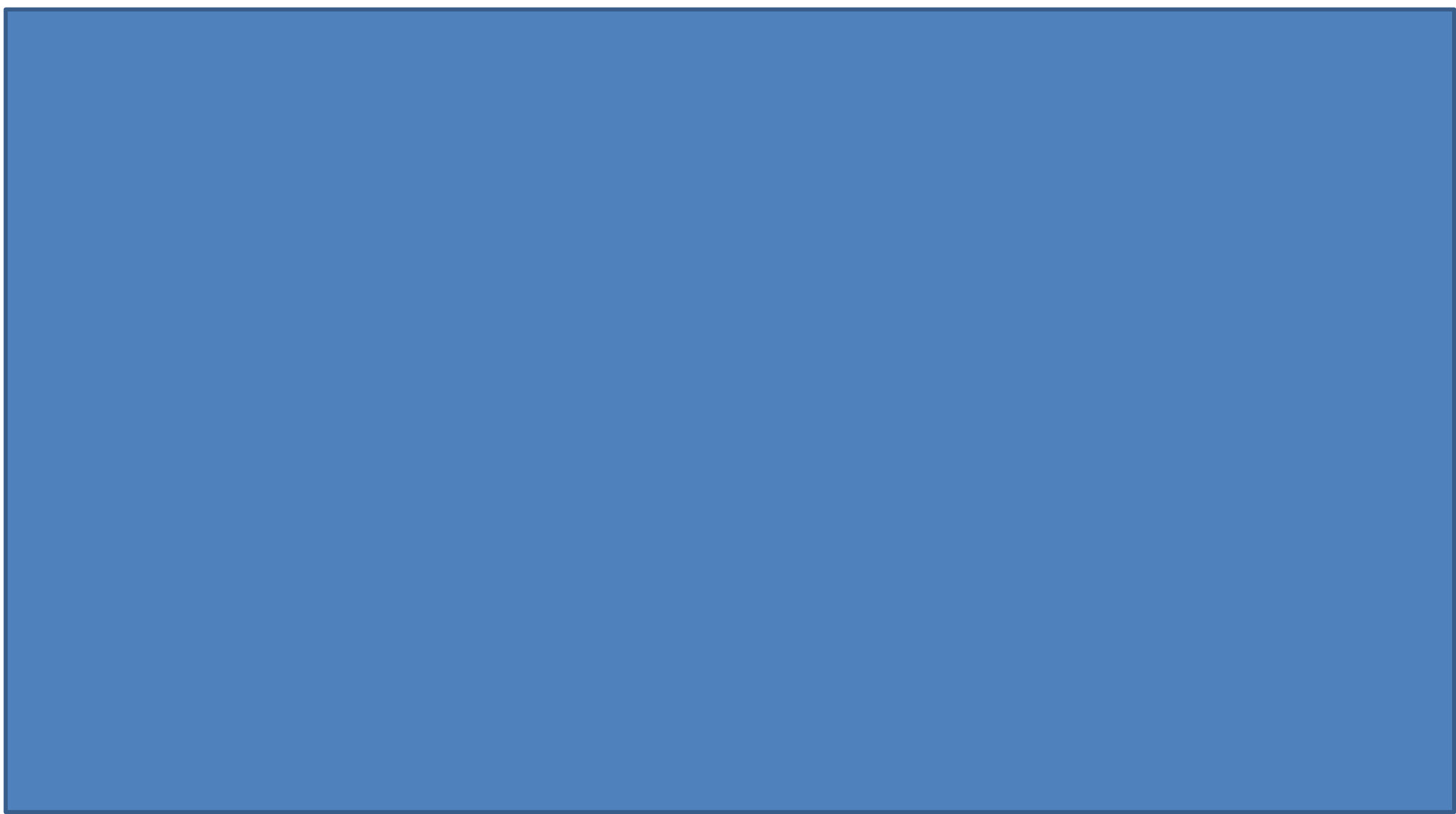
Reading –
Pangbourne
LA

Wallingford –
Goring
JAS



Twyford –
Earley
NW

Aldermaston -
Theale
FEH



Routes – separate maps & routes
provided

Tuesday – Dinton

- Register 8.20am chapel
- Coaches will be done in alphabetical order
- You will be taking part in team activities, raft building, kayaking and orienteering.
- Travel to school in your own clothes, suitable for the weather and outdoor and water activities.
- Change of clothes
- Packed lunch, with plenty of water along
- Sunglasses, sunhat and suncream
- No valuables

Timetable

151 students in 4 groups with 3 instructor led activities and one led by teachers/parents (navigation)

	Group 1	Group 2	Group 3	Group 4
9.30 briefing				
9.45-10.45	Raft building	Kayaking	Team tasks	Navigation
10.45-11.45	Kayaking	Raft building	Navigation	Team tasks
11.45-12.15	Lunch			
12.15-13.15	Team tasks	Navigation	Raft building	Kayaking
13.15-14.15	Navigation	Team tasks	Kayaking	Raft building



Wednesday – House Cricket

- Register in Chapel at 8.20am
- You may wear your sports / games kit to and from school
- You will need a packed lunch and plenty of water
- You will need suncream and a sunhat
- Listen to the teachers and student ambassadors – parents will be on-site watching so we want to set a good example

Thursday – In the Community

- Register in Chapel at 8.20am
- Groups of boys will be visiting different places and helping them out with whatever they need
- Groupings will be confirmed next week
- You are an ambassador for the school – please ensure you act that way (be polite, helpful and willing)
- Wear your own clothes that can get dirty, and gardening gloves if you have them
- Bring packed lunch, plenty of water
- Be SAFE

Friday – Grandparents’ Day

- Register at 9am in the refectory
- Please wear school uniform
- Boys with relatives: each house will be following it’s own timetable (to be emailed)
- Boys without relatives: you will be following a specific timetable with year 9 pupils (to be emailed)

Event	Timing	Venue
Registration	09.00 - 9.25	Refectory (teas and coffees available)
Lesson 1	9.30 - 10.10	Subject classroom
Lesson 2	10.15 - 10.55	Subject classroom
Break	10.55 - 11.40	Refectory (snack menu TBC)
Lesson 3	11.40 - 12.20	Subject classroom
Lesson 4	12.25 - 1.05	Subject classroom
Lunch	1.05 - 1.50	Refectory (lunch menu TBC)
Lesson 5	1.50 - 2.30	Subject classroom
Deputy Headmaster's Address	2.35 - 3.15	Chapel