

# Plymouth High School for Girls

## Curriculum Enrichment Week 2019



**8<sup>th</sup> – 12<sup>th</sup> July 2019**  
**Years 7 – 9**

## Handy Hints and Tips ....

- Look at the booklet carefully
- Choose an activity you haven't done before
- Hand in the booking form on the specified date
- Pay the deposit to ParentPay by the specified date
- Give three options and be prepared to do any of them – occasionally a fourth will be required
- All payments must be paid to ParentPay and meet the deadlines given
- Deposits are non-refundable once a place has been confirmed
- **All** students must take part in Curriculum Enrichment Week. Failure to attend school during the week will be recorded as an **unauthorised** absence
- Incomplete forms will be returned

## **Curriculum Enrichment Week**

**Monday 8<sup>th</sup> to Friday 12<sup>th</sup> July 2019**

Curriculum Enrichment Week should be seen as an important part of the school curriculum. Activities are not only of educational value but also provide the elements of personal and social skills that students gain by taking part, making new friends, meeting old ones and having to work with others away from their home environment, often for the first time. The experiences gained by taking part in either school based or off-site activities will help build a confidence that will continue through to their adult life. It is important that all students take part and therefore family holidays are discouraged.

Feedback from staff, parents and students has been taken into consideration in preparation for this year. The following information provides all the details you need to make a considered choice as well as instructions to help secure a place on an activity. We sincerely hope that you will encourage your child to take a full part in activities week and advise you to make a speedy response as activities tend to fill up quickly.

Curriculum Enrichment Week for 2019 has been organised within two main areas:

1. Residential activities
2. All week activities, based in and out of school

The activity allocation for Curriculum Enrichment Week 2019 will be organised as follows:

- Booking form submitted – by specified date for year group
- Chosen activity allocated (one of three, possibly four, choices)
- Deposit paid to ParentPay – by specified date for year group

We are sure that Curriculum Enrichment Week 2019 will be a great success. The following information provides further details of how to make your choices, costs involved, payments and an outline of each activity.

## **How to Apply for your Chosen Activities**

Each student in years 7, 8 and 9 is given a copy of the Curriculum