



Plymstock School



Curriculum Enrichment & Activity Week

Year 8 and Year 9

Choices Booklet

**Monday 27th June -
Friday 1st July 2016**



ABOUT CURRICULUM ENRICHMENT WEEK

Students in Year 8 and Year 9 choose from a wide variety of educational activities that take place beyond the confines of the classroom.

Please note that this week is **NOT OPTIONAL**. It is part of our school term and so it is important that normal attendance is maintained.

I am very grateful to the staff who have offered to run these activities. Without them the week could not happen.

There are over five hundred pupils in Years 8 and 9 so the task of arranging this week will not be easy. Therefore it is important that you return the option sheet promptly and select a **second choice** in case your first choice is **overbooked**.

HEALTH AND SAFETY

We are aware of the potential hazards involved in adventure activities. It can sometimes be difficult, almost impossible, to create an opportunity for adventure whilst totally eliminating all risks. We hear of schools withdrawing from all types of adventure activity because of the risk of some unforeseen danger or threat to the wellbeing of their children.

The staff involved in organising the activities have paid great attention to health and safety and some activities have been modified as a consequence. Where activities take place in a potentially hazardous environment, tuition and supervision by properly qualified instructors has been arranged. In situations where teachers at the school possess appropriate qualifications, their expertise is being fully employed to provide children with real adventure at reduced costs. Every activity included has been examined for health and safety and adequate staff/pupil ratios. As a result we can confidently offer a wide range of activities which are within the Education Authority's strict safety guidelines.

If you have any health and safety queries about any of the activities in this booklet please do not hesitate to contact the school to discuss the matter with either Mrs Wilkins (Activity Week Co-ordinator) or Miss Edwards (our Educational Visits Co-ordinator) who have overview of all the activities and risk assessments.

SPECIAL ARRANGEMENTS FOR THE WEEK

Travel to and from School

Some of the activities have start and finish times beyond the normal school day. **If you choose such an activity you will have to make your own arrangements for getting to and from school.**

Meals

Many daily activities require a **packed lunch**. If your child normally has a free school meal then packed lunches will be provided. They can be collected from the Galley in the morning before the activity starts.

Clothing

During the week it is usual for pupils to wear casual clothes. Extreme styles and jewellery will not be allowed. Further information about appropriate clothing for the various activities will be provided by the trip leader where necessary nearer the time.

Student Behaviour

Naturally we expect pupils to behave as well as they normally do during this week. In the past we have been complimented by the staff at venues and by coach companies for the excellent standard of our pupils' behaviour. Just in case, though, it is necessary to point out that **unacceptable behaviour will result in pupils being withdrawn from activities**. In such cases **a refund will not be possible**, as most bookings have to be paid in advance.

Please note: The school reserves the right to reject applications for residential visits for pupils where behaviour has not been of an acceptable standard.

REQUESTING YOUR ACTIVITY

When you have read the booklet and made your selection, please fill in the booking form on the back page and return it to your child's form tutor by **Wednesday 2nd December**. I shall then process all the forms and let you know which activity your child has been allocated to.

Please remember that it is possible that your second choice will be needed. So please choose this with as much care as your first choice.

Activities Available

Residential activities

Activity	Cost
France	£390
Extreme Cornwall	£299
Isles of Scilly	£200
PGL & day trips	£240

Daily off-site activities

Activity	Cost
Fishing	£60
Water sports at Mountbatten	£200
Horse Care & Riding	£160
Splash! Diving experience	£90
Surf Week	£155
Multi Activities	£125
Plane Crazy	£50

School based activities

Activity	Cost
Girls Fashion & Beauty	No charge
Board & card games	£40
Football Week	£35
Film Making	No charge
Design & Create	£60
Creative Writing & Journalism	No charge
ICT & game making	No charge
English, Maths & Science	No charge

PAYMENT

All activities will require payment in full by end of March.

Payments for all activities need to be made through Parent Pay.

We accept instalments and an appropriate payment plan for higher cost activities will be sent once your child's activity is confirmed.

If you have not received your activation code to access your account or you have any queries or concerns about paying via Parent Pay please contact the finance department.

