

03 April 2020

Dear Students

RGSHW CO-CURRICULAR – Outdoor Film Festival

In these challenging times there are many opportunities to show kindness and to understand the importance of tenacity and determination. We are all learning to be resilient in new ways and if there is one positive to take from the current changes to life it is that community and people are at the very heart of who we are as human beings.

It also shows us the value of our outdoor spaces and the profound effect they have on our physical and emotional health and wellbeing.

I wanted to share with you a few stories that have inspired me, that helped me make my own mistakes and live my own adventures. More importantly these are stories that have challenged me to learn and grow, to see the world with open eyes that are focused towards those around them.

Hopefully the links below will give you something to enjoy and reflect upon during your time at home over the coming 2 weeks.

Four Mums in a Boat (44mins) - <https://youtu.be/KwVrYWHjqLI> - When four middle-aged working British mums announced they wanted to row the Atlantic Ocean, their families thought they had lost their minds. With an average age of 47 and two children each, the women had no ocean rowing experience when they decided to follow their dreams and attempt the unthinkable.

Arctic Air (32mins) - <https://www.mntnfilm.com/en/film/arctic-air-2014> - Brothers Niall and Finn McCann pack their bags with two weeks of food and gear for ski mountaineering, ice climbing and speed flying and head into the beautiful Caledonian Alps of Eastern Greenland. With no specific objectives in mind and being surrounded by a multitude of beautiful unnamed peaks, they simply set out to have an adventure, and that's exactly what they had.

Into the Empty Quarter (50mins) - <https://youtu.be/J5zzrx2RtWU> - Inspired by Wilfred Thesiger, Alastair Humphreys and his friend Leon MaCarron walk for 1000 miles *across the Empty Quarter*, a sand desert encompassing most of the southern third of the Arabian Peninsula covering some 650,000 km².

Yours sincerely,

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