



Activity Week Booklet

Monday 4th July – Friday 8th July

Dear Parent,

Activities week provides pupils with the opportunity to tackle different challenges, learn new skills and build new friendships. It is an important part of the school year enabling pupils to develop skills that are useful both in and out of the classroom. During the week we have tried to provide a varied choice of activities: some residential, or school based for a week and some offering a carousel of choice that includes both school-based and/or outdoor activities. The costs for some activities can only be an approximation at this stage because firm bookings have not yet been made with all outside providers.

The carousel week will allow pupils to experience a variety of activities. For example table tennis, squash, racket games, sports tasters and 'Play for a Day'. If selecting the carousel week option, pupils need to RANK their choice for each day of the week.

We anticipate some activities could fill up very quickly so need to remind you that places will be allocated on a first come, first served basis. A quick response also makes it much easier to co-ordinate staffing and put everything in place to ensure that the week runs smoothly. Therefore, please return the attached slip as soon as possible and no later than **Thursday 8th October**. We plan to run every activity offered, but reserve the right to cancel any that does not secure viable pupil numbers. Last year the vast majority of pupils received their first choice activity. However, there will always be some who do not receive their first choice due to logistics. Please make sure that your child's choices are given careful consideration to avoid disappointment.

It is important that pupils recognise the commitment made upon agreeing to participate in an activity. The loss of just one pupil later in the year can place an activity in jeopardy if numbers are no longer viable. Therefore, a **non-refundable deposit** will be required for the majority of Activities. Once your child has been placed in his or her activity and the numbers finalised, a letter will be sent asking for this non-refundable deposit. Places will not be secured for activities without this payment.

If you have any queries regarding Activities Week please do not hesitate to contact Mrs Homer in the school office.

Yours Sincerely,

Deputy Head.

ACTIVITY WEEK CHOICE FORM

To be returned to Pupil Services

Pupil's Name: **Tutor group:**

(Please print your name clearly)

A. Non-residential Full week activities

You need to select up to 3 activities, in order of preference as you may not get your first choice:

	Activity Preference
First Choice:	
Second Choice:	
Third Choice:	

My Child is registered for pupil/services premium and I would like to apply for a contribution towards the cost of this activity if appropriate (Please tick the box). Contributions will only be released once the balance has been paid.	
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Signature of Parent: Date:

Please return this form to Mrs Homer in the school office by **Thursday 8th October**. Forms that are received after this date are unlikely to give pupils their 1st preference.

PUPILS ARE ASSIGNED TO ACTIVITIES ON A 'FIRST COME FIRST SERVED' BASIS

b. Carousel:

If you do not want to opt for a full week event, then we are hoping to offer a carousel of activities. For this you need to select one activity from a choice for each day of the week. We will endeavour to put together a programme based on pupil interest. If 'Carousel' is your preference, then please indicate below your choice of activities for each day of the week on the form below by ranking a minimum of two activities.

Monday	Cost	Rank
Play in a Day	No Charge	
Table Tennis	No charge	
Power-boating £60 OR Paddle-boarding £40 OR Sailing £40 (One only – please highlight/circle your choice).	£60/£40/£40	
Tree Runners/Games	£25	
Tuesday	Cost	Rank
Play In a Day	No Charge	
Table Tennis	No charge	
Squash	£35	
Racket Sports	No Charge	
Bushcraft – New Forest	£56	
Wednesday	Cost	Rank
New Forest Aqua Park/Games	£35	
Table Tennis	No charge	
Street Dance/Zumba	£10	
Racket Sports	No Charge	
Thursday	Cost	Rank
Splashdown – Thursday only	£18	
Table Tennis	No charge	
Street Dance/Zumba	£10	
Racket Sports	No Charge	
Friday	Cost	Rank
Laverstoke Farm	£10	
Table Tennis	No charge	
Racket Sports	No Charge	
Bushcraft – New Forest	£56	

TOTAL for the week = £

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Signature of Parent: Date:

<p>My Child is registered for pupil/services premium and I would like to apply for a contribution towards the cost of this activity if appropriate (Please tick the box). Contributions will only be released once the balance has been paid.</p>	
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Residential Trips

French Experience – Chateau du Baffy

Suitable for: Year 7 Only
Pupil Places: 70
Cost: £450



The centre that we will be staying in is 'Chateau du Baffy' an education and language centre situated in the department of Calvados in Normandy. This is between Caen and Bayeux and only 4 miles from the seaside resort of Courseulles-sur-Mer. The chateau is set in two acres of parkland. The facilities include: classrooms, an entertainment hall, 5 a-side football pitch and petanque. Pupils will also have the opportunity to take part in evening activities such as quiz night, sports night, treasure hunt, fancy dress and disco.

The visit includes excursions to places of educational value such as D-Day Museum in Arromanches, the Bayeux Tapestry, Cerza Zoo, local towns and street markets.

The cost covers full board (all meals), excursions, insurance, all transport, a group passport and also all the equipment and instructors for the activities.

Central Europe

Suitable for: Year 9 and 10 Only
Pupil Places: 30
Cost: £820



The tour will comprise of:

- two and a half days in Krakow visiting historic sites connected to the Holocaust, such as Auschwitz and the Jewish quarter of Krakow, including a Klesmer evening of Jewish food and music
- a one day walking tour of Prague visiting the royal palace, cathedral and Pinkas Synagogue
- two days in Berlin visiting historic sites connected to World War Two and the Cold War.

This trip will be a valuable experience for all pupils but is particularly aimed at those studying History or RE. Outbound flights will be from London to Krakow and return flights from Berlin to London. The journey from Krakow to Berlin will be by overnight train to Prague then an evening train from Prague to Berlin. Accommodation in Krakow will be in a 3 star hotel and in Berlin a youth hostel, both half board.

Please note: This visit is only available to year 10 pupils as an alternative to undertaking a Work Experience Placement

Ferny Crofts Activity Centre

Suitable for: 7-9

Pupil Places: 24

Cost: £230 approx.



This is a 5 day residential visit staying at Ferny Crofts, the Hampshire Scout Base near Beaulieu. The cost includes all accommodation, instructors' fees and entry to all visits. It is a fun filled week for students where they can put their skills to the test in Archery, Climbing, and High Ropes. Trips to Hurst Castle and The Otter and Owl Sanctuary are included. Pupils will be expected to assist with self-catering! This is a large remote site which allows pupils free time in a safe environment.

Schwarzwald, Germany

(The Black Forest)

Suitable for: Years 8-9 only

Pupil places: 20

Cost: £700 approx.



Waterparks, water falls, forest hiking, ski fields, chairlifts, a high ropes course, fairy tales, Hansel and Gretel, chocolate- an amazing experience no matter how you look at it! Explore for yourself the magical Black Forest area of Germany for 5 days of outdoor adventurous activities.

During the trip, pupils will have the opportunity to hike through the ancient forests, travel up to the beautiful Feldsee Lake, eat apple strudel in the mountains, visit the alpine ski fields of Feldberg and take a chairlift up to the summit of Feldberg for some amazing views. This is followed by heading back down the mountain to the 'Action Forest' for some high ropes fun and going to one of Germany's largest indoor waterparks –Badeparadiso! Waterslides, wave pools, obstacle courses – and they are all heated and indoors. Pupils will also learn about the magical days of 'Old Germany' by visiting the Black Forest Open Air Museum Vogtsbauernhof. This museum shows what life was like in the Middle Ages with farm animals and live demonstrations from the 'in character' actors.

Pupils will be staying in the Jugendherberge Titisee-Neustadt hostel on a full board basis. Flights from London Gatwick to Basel Mullhouse Airport and the rail link between the airport and Titisee station are all included within the cost. Spaces are limited so please do not miss out on this fantastic trip.

Non Residential Trips

Full week programme



Water and Land

Suitable for Yrs 7 - 9

Pupil places: 64 max

Cost: £155 approx.



