

DIXONS COTTINGLEY ACADEMY & THE OUTWARD BOUND TRUST

Year 8 Residential Trip

Monday 27th Feb to Friday 3rd March 2023



**THE
OUTWARD
BOUND TRUST**



**DIXONS
COTTINGLEY
ACADEMY**

Welcome

Mr Patterson – Principal

Mr Khan – Vice Principal - Behaviour & Culture

Mrs Crolla – Vice Principal - Student Experience

Miss Burrows – Director of Year 8 & 9

Mr Sidat – Assistant Director of Year 8 & 9

Miss Heptinstall – Assistant Director of Year 8 & 9

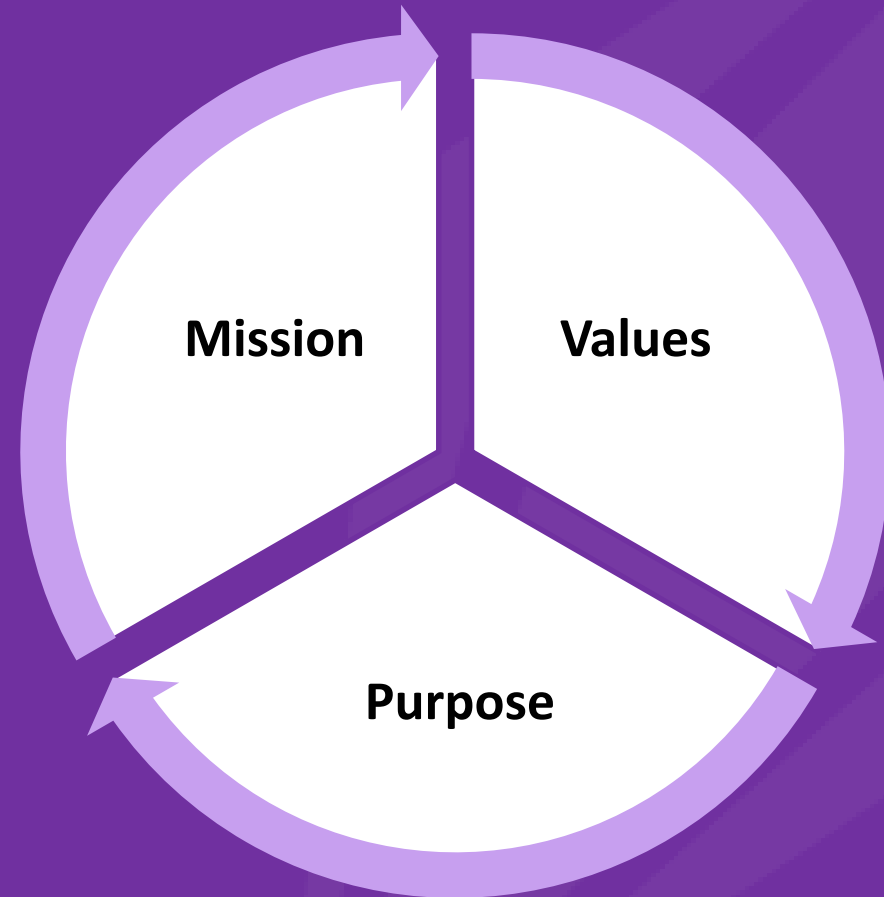
Our Mission

“The academy ensured all students achieved excellent outcomes and were empowered to lead a happy, purposeful and successful life”

Dixons Cottingley Academy

Our core values
of *determination, Integrity
and trust*, permeate all that we
do.

And *Purpose*, which is the
drive to connect to a cause
larger than ourselves.



Determination

We never give up. No matter
how challenging things get,
we persevere to succeed

Integrity

We do the right thing because
it is the right thing to do.

Trust

We are always honest. We can be depended upon to support each other without excuses.

