

Look out here it comes.....

9th July to 13th July



CHALLENGES are what make life interesting, overcoming them is what makes life MEANINGFUL.

Meadowdale's 'Challenge and Change' Creative Curriculum Week

'BE BRAVE, BE YOU'

"To be a champion I think you have to see the big picture. It's not about losing; it's about every day hard work and about thriving on a challenge. It's about embracing pain that you'll experience at the end of a race and not being afraid. I think people think too hard and get afraid of a certain challenge."

Summer Sanders

Our 'Be Brave, Be you' week will all be about this principle of rising to challenges, realising your own resilience, understanding that it's ok to be you and that persistence brings huge rewards.

With brave wings we will fly and rise to a week of new challenges and learning experiences that include:



War on Waste

Frisbee Golf

Robot Challenge

Self Esteem workshops

STEM Challenge - whose house can survive the flood?

Circus Skills workshops

Magic Tricks to help your memory

Ultimate Gold

How long is a piece of string?

Up cycling and sustainability

Guinness World Record Challenges

AND THE ULTIMATE CHALLENGES.....

A Walk to Plessey Woods for Bear Grylls survival workshops to build a fire and shelter!

A community litter pick for our school neighbours and local community



How will the learning be organised?

- Children will be in new 'Challenge Groups' of mixed age ranges from Yr5 to Yr8, to engender friendship and a sense of shared citizenship across the school
- The school will be divided into the four 'Challenge Groups' with four classes in each. The classes will decide their group names linked to our 'Be brave, be you' theme.

There will be a new timetable, so that we have longer time spans in which to delve more deeply into all aspects of our study.

8.50-10.00 SESSION ONE	Registration, Daily mile Challenge, P4C, 'Be brave , be you' awards
10.00-12.00 SESSION TWO BREAK 11.00-11.15	'Challenge and Change' Activity
LUNCHTIME 12.00-1.00 GROUP RE-FOCUS 1.00-1.15	
1.15-3.00 SESSION THREE	'Challenge and Change' Activity
GROUP RE-FOCUS 3.00-3.10 'Be brave, be you' challenges celebration	

What to wear during our challenges week

- PE kit with either PE hoody, school visit hoody or Meadowdale sweatshirt

Things you can do at home to support our week:

- Get involved, encourage research and debate at home
- Help your child put together a costume linked to our theme e.g. a famous pioneer or Greatest Showman circus outfit to be worn on our celebration day. PE kits are also fine to wear.
- Enter the 'Bake a cake challenge' or send in a cake for our celebration day to compete in a 'Meadowdale Bake off' or sell on a cake stall.
- Send any old newspapers into school for Mrs Simpson and Miss Mallender please

MEADOWDALE BAKE OFF CHALLENGE

Families and students are invited to enter our 'Meadowdale Bake off Challenge'. Bake and enter a cake or cupcakes into our competition. All entries in Thursday 12th, winners announced at our celebration morning and cakes raffled to raise money for our Technology room.

BEAR GRYLLS SURVIVAL TREK TO PLESSEY WOODS

Over four days each 'Challenge Group' will walk to Plessey woods and participate in Bear Gryll challenges. A letter is attached outlining the 'challenge' in more detail. If you are up for the challenge then please sign up! We expect that all students will be excited about participating in this challenge opportunity. Please contact the office if you have any concerns or would like to join the challenge.

LOOK OUT HERE WE GO TO PLESSY WOODS

All students will visit Plessey Woods Country Park to take part in Bear Grylls style survival activities. Your child will take part in this visit on **either the 9th, 10th, 11th or 12th of July**; they will be informed the week before as to which day their visit is to take place.

The visit has been planned to enable all students to challenge themselves on various levels. Firstly, the walk to the country park and back again from Meadowdale Academy will be a personal challenge for many of our students. Whilst at the park, the students will be taking on the survival challenges of building the strongest shelter from materials they find in the woods and camp fire cooking as well as team game challenges and picture orienteering. All of the activities take part on the grassed or woodland areas near to the visitor centre and we will **not** be going into the water at any time.

We will be leaving at approximately 9.15am and returning to school at around 3pm. There is no cost for this trip but as there may be the possibility to buy an ice cream from the visitor centre or ice cream van, your child can bring some spending money if they wish; we advise no more than £3.00.

Your child will need:

- A packed lunch; no cans, energy drinks or fizzy drinks.
- Sensible trousers and footwear suitable for the activities. **All students will need to wear their Meadowdale sweatshirt or hoody, with their P.E. top on underneath.**
- A water proof jacket
- A cap if it is sunny
- Sun cream (even if it doesn't look sunny!)
- A water bottle

Your child will have to carry their own bag to and from Plessey Woods, but they will be stored securely throughout the day.



WITH BRAVE WINGS WE FLY CELEBRATION DAY 10.00-12.00

On the last day of our 'Be Brave, be you, this is us' week all families are invited into school to celebrate our week of challenges. Come along to sing along with the whole school to the Greatest Showman's 'This is us', enjoy refreshments, try out some fun challenges and spend time celebrating the week with your children. There will be a wellbeing stall, circus skills entertainment, face painting and an ice cream van. Be brave, be there!



Have the greatest morning with us

RSVP:

We would love to attend the celebration day on the 13th July

10.00-10.15 'This is us..' opening whole school

Join your child at the following times

10.00-11.00 Law changers and Record Breakers

11.00-12.00 Survivors and Inventors

Number of adults _____ Number of children _____