This year's water and land programme presents a unique opportunity to experience 5 days of adrenaline packed fun. Activities this year include:

- Tree Runners - an outdoor High Ropes course
- Indoor climbing at Golden Gecko Climbing.
- 'Wibit' inflatable Aqua Park at the New Forest Water Park.
- Splashdown
- Outdoor Games (This could include a day of Bushcraft at an additional cost if there is any interest)
- Go-Karting (back for this year)
(For the younger racers there will be Brand New BIZ Cadet karts, which are both safe and fast. With 160cc petrol engines these karts will do 40mph on the massive track.)
- Rather than limit the karts automatically the staff will focus on training pupils to be able to handle the machine with confidence on their own.
- All Day outdoor Laser Quest



(More information about some of these activities can be seen later on in this booklet).

All trips are usually run via minibus in groups of approximately 14.

Horse Riding

Suitable for: Years 7-9

Pupil places: 10-14

Cost: £275



This wonderful activity at Grovely Riding School will involve riding daily and learning horse and stable management. Pupils will be offered the opportunity to own a horse or pony for the whole week. Activities are then designed so that pupils are given an action packed week full of riding and fun. Each pupil will be encouraged to think of the horse or pony they have for the week as their own. A British Horse Society testing certificate is available should they wish to take this up. There will also be a competition at the end of the week for those who wish to take part.

Creative Workshop

Suitable for: Years 7-9

Pupil Places: 30

Cost: £60 approx.

A fun, creative and messy activity week! Pupils will have an opportunity to work with a range of different media, including: Mosaic work, shirt designs, and clay 3D work. There will be a graffiti workshop run by an outside graffiti expert in which pupils will learn techniques of street design and will be able to create their own canvas.



This is an ideal course for those who are creative and would like to explore/develop their artistic skills.

Puppet Theatre

Suitable for: Year 7-9

Pupil Places: 20

Cost: £15 approx.

This is a new activity for this year in which pupils will get the opportunity to create their own puppet show. The week will entail writing their own script, building puppets and the puppet theatre and then performing their own show.



Fishing

Suitable for: Years 7-9

Pupil Places: 20

Cost: £20 (+£5 for a rod licence if aged 13 or over from the post office).

Spend 5 days coarse fishing at the lower lake at Broadlands from 10am to 2.30pm each day.

Coarse fishing is a term used in the United Kingdom and Ireland for angling for **coarse** fish. **Coarse** fish are freshwater fish that are distinguished from game fish (e.g. salmon and trout – these will not be available to fish).



Please note: **Each pupil must be able to provide their own equipment and have their own transport to and from the lake.**

Making a Film

Suitable for: Years 7-9

Pupil Places: 20minimum (30max)

Cost: £95

This is a repeat of a very successful activity from previous years, welcoming back the staff of “Splats Entertainment” from London. “Splats” run a selection of arts-based activities for schools. They provide an experienced and professional service and give pupils the opportunity to experience film making at a level beyond camcorders and home movies.

Monday will predominantly be a planning day, with shooting days on Tuesday, Wednesday and Thursday, before the editing process begins on Friday. Pupils will have the opportunity to operate all the equipment, act, direct and participate in all aspects of the creative process. Each pupil will receive a copy of the completed film.



Carousel Activities

Five activities need to be selected, one for each day

Table Tennis

Suitable for: Years 7-9

Pupil Places: 28

Cost: £1 per day



Spend the day playing table tennis in school. There will be opportunities to receive coaching and to play in tournaments. This will be the basis for this fun-packed experience.

Squash

Suitable for: Years 7-9

Pupil Places: 14

Cost: £35 approx.



This will involve a trip to Winchester Racquet and Fitness Club to have a day of playing squash. The day will include coaching sessions from qualified staff as well as playing time and tournaments.

Power Boating:

Suitable for: Years 7-9

Pupil places: 15 (ratio 3 -1 per instructor)

Cost: £60 approx.



