

# Parent Information Evening

6<sup>th</sup> September 2018

Ms. O'Regan

# Gaisce

**Gaisce – The President’s Award is a three-tiered personal development programme for young people aged 15 – 25.**

**Combining self-directed challenges and structured supervision by an adult volunteer (PAL) young people set and achieve a series of personal, physical and community challenges at Bronze, Silver and Gold level. In addition they undertake an Adventure Journey.**

# An Gaisce (Bronze Level)

- ▶ Minimum of 1 hour a week is required in each of the first 3 challenge areas
  - ▶ Community Involvement - 13 weeks
  - ▶ Personal Skills - 13 weeks
  - ▶ Physical Recreation - 13 weeks
- ▶ Additional time of 13 Weeks in one area
- ▶ Adventure Journey - Plan, prepare and undertake a 2 day, 1 night Adventure Journey in a group  
Only those who show evidence they are completing their Gaisce may go on the Adventure trip in Spring

▶ [www.gaisce.ie](http://www.gaisce.ie)

# Benefits of Participating in Gaisce (Results from an independent research study)

- ▶ Increased positive emotions
- ▶ Self-efficacy - participants gained a sense of accomplishment and great confidence in their own ability to set goal and achieve them
- ▶ Personal Growth - participants felt a greater sense of maturity
- ▶ Positive thought - participants felt more positively about themselves. Improved sense of self-esteem, self-worth and self-belief

## Other themes that emerged

- ▶ Opportunity to mentor others
- ▶ An enhancement of pre-existing skills
- ▶ Development of new skills
- ▶ Improved fitness levels

# How to get started.....

- ▶ Fill in three forms: Proposed Challenges, Personal Information, Consent Form
- ▶ Once PAL approves challenges they can register online at [Gaisce.ie](http://Gaisce.ie) and pay the €15 fee online
- ▶ PAL approves online registration
- ▶ Start your Challenges!!
- ▶ Get each week signed off by your supervisor

# Cappanalea

- ▶ Five day, 4 night outdoor adventure centre trip
- ▶ Looking at option of a 3 day, 2 night trip
- ▶ Week 1: 1<sup>st</sup> October - 5<sup>th</sup> October
- ▶ Week 2: 8<sup>th</sup> October - 12<sup>th</sup> October
- ▶ Aghadoe: 8<sup>th</sup> October - 10<sup>th</sup> October
  
- ▶ Students will undertake the EXPLORE course
  
- ▶ Contact number for the centre: 0669769244

## **RULES & REGULATIONS**

- 1.** In the interest of safety and orderly behavior all users of Cappanalea Outdoor Education and Training Centre, are requested to obey the centre staff at the Centre and Instructors, teachers, and leaders at all times during their stay.
- 2.** All users of Cappanalea Outdoor Education and Training Centre are requested to respect other users and those related to the Centre and neighbourhood, with regards to their rights, their space and their freedom. In particular incidents of bullying will be dealt with severely.
- 3.** All users of Cappanalea Outdoor Education and Training Centre are requested to respect the property and equipment of the Centre, the neighbourhood and that of other persons in the Centre. No one is to go on activities or take equipment without the consent of Centre staff.
- 4.** All users of Cappanalea Outdoor Education and Training Centre are required to uphold the Country Code during their stay.
- 5.** All users of Cappanalea Outdoor Education and Training Centre must obey the laws of the state, particularly in relation to minors and alcohol and other illegal substances. Regarding smoking, students on an open residential course must produce written permission from their parent(s) or guardian before being permitted to smoke.

**Any breaches of these rules may result in a student being sent home.**

## **BASIC EQUIPMENT LIST**

**Clothing:** Bottom half – no jeans. Tracksuit pants, exercise leggings or fleece leggings are ideal. Top half – base layers, skins or football jerseys are ideal if you have them to bring. Fleeces or warm jumpers.

**Footwear:** If you have proper hiking boots or else wellington boots for land activities. Plus runners for non-outdoor activities around the building and old runners, water shoes or sandals (for water activities). These will get wet.

**Socks:** Long, a few pairs



**Waterproofs:** Jacket and pants.

**Hat / Gloves:**

**Sleeping Bag:** Applicable to those who are on overnight camps (duvets are provided for use in the centre).

**General:** Assume outdoor clothing could get wet or muddy – so don't bring your best clothes, bring enough for your stay.

**Accessories:** A watch; torch and spare batteries; personal medication, swim gear, towel and toiletries. If camping bring a flask, sleeping bag and some extra large refuse sacks for keeping the gear dry.

# Google Classroom For Parents

This is an online platform for the TY team to keep parents updated on what is going on in the year.

You can only sign up with your bgsmail a/c

Please remind your child to join their classroom

105wjai