



National Family Week 2010 was jam-packed with family fun at The Bankfield School!

Key Stage 3 & 4 Lessons

All students in Years 7 – 9 experienced a totally different curriculum during Family Week. All subjects were involved and planned exciting topics relating to the family theme. Some subjects joined together to organise cross – curriculum projects, including Year 7 English lessons linking with History by researching Family Life in Medieval Times.

Other lessons focused on family identity, School as a family, families in war time, the impact of ICT & technology in the home and researching family ancestry. The PE department introduced Flamenco dancing to Year 8s, Primary children and parents also enjoyed a basic introduction to Flamenco dancing after school on Tuesday.



The Maths department got Natwest Bank involved by offering parents and Year 11 students advice on completing EMA forms, setting up bank accounts and other financial advice. Maths also planned a trip for Year 10 to Gadbrook Park to make students more aware of real life financial issues.

Students and staff thoroughly enjoyed the opportunities made available to them during this enrichment week and look forward to producing some exciting displays around the School.

After School & Evening Activities

Day 1 – Monday 7th June

The main attraction after school on day one was the introduction of 'Tri golf'. Family members took part in a taster session introducing them to the fundamentals of the sport. The instructor was Jason O'Brien, a local professional whose enthusiasm resulted in good progress being made by all! The children reported that they enjoyed being outdoors taking part in a different sport. Similarly, the parents involved stated that they learnt new skills and enjoyed spending time in a relaxed environment with their children. Staff members took part in a relaxation class which was delivered by 'Carman Therapies'. The session featured the sounds of relaxation music which created a positive environment for staff members to relax after a well earned day. Staff reported a sense of deep relaxation and some reported a sense of energy which lasted into the evening.



Day 2 – Tuesday 8th June

The main attraction on day two was Dance Nation. This session offered the opportunity for female family members to take part in a session of modern day dance. The activity attracted several

students from within the school who all reported to have enjoyed the activity thoroughly and reported that it was fun to be a part of. Family members who took part in the session joined in different styles of dance. Feedback after the session was positive and the ladies involved stated that the activity was provided in a relaxed environment which was suited to their ability levels. Other comments made by 'mums' who attended said that the session was fun and enjoyable and at the same time provided them with an energetic work out.

Another attraction on day two which proved popular was a 'Healthy Eating' workshop. The session was led by a member of the school staff who was assisted by two Year 10 catering students. They showed great enthusiasm and generated a positive attitude towards eating healthy. The cooking demonstration contained valuable tips for cooking healthier options at home, using alternative low fat foods. Once again feedback from participants was positive and family members reported that they enjoyed cooking the healthy option and thoroughly enjoyed tasting the food they had made.

In the evening, a parent and child jewellery session was offered through Halton Adult Learning attracting mums and daughters to this activity. The session was noticeably friendly and relaxed and the children made bracelets and earrings using assorted beads. One parent reported that the best part of taking part in the session was interacting and spending time with her daughter in a relaxed environment whilst the children stated that they loved making something that they could take away and show to their friends.

Day 3 – Wednesday 9th June

After school on day three was busy to say the least! The school offered a martial arts class which was well attended by both male and female family members. The instructor led part of the session based on self defence surrounding the issue of a knife attack. Participants learnt how to defend themselves in awkward situations and the outcome could improve the children's confidence if ever found in these situations. Additionally, part of the session was a demonstration of skills and bodily movements which are used commonly when performing martial arts. Feedback after the session was full of compliments. Some stated that the activity was exciting and different to what they had previously taken part in. Other comments made highlighted that the children are keen to develop the new skills they had learnt and wish to continue the activity during community hours at the school in the future.

Attracting the largest number of family members within the weekday events was the already up and running 'Street Games' activities. The evening consisted of a fun and fitness class which was aimed towards mums and daughters, alternatively family football was offered to entice everybody in the family to participate in the fun of community football. Mums and daughters joined in the interactive dance session whilst encouraging one another to learn the new skills. It was clear to see that the session was enjoyable and both mums and daughters fed back to say they would attend again in the future. The family football took place on the grass and the session was enhanced through a football skill session provided by a member of the School staff. Children from as young as four years old learnt new football skills whilst the older 'lads and dads' took part in friendly games with a focus on fun and enjoyment. The sessions were well attended and a sense of enjoyment and fun was evident.

Day 4 – Thursday 10th June

After school on day four began with a visit from the Police who brought an expedition lorry on site with the aim of helping Bankfield students feel more comfortable and protected by Police presence. Students from the school made their way onto the vehicle where the police spoke to them about problems they might encounter and how the police could help in difficult situations. The children accessed computer games on board and also had opportunity to explore the internet in the comfort and informal environment that the Police helped to create. Hopefully the experience will have some impact to the students in the future.



Other features of the evening were judo sessions and media sessions. The judo attracted children from as young as four years and later on in the evening adults attended. The children reported that they loved the activity and will be perusing it in the future. Other feedback from parents stated that new skills were learnt and overall the session was good fun and the physical aspect was exciting. The school will welcome the activity again in the future.

Parents and children who attended the media session designed their own holiday movie through the use of their own pictures from a digital camera. Slide shows were created and took away to show other family members who could not make the session. One lady reported that it was very useful and creative and will be something that she will be using in the future.



Day 5 – Friday 11th June

As the week was drawing to a climax there seemed no better way than for the school to screen the first World Cup match. The match attracted children from the school as well as teachers. As always the football is well followed and students in particular enjoyed the opportunity to sit back in the comfort of their own School Hall and watch the match on a wide screen. The RE department organised this event in conjunction with a week's worth of work where students designed scarves as banners promoting the campaign 'Send Our Friend to School'. This national campaign aims at raising awareness of the governments intentions to keep its promise made in 2000 and make sure that every child can go to school, no matter where they live in the world. Students made voluntary contributions to watch the match which will be sent to this campaign.



Outside in the sunshine the School organised a climbing wall to be on site for the majority of the evening. The wall attracted a range of students from different year groups from the School and staff joined in the fun too! Parents brought younger children from nearby Primary schools who were also joining in the experience. The climbing wall was a huge success and feedback was very positive from the children who commented that this was something different to anything they had done before. The School hopes to welcome back the climbing wall in the very near future.

Day 6 – Saturday 12th June

The week was well organised by self motivated and enthusiastic staff led by Miss J Flavin – Deputy Head and Miss R Smith –Sports Community Manager. Several of the Bankfield School staff who were seen to play important roles throughout the week which continued to the end. The Car boot Sale and Family Fun Day lasted throughout the morning and it was clear that the hard work had paid off. Family members of the community were seen engaging in several activities around the School site. The car boot sale itself attracted many buyers and sellers in a friendly environment. Young children took part in a circus activity of which they were seen performing circus tricks. A judo

competition took place and family members were encouraged to join in if they wanted to. Other crowd pleasers were gladiator contests, bouncy castle, face painting and dancing.



Students from the School Council as well as year 11 Prefects help manage the day. They also ran a tombola stall and took part car washing. Year 10 Catering students ran a cake stall and Year 10 students sold plants which they themselves grew on their Landbase course.



The week was a huge success and will be welcomed back next year in support of 'National Family week'. The week brought the community together and had a real sense of fun and enjoyment. comments made by everybody involved were positive and highlighted the impact of the work that the school carries out on a daily basis .The School hopes to develop the week further in 2011 with fresh activities to attract even more families and members of the wider community.