Importance of Year 8

- Continue to build foundational knowledge needed for GCSE success (leveraging knowledge from KS2 and year 7)
- Address gaps in learning from KS2 and KS3 (or the gaps will continue to widen)
- Towards the end of year 8, students will choose their GCSE options
- Students become teenagers and start to develop their own opinions and ideas
- Students become more curious about the world
- Students start to develop more independent learning skills

Importance of Year 8

Students experience a
once in a lifetime
opportunity



Determination | Integrity | Trust

A deep rooted tradition within our outstanding academies

- Students from Dixons City Academy, Dixons Trinity Academy and Dixons MacMillan Academy have been making the trip to the Lakes and Outward Bound Trust for the last 29 years.
- It has always been at the core of the students experience of school.
- Many school leavers state that 'Year 8 Camp was the best thing I did at school'.
- The residential provides our student with an unimaginable powerful learning experience in which students are able to learn how they can demonstrate our core values (Determination, Integrity and Trust) in real life and challenging situations furthermore, they are able to instil a mind-set that they can achieve anything!



What are the outcomes?

The Outcomes from the residential experience are :

- Increased confidence and improved personal and emotional wellbeing
- Improved relationships with others
- Increased resilience
- Increased confidence in learning
- Increased knowledge and understanding of the natural environment
- Once in a lifetime experience

All of these are transferable skills which will contribute to success within the Academy and for many more years thereafter

Determination | Integrity | Trust



Who are The Outward Bound Trust?



“We are an educational charity that helps young people to defy limitations through learning and adventures in the wild. We challenge young people to never give up, to change their perspective and to learn the most important lesson: to believe in themselves.”

For more information on Outward Bound please read their Social Impact Report:

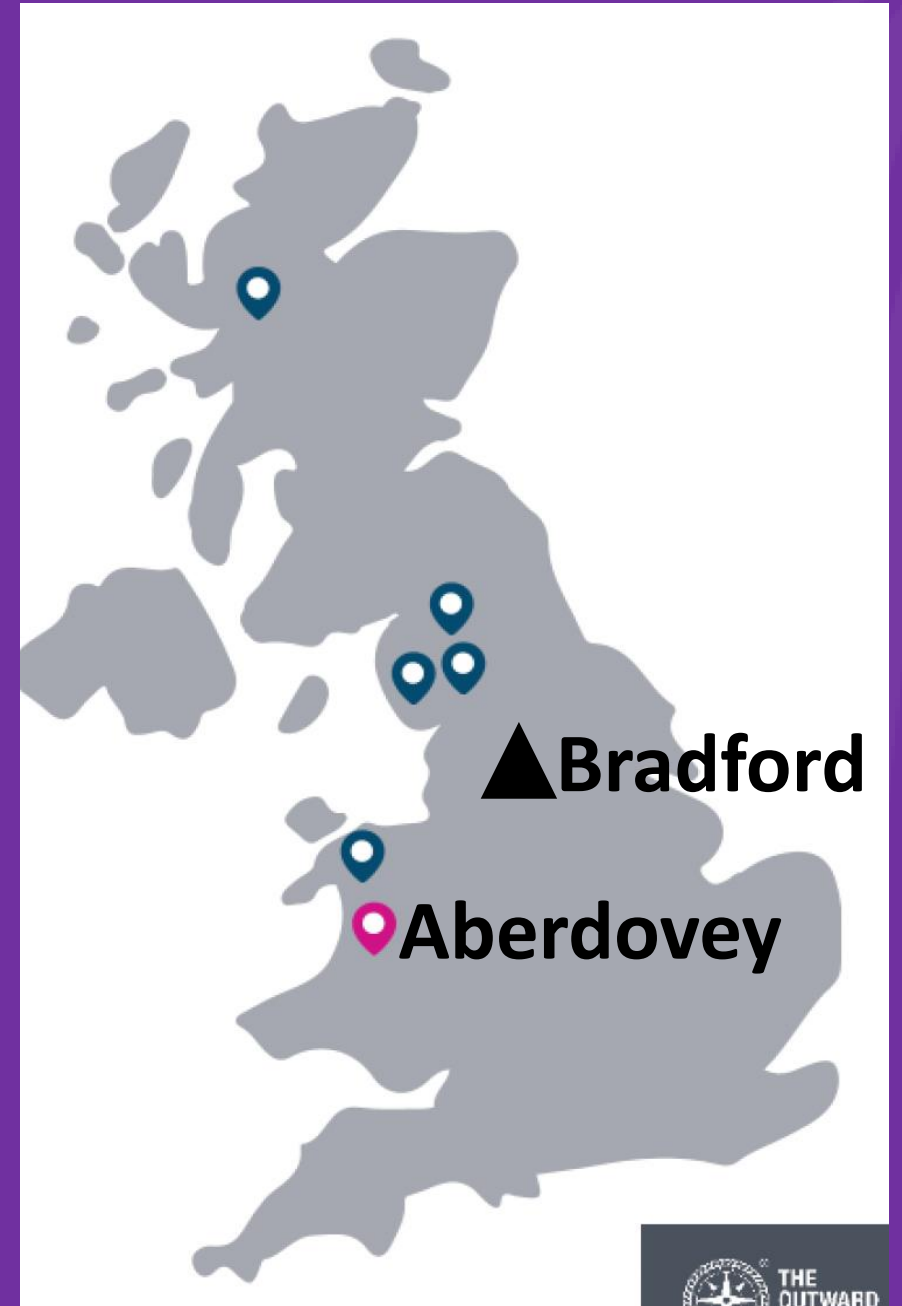
<https://www.outwardbound.org.uk/social-impact-report>