Do something different and discover power-boating at the Southampton Water Activity Centre. The session will teach pupils the basics of powerboat safety. The instructor will get pupils on the helm of one of the training RIBs and let them get to grips with some of the basic manoeuvres before they take them for a high speed blast.

Sailing

Suitable for: Years 7-9

Pupil Places: 15

Cost: £40 approx.



Discover the world of sailing with this 2.5 hour session, its a great way for beginners to get out on the water and get a taste of sailing. As an introductory session it is up to you how much you do, either sit back and relax or get stuck in and have a go driving!
At the end of the session you should be happy aboard a dinghy and understand how to trim your sail and steer a boat.

Paddle-boarding

Suitable for: Years 7-9

Pupil places: 15

Cost: £40 approx.



This trip is an opportunity for pupils to try something completely new. A day of stand-up paddle-boarding will include training from qualified instructors out on the water testing their skills. Paddle boarding will also be run by the Southampton Water Activity Centre.

Splashdown

Suitable for: Years 7-9

Pupil places: 50 (Please note that this trip will run on Thursday only)

Cost: £18 approx.



Splashdown Waterpark is a great day out for pupils as there are some of the UK's most exciting water-flumes. Those who are thrill-seekers can brave the Screamer with its sheer vertical drop, then plunge into darkness on the Black Thunder. Pupils will need to hold on to their nerves as they shoot down the Spacebowl like a human pinball. If that sounds a bit like hard work, pupils can just go with the flow on the Mississippi Drifter.

Dance/Zumba/Street Dance

Suitable for: Years 7-9

Pupil places: 20

Cost: £10 approx.



This is the ultimate course for those pupils who like to be very active and enjoy more modern forms of dance. This activity will be led by an outside coach in school.

Laverstoke Farm

Suitable for: Years 7-9

Pupil places: 14

Cost £10 approx.



A day of learning about farm animals. Pupils will have an inter-active day learning about the intricacies of organic farming and have opportunities to work with some of the animals

Racket sports

Suitable for: Years 7-9

Pupil Places: 28

Cost: No charge



A day in school offering opportunities to improve both tennis and badminton skills. This activity is suitable for all abilities.

Tree Runners/Games

Suitable for: Years 7-9

Pupil places: 28

Cost: £25 approx.



There are 18 tree to tree zip wires, Tarzan swings, snowboards and pupils can ride a bicycle 20 feet up in the trees. When pupils come to the end there is only one way down, a base jump to the ground. For the afternoon, pupils will visit Danebury Hillfort

New Forest Aqua Park 'Wibit' Inflatable/Games

Suitable for: Years 7-9

Pupil Places: 14

Cost: £35 approx.



The UK's first Wibit Outdoor floating inflatable sports Aqua Park. Measuring 40 metres long, the inflatable Aqua Park has two trampolines, flippers, slides, hurdles, rockers, rollers, an overhang climbing wall, a swing, giant iceberg and more... For the afternoon pupils will undertake some games in the New Forest.

Play in a Day

Suitable for: Years 7-9

Pupil places: 20 (this will be run for 2 days only)

Cost: No charge

During the day 20 pupils will create a performance based on a topic of their choosing using the staging, lights, costume and sound within the drama department, combined with their amazing acting skills.

Bushcraft – New Forest

Suitable for: Years 7-9

Pupil Places: 30

Cost: £56 approx. (for 6 hours intensive fun on site + journey time – 9am – 5pm)



Pupils will travel to the New Forest to a 1000 acre private estate where they will be offered a range of Bushcraft outdoor activities all designed to be fun as well as educational. The full day session will develop both teamwork and provide opportunities for the pupils to challenge themselves.

Example session for young people

10.00 Arrive on site

10.15 (Personal challenge)

10.30 Fire lighting (Team challenge)

11.55 Shelter building

12.40 Lunch

13.10 Green wood working

14.00 Make own spatula/spoon from natural resources

15.40 Grand finale exercise