



**Ipswich** Academy  
Part of Paradigm Trust

# GCSE Boot Camp

23<sup>rd</sup>-24<sup>th</sup> September 2016



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# About GCSE Boot Camp

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To support Year 11 students with their revision and preparation for examinations, we have organised a GCSE Boot Camp at the Essex Outdoor Education Service, Mersea.

Alongside English, mathematics and science revision, there will be team building activities, High Ropes and adventure courses, which have been designed to build confidence and engage students in their learning.

Essex Outdoors, Mersea has a comprehensive range of facilities including a new toilet and shower block, a self-contained training and conference suite, dining rooms, a large well-equipped main hall and even a big screen cinema room! All accommodation will be in purpose built cabins or rooms.

All meals are included during the event. Please familiarise yourself with the essential kit required for the outdoor activities.

Your support in encouraging your child to attend will be important. It will be enjoyable as well as hard work!

# Important information

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**Date:** 23<sup>rd</sup> – 24<sup>th</sup> September 2016  
**Venue:** Essex Outdoor Centre, Mersea  
**Address:** Mersea Outdoor Centre  
Rawsalls Lane  
East Mersea  
Colchester  
Essex  
C05 8SX

**Contact:** Mrs Willis

**Emergency contact telephone:** TBC

## Departure details:

**Date:** Friday 23<sup>rd</sup> September 2016  
**Time:** 15:30  
**Location:** Senior Year Study Zone  
**Transport:** Coach  
**Arrival:** 16:30

## Departure details:

**Date:** Saturday 24<sup>th</sup> September 2016  
**Time:** 15:30  
**Location:** Essex Outdoor Centre  
**Transport:** Coach  
**Arrival:** 16:30

## Rules of the camp

- ✓ No student is to leave the camp site, there are fences around the boundary  
DO NOT cross them
- ✓ All damage will have to be paid for
- ✓ Please respect the environment, leave rooms clean and tidy, no litter
- ✓ After lights out you may only leave your rooms to go to the toilet
- ✓ You are not permitted in any room, other than your own
- ✓ No one leaves the dining room at meal times until dismissed
- ✓ Saturday morning you must be ready on time for breakfast

Students will be asked to switch mobile telephones off during sessions and so will only be able to pick up messages during break times.

# Activities

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Here is a flavour of the programme for Friday 15<sup>th</sup> and Saturday 16<sup>th</sup> January 2016

## Friday 23<sup>rd</sup> September 2016

<b>15:00</b>	Depart school
<b>16:00</b>	Arrive, briefing, settle
<b>17:30</b>	Tea
<b>18:30</b>	Session 1 – revision strategies
<b>20:00</b>	Session 2 – revision strategies part 2
<b>21:30</b>	Movie/relax
<b>22:15</b>	Lights out

## Saturday 24<sup>th</sup> September 2016

	<b>08:15</b>	<b>09:30-11:00</b>	<b>11:00-11:15</b>	<b>11:15-12:45</b>	<b>12:45-14:00</b>	<b>14:00-15:30</b>	<b>16:00</b>
Groups 1-5	Breakfast	Adventure activity 1	Break	Adventure activity 2	Lunch	Revision	Depart
Groups 6-10		Revision		Adventure activity 1		Adventure Activity 2	
Groups 11-15		Adventure activity 2		Revision		Adventure activity 1	

Students will be notified of groups nearer the time.

# Essential clothing

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We will be right on the coast and it is always windy so please remember lots of warm clothing.

Some activities involve getting wet and muddy so do bring "old" things to wear, particularly trainers.

The majority of activities will continue in the rain so a waterproof is essential.

## **Essential kit:**

	<b>Tick</b>
Sleeping bag	[ ]
T-shirts	[ ]
Pyjamas	[ ]
Sweatshirt	[ ]
Toiletries	[ ]
Underwear	[ ]
Towel	[ ]
Snack money (optional - vending machines only so bring change)	[ ]
Trainers	[ ]
Tracksuit bottoms x 2	[ ]
Waterproof top	[ ]
Clothing for classroom work	[ ]
Torch	[ ]

# Emergency contacts

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## Primary contact:

**Ipswich Academy Senior Leader:** Mrs Willis  
**Ipswich Academy Senior Leader:** Mrs Winn

**Contact:** TBC  
**Contact:** TBC

## Secondary contact:

**Mersea Outdoor Centre**  
Rawsalls Lane  
East Mersea  
Colchester  
Essex  
C05 8SX

**Contact:** 01206 383226

The centre asks that you do not use this number unless there is an emergency.

**Ipswich Academy Executive Principal:** Miss Phillips      **Contact:** TBC

**Please ensure you complete and return the parent/carer consent form with details of your emergency contacts.**

# Medical notes

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**Please ensure you complete and return the parent/carer consent form which requests details of any medical condition or medication your child requires.**

We will confirm where medication will be stored on an individual basis.