

Bedelsford School



FROM FEAR TO FLYING

PTEROMERHANOPHOBIA

(THE FEAR OF FLYING)

Symptoms

- Breathlessness
- Dizziness
- Excessive sweating
- Nausea
- Dry Mouth
- Feeling sick
- Shaking
- Heart palpitations
- Inability to speak or think clearly
- A fear of dying
- Becoming mad or losing control
- Detachment from reality
- Panic attack



FROM FEAR.....TO FLYING

Our journey:

- Leadership - preparing the flight - fears and the journey begins
- Staff - boarding the flight - how did we support staff ?
- Parents - taxiing along the runway - communication and sharing information
- Provider - the 'Roaring Zone' - not the 'usual' group.....!
- Students - 'Take off and landing!'


BUT FIRST - A SHORT VIDEO.....





FROM FEAR.....TO FLYING


Leadership – Our fears and where our journey started

- Changing the culture, vision and attitudes
 - Meeting medical needs
 - Risk averse to risk assessing
 - Aspirational intentions – Equality and beyond
- 



FROM FEAR.....TO FLYING

Staff – What did we do to support our staff?

- Health and Safety/Medical needs
 - Building a 'base' of experience
 - Building confidence, competence and resilience
 - Overcoming anxieties
 - Using skills - Larks and Owls
 - Managing students away from 'safety' of school
 - Fear of 'failing' - flexibility of decision making
 - Meeting expectations
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“ Smart Companies
recognize their
employees as their
greatest advantage. ”

FROM FEAR.....TO FLYING

Parents – Keep it simple.....Talk to each other!


- Communication
- Information
- Learning from each other
- Celebrate successes





FROM FEAR.....TO FLYING

Provider - PGL – We were not their ‘usual’ group

- Visits to venue
 - Talk to the right people (*especially the chef!*)
 - “Give us the good guys who know what they doing”
 - Identifying the possibilities
 - See the young person not the disability.
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**"You're off to great places!
Today is your Day!
Your mountain is waiting,
So...Get on your way!"**

Dr. Seuss



Welcome to PGL

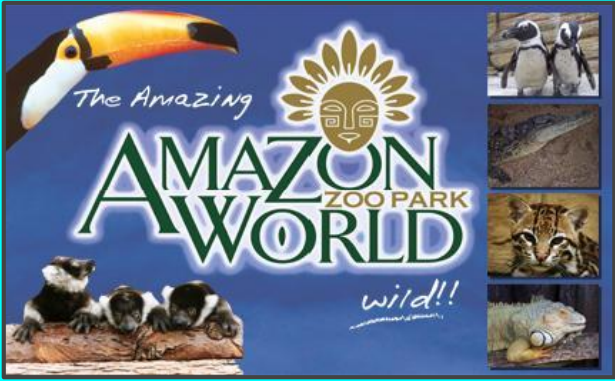
- The UK's largest provider of outdoor education for young people
- Over 55 years' experience
- Fully risk assessed
- LotC Quality Badge holder
- Founding member of BAPA
- ABTA bonded



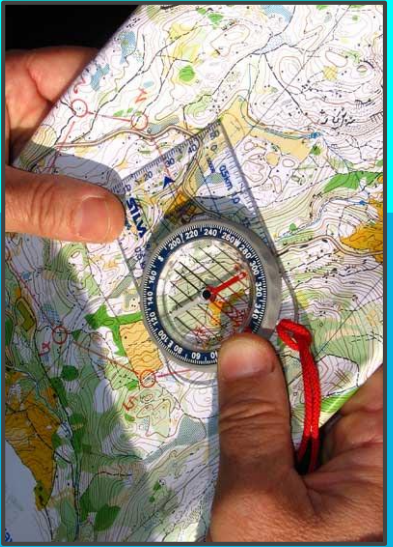


Accommodation






	Daytime	Evening
Monday	Travel to IOW	Campfire
Tuesday	Trapeze and Zip-wires	Night walk
Wednesday	Alum Bay	Nature trail?
Thursday	Orienteering + Amazon World	Disco
Friday	Return to Bedelsford	

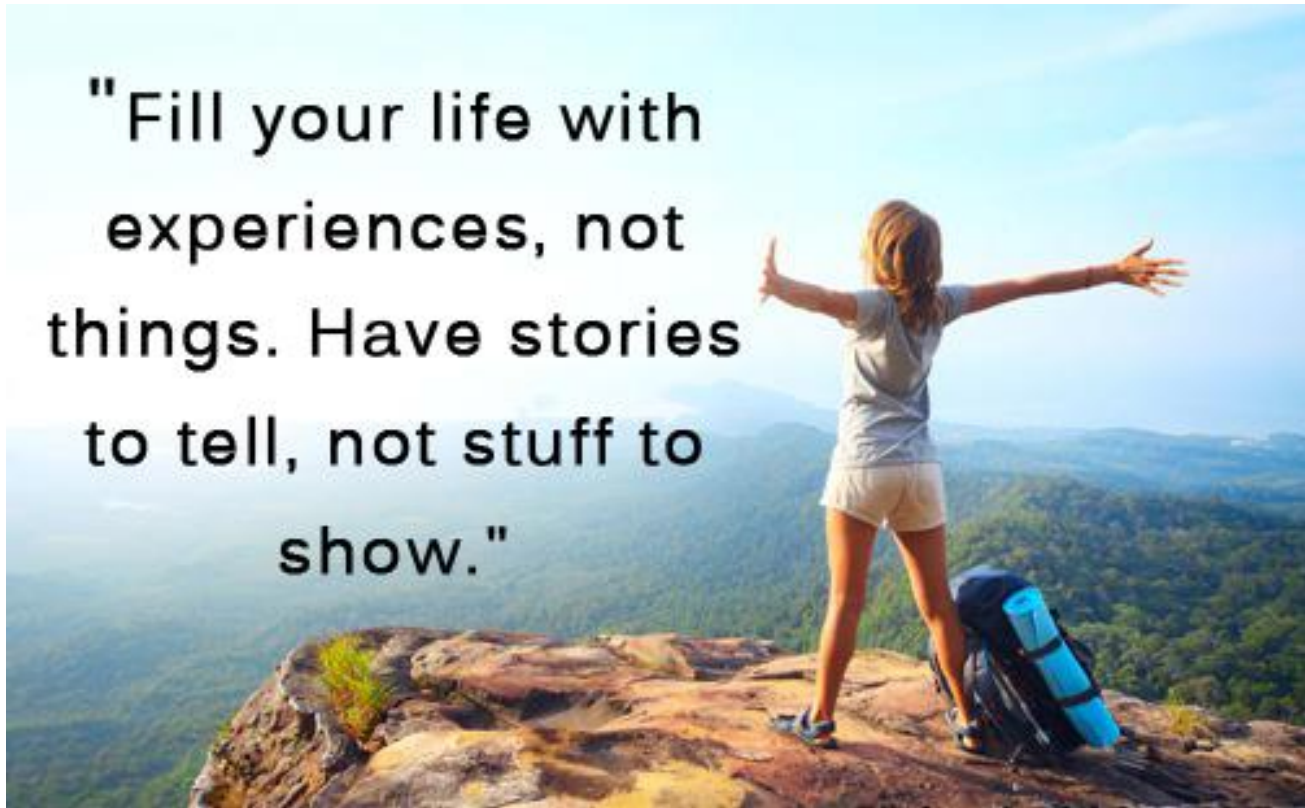


FROM FEAR.....TO FLYING

Students :

- First time away from home
 - Worrying about parents
 - Unknown and adventure activities
 - Challenge
 - Acceptance of impossible versus achieving the possible
 - What is equality for these students?
 - Friends
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"Fill your life with
experiences, not
things. Have stories
to tell, not stuff to
show."





BEDELSFORD 6TH FORM

‘Yes I can!’

‘Yes I did!’



FROM FEAR.....TO FLYING

Thank you.

Questions?