Residential Activities

France - Theme Parks and Vimy Ridge

The trip consists of four days and three nights with full board accommodation at Disney. Coach and cross channel ferry crossing via Dover - Calais.

The price will include:

- A one day pass to Disneyland Paris
- A visit to Parc Asterix – an amusement park based on the stories of Asterix
- A visit to the Canadian war memorial at Vimy Ridge

We will leave early on Monday and return early on Friday.

This trip is open to all students regardless of language studied although it is most suited to students studying French.

Price based on 40 students travelling is approximately £390. Final costs will be known when student numbers are confirmed.

Adventure Holiday to the Scilly Isles

A fun week camping and taking part in outdoor activities on the beautiful Isles of Scilly. Monday early morning departure via Penzance on the Ferry, return Thursday late evening. Friday after a late start, will be based in school completing a media project on the Isles of Scilly.

3 nights camping at Garrison campsite, to include a range of outdoor based activities developing communication and team work. Proposed activities include beach games, crabbing, cycling, fishing, walking, swimming, kayaking, windsurfing, sailing, rib trip, sea fishing, and camp craft.

The cost includes all food (with the exception of packed lunch on Monday and evening meal on Thursday) all activities, accommodation and transport.

Extreme Cornwall

Extreme Cornwall offers pupils the opportunity to experience both coasts of Cornwall in their most raw and extreme form through a wide range of sports and activities. These include; Surfing, Body Boarding, SUP, Giant SUP, Coasteering, Kayaking, Sailing, Beach Volleyball, Zorb Football and much more. The activities that take place will be based at Tolcarn Beach, Newquay and Swanpool Beach, Falmouth.

During this residential week, the group will stay at Ocean Lodge, a surf lodge in Newquay. The accommodation offers en-suite rooms and full board catering. The lodge is ours for the week and provides a great social base with an indoor games area and an outdoor eating space.

If you have a love of the outdoors and want to push yourself to reach new goals and try a range of new extreme sports, this is the trip for you!

3 Day PGL Barton Hall Residential & Day Trips

This activity has two parts. There is a 2 night and 3 days residential at a local Adventure Centre (Monday to Wednesday) and 2 days of day trips (Thursday & Friday).

The Residential part of the week is based at PGL Barton Hall in Torquay. Barton Hall has its own swimming pool, dining hall, games area and activity zones. During the residential, your child will have a chance to participate in zip wire, Trust Games, raft building, Archery, Swimming and evening entertainment. All the activities are voluntary but with support students can challenge themselves.

The cost of the two night and three day residential includes transport, all meals, accommodation, insurance and equipment. The two day trips will be to local venues and will leave from and return to school each day. The cost of the day trips includes transport and entry fees.

Daily Offsite Activities

Fishing

Learn how to fish and use equipment. Then use your skills fishing at two local coarse fishing lakes. Angling in waters that hold carp that weigh up to 25lb and various other smaller species. This activity would suit either students with fishing experience and own equipment, or complete beginners. Transport each day will be included as well as 4 days with 4 hours a day fishing time, all you will need to bring is yourself, your lunch and some patience.

Horse Care & Riding

Spend each day caring for ponies, and learning to ride or improving your riding skills. Each day we will travel to Newton Ferrers Equestrian Centre where we will learn how to look after the ponies, including grooming, tacking up, mucking out and feeding. You will ride one of the Centre's ponies each day, either in a group lesson, possibly including jumping, or on a hack.

Splash! Diving Experience

Are you the next Tom Daley or Tonia Couch? Come join us to see where they eat, breath and sleep diving and experience a week in the life of an elite athlete. You will tumble, turn, spin and twist from the 1 metre to the 10 metre platform where you will stand in the footsteps of our Olympic divers. This experience will enable you to experience diving itself, trampolining and acrobatics in the Plymouth Life Centre. You will meet and be trained by the Plymouth Diving Coaches. Can you embrace the challenge? This is a fun and exciting activity aimed at all abilities.