Why The Outward Bound Trust?

- The Outward Bound Trust was founded in 1941. Since then, they've helped over 1.2 million young people to unlock their full potential through their amazing unique approach to learning and adventure in the wild.
- Staff at The Outward Bound are extremely experienced and experts in their field. They are the best at what they do!
- Outward Bound have taken time and effort to fully understand the Dixons Cottingley values/ethos and how they can reinforce these during the residential trip.
- Outward Bound have won numerous awards and accolades and are recognised not just in the UK but also worldwide. (100+ centres across the world)

Aberdovey in Wales

- 154 mile coach journey
- 4-5 hour journey with service stops
- Early start from Bradford – arrive by 1pm Monday



WELCOME TO THE OUTWARD BOUND TRUST'S ABERDOVEY CENTRE

WHY CHOOSE ABERDOVEY?

Aberdovey is our largest centre. With the addition of state of the art social areas, bright review rooms and purpose built equipment storage, it's an ideal place to return to after a day of adventure.

Aberdovey's location is perfect for heading into the hills or getting out on the water. The centre is located on the stunning Dyfi estuary – a UNESCO world biosphere reserve in North Wales, yet is only a short drive from the mountains of Snowdonia.

Groups at Aberdovey also have access to a brand new wilderness log cabin, perfect for when the weather doesn't allow staying under canvas. You'll also benefit from a private waterfront activity and jetty facilities.

Aberdovey is proud of its Green Dragon Environmental Management Award.

ACCOMMODATION

Sleeps 184 in bunk rooms of 4-6. Rooms are functional but comfortable **and many** have en-suite facilities.

DINING

Aberdovey's dining room comes complete with expansive sea views. You'll be served freshly prepared food with plenty of variety on offer. Our catering team can also meet any dietary requirements, provided you let us know in advance.

OTHER FACILITIES

Group leaders enjoy separate accommodation in twin rooms, some with en-suite facilities. Participants also have access to a small shop, telephones, games room and vending machines.

VIEW OF THE CENTRE FROM THE DYFI ESTUARY

CONTACT

The Outward Bound Trust
Aberdovey Centre
Aberdovey, Gwynedd
Snowdonia, LL35 0RA

Tel: 01654 767464
Fax: 01654 767835



**THE
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Aberdovey in Wales



**THE
OUTWARD
BOUND TRUST**



Determination | Integrity | Trust

All activities are weather dependent



Each activity will have a “level “of difficulty

Possible routes you can take



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graph TD; A[Possible routes you can take] --> B[Team Challenge]; A --> C[Challenge Yourself]; A --> D[Extreme Challenge];
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Team Challenge

- Shorter walks
- Some activities on site
- Team building theme throughout whole week
- Solving problems together

Challenge Yourself

- No over night camping
- Return to base every night
- Activities will be very demanding and push you really far

Extreme Challenge

- Longer and higher walks
- Bigger journeys
- Wild camping
- Out of your comfort zone
- No toilets
- Once in a lifetime opportunity

What is an Outward Bound Centre Like?



A Typical Day

7am

Wake up

7.30-9am

Breakfast

9am-5pm

Activity time with your instructor

5pm-7pm

Dinner and free time

7pm-9pm

Activity time with your instructor

9pm-9:30pm

Free time

9:30 pm

To dorms

10pm

Lights out

There are many benefits of our residential trip



There are many benefits of our residential trip

CONFIDENCE

Many young people feel they do not have the confidence to navigate the demands of everyday life.

