



## St Marks Church of England Academy

XLR8 camp  
Impact Report  
2021





# Introduction

The 2020/21 academic year has been extraordinarily challenging for the education sector. Many vulnerable pupils have suffered disruption to their education, at a critical time of transition from primary to secondary school.

XLR8 camps address all areas of children's wellbeing; building social skills, confidence and resilience so that pupils can catch up and thrive in secondary education. We give pupils a chance to explore their new school, make friends and try new things, with our trained Health Mentors leading the way.

XLR8 includes academic elements such as English and Maths, cognitive health exercises, physical activity and creative challenges. Read on to explore the activities we delivered, and how they've made a difference to your pupils.



# My Tribe, My Land

**80**

children attended from a variety of primary schools

**84%**

average attendance

**21**

staff members

“ In summer school I’ve made a lot of new friends, I participated in the talent show and, I got to know the school a bit more and i enjoyed creating our own games. ”

- XLR8 participant, 2021

## Activities

### → **PB:ME (Personal Best: My Efforts)**

Pupils try to beat their own score at 10 Fast Fingers, Speed Bounce and Memory Test, strengthening cognitive health and a sense of achievement.

### → **Healthy Discussions**

Group discussions on health and wellbeing. Topics include Sleep, Hygiene, Keeping Active and Mindfulness.

### → **Talent Show**

On the last day, pupils show off their strengths in a talent show, building their confidence and self-esteem.

## Theme of the Week

### **My Tribe, My Land**

Pupils create ‘tribes’ in small groups, with their own language, costumes, flags - and in Tribal Dine Witith Me, they then promote their resturant in a ‘Dragon’s Den’ style session. This was a great way for the pupils to work as a team, gather their thoughts together and make new friends, making it easier for them to transition into year 7.



# Wellbeing Compass Results



The Wellbeing Compass is our unique, evidence-based tool to measure six areas of health: **Diet, Sleep, Physical Activity, Cognitive Health, Emotional Wellbeing and Personal Development.**

At XLR8 camps, we completed this survey at the start of the week to see what particular areas your pupils may need support with. We have produced a separate report to identify these pupils.

This table shows the average scores for all XLR8 pupils at St Marks Church of England Academy.

	Baseline
Physical Activity	2.8108
Sleep	2.4223
Diet	3.7973
Emotional Wellbeing	3.9493
Personal Development	4.1723
Brain Health	3.3514
	3.4172



# Case Studies

## Case Study 1

K.GS has complex medical condition, He can become very anxious when in an educational setting. K.GS has sensory sensitivities like loud noises or cleaning product smells. K.GS has a very negative perception of himself when it comes to education and needs a lot of encouragement. At the start of the camp he was reluctant to engage in any writing tasks or any conversations and needed a lot of encouragement at the beginning.

Towards the end of camp he was very confident when he was speaking about volleyball. During the days K,GS showed vast improvement everyday as the support from the Health Mentors was to drive him to try new things for fun he tried new activities and challenges and will step forward to become team captain. By the end of the week He tried things he has never done before which was great, and always spoke to Health Mentors if he had any concerns this makes K.GS ready to start secondary school as this will help with his confidence as he is coming out of he's comfort zone.

“ I am even more excited for secondary school now, thanks to XLR8.

”

- XLR8 pupil, 2021





# Case Studies

## Case Study 2 -

S.S finds tasks challenging and needs them broken down. She is extremely quiet and will often look very sad. During the first day of the camp she was very to herself and only spoke to her friend. After a few days in the Health Mentors really encouraged her to interact with others and gave her a little bit more attention.

This allowed S.S to progress and interact with her surroundings. By the end of the week S.S was able to present what she created with her group in the Tribble Dine With Me challenge and was also able to perform in talent show on the last day of the XLR8 camp. As her confidence has built up alot this will prepare her when she starts secondary when she meets her new teachers and friends.

“ I am even more excited for secondary school now, thanks to XLR8.

- XLR8 pupil, 2021

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# Impact Summary

Overall, the week was a great success and a fantastic experience for the pupils and health mentors who attended.

We saw great improvements in children's engagement, confidence, creativity and learning, with many pupils making new friends who will accompany them to their new school.

The most successful activity was the Tribal Dine with Me competition, with the 'tribes' getting creative and coming up with some amazing designs and slogans for their restaurant. All the participants and staff gave good feedback on the course, and all felt they had learned something new.

As these pupils go on to secondary school and face new challenges, we wish them the best of luck. and we hope that their time at XLR8 camp has prepared them well to return to education.







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