Water Sports at Mountbatten

Spend 5 days having learning how to stay water safe and take part in a variety of water sports. If it involves water we will smash it - including dinghy sailing, canoeing,, Stand Up Paddleboarding, Kayaking, Hawk 20 sailing and windsurfing supported by trained staff.

Students will meet daily at the Mountbatten Centre.

Surf Week

Learn how to surf or develop your skills working with qualified coaches. A week of sun, sand and surf at Discovery Surf School Bigbury beach. From complete beginners to more advanced surfers, the qualified instructors will be there to push your surfing to the next level!

Multi Activities

The week will be spent participating in a variety of activities at various venues which will include physical & mental challenges.

The week will include visits to local attractions to experience learning beyond the classroom. Including a science based day at Plymouth Aquarium; a nature based team treasure hunt at Woodlands Theme Park; a challenge day at River Dart Country Park; a day learning about animal welfare and eco-tourism at Paignton Zoo; and a physical team challenge at Ashcombe Adventure Centre.

Plane Crazy

Do you have an interest in planes & aviation? In a varied week we will have a number of trips away from school, which will include visits to aircraft museums and working airports; we may even have a chance to 'fly' a full size simulator used to train real airline pilots! Back in school, we will build our own gliders and compete to see who's flies the best. Finally, throughout the week we will spend time learning to fly on simulators that you could run on your home PC.

School Based Activities

Fashion, Health and Beauty

Are you fed up with 'perfect' models being used as icons in the media? As well as learning about fashion and beauty influences, we will be designing and creating our own fashion items and beauty ideas. We will analyse the media portrayal of young people and consider the affect of the media on body confidence. There will be the opportunity to create your own fashion and beauty magazine.

Football Week

Enhance your football skills with Plymouth Argyle coaches. There will be the opportunity to play a range of different football games and formats including; Street Soccer, futsal and Mini Soccer. The focus will be on game play, theory, officiating and organisation to improve overall performance. The week will include a visit to Plymouth Argyle.

Film-Making

You will learn how to produce films, from planning to editing. You will gain a wider understanding of how movies are made and the techniques directors use. You will create, edit, produce and show your own film over the course of the week.

Design and Create

Want to design products? Want to create products from a range of materials? The week comprises of learning new skills in the workshop and creating several products to take home. It will include learning how to master the skill of enamelling and you will be able to make beautiful products such as pendants, earrings and a candle holder. You will also design and create your own mirror or picture frame using recycled materials and/or items from beachcombing. You could create an amazing product from that old skateboard, surfboard or even your bike. Open your imagination and be creative.

Creative Writing Workshop & Journalism

Do you see yourself as the next JK Rowling? Or, have you ever wondered what it would be like to be a real life journalist?

The creative writing workshop is for students who wish to extend their writing skills. This is an activity where YOU can lead the way in writing exactly what you want to write. We'll cover a range of writing styles and genres, before setting you free to write. This is your chance to pick up a pen and get creative!

The 'Journalism' activity will give you the opportunity to report on events from the ground for a one-off school newspaper. Get out and about interviewing and taking photographs of visitors to the school, and reporting on activities off site too. You can write your own articles and find out how the professionals do it and design the newspaper.

ICT - Animations and Game making

ICT based activities including the opportunity to focus on an area of your choice. Options include stop-frame animation, computer animations and game making or maybe a combination of all three.

English, Maths & Science

For those students who would like to have a week of enhanced focus on building their core academic skills we have an English, Maths and Science based curriculum week, where the learning will be supported by out of the classroom experiences.

Board & Card Games

A week of geeky goodness where students will get to play a range of board games and card games from a variety of Genre. Including Magic the Gathering, Alien Encounters, Risk, Carcassonne, Settlers of Catan and Pandemic. Build and develop your skills with like minded enthusiasts.

PLEASE COMPLETE THIS FORM AND RETURN IT TO YOUR CHILD'S TUTOR BEFORE Wednesday 2nd December.

STUDENT NAME:

TUTOR GROUP:

1ST CHOICE:

2ND CHOICE:

I understand that when my child is allocated to their activity I will be responsible for the payments:

SIGNATURE:

Please add any additional information that might be helpful during the allocation process.

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