60%

60% of participants reported an increase in their confidence immediately after their course.

69%

This increased to 69% six months post-course.

RESILIENCE

From a teacher's perspective changes in pupils' resilience improved four to six weeks after their Outward Bound course.

95%

The ability to keep going when they encounter difficulties and setbacks.

87%

The speed at which they recover from setback.

There are many benefits of our residential trip

EMOTIONAL CONTROL

Emotional control is often seen as a key indicator of mental health.

60%

60% of participants on our five-day courses recorded an increase in their emotional control score.

This indicates they are better able to cope with stress and adapt positively to changing circumstances.

TEAMWORK

The quality of our interactions with those being us form the basis for wellbeing.

91%

91% of participants recorded an overall increase in their confidence to interact with others post-Outward Bound.

77%

77% continued to score higher six months later.

There are many benefits of our residential trip

GOAL SETTING

Those who demonstrate higher levels of self-discipline have been shown to have greater success in their education.

69%

69% of students on our five-day education course recorded an increase in their confidence to achieve goals.

65%

65% recorded an increase in setting targets and 57% to make decisions.

ENVIRONMENTAL AWARENESS

When our courses focus on increasing respect for the environment and learning about man's environmental impact...

90%

90% of participants felt more motivated to act with environmental responsibility.

79%

79% felt more motivated to discover nature close to where they live.

What should students expect?

- To feel out of their comfort zone (activities, environment, groupings). Its not a holiday, it's a learning experience
- To work with people who they may not have worked with before - this will help develop key inter-personal and communication skills
- To be immersed into the wonders of the outdoors
- Have an amazing and 'potentially' once in a lifetime fun experience
- To face challenges within the wild and overcome these challenges
- To demonstrate the school values of determination, trust and integrity
- To learn key skills such as resilience, punctuality and respect that would help them in the wider world beyond school

What do we expect from our students?

- An open mind to give things a go
- 100% determination and effort in all tasks and activities
- Great organisation and communication to other students / staff
- Outstanding behaviour at all times
- Integrity – follow instructions 1st time / listen attentively
- Taking personal responsibility for themselves – medication / equipment / clothes / brushing their teeth!
- Trust – honesty, depending on others, honouring on commitments, being helpful, caring & kind

What's included

- All food and drink
- Hiking boots
- Rucksacks
- Waterproofs
- Specialist equipment
- Centre facilities
- Bed linen
- Insurances



What Do Students Need to Bring?

Daytime

- T-shirts (not cotton)
- Long sleeve base layers
- Thick walking / ski socks
- Thermal tops / bottoms / tights
- Synthetic trousers
- Fleece tops
- Lots of layers

Evening

- Casual t-shirts
- Jeans / joggers
- Hoody / jumper
- Socks

What Do Students Need to Bring?

- 2 pairs of trainers (one which can get wet)
- Underwear
- Pyjamas
- Shorts
- Hats & gloves (waterproof)
- Towels and swimwear
- Toiletries (toothpaste / toothbrush / shampoo / shower gel / deodorant)
- Prescribed medication where necessary

What Do Students Need to Bring?

All of the clothes / toiletries that your child brings should be clearly labelled with their name and must be packed in a bag that your child can carry with the name clearly visible on the bag.

What are students not allowed to bring?



No mobile phones



Good quality and reasonably priced outdoor clothing can be purchased from



MATALAN



DECATHLON



Medical / Dietary Information

- You will be required to complete a medical questionnaire from Outward Bound Trust (online form)
- All medication will be taken with to the centre and on any activities
- Any dietary requirements should be made clear

Payment information

Total Trip Cost

£240

Parent Contribution

£120

6 monthly payments
(parent pay)

£20

£20

£20

£20

£20

£20

Sept

Oct

Nov

Dec

Jan

Feb

We would never want a student to miss an experience because of financial constraints, as such, any family who finds themselves in hardship should contact Miss Burrows, Director of Year 8 & 9.

Consent forms to be returned to DCO by Friday 7th October

**Any questions or concerns, please contact the Year 8 & 9 phase
team in the first instance.**

Miss Burrows – lburrows@dixonsco.com

Mr Sidat – zsdat@dixonsco.com

Miss Heptinstall – cheptinstall@dixonsco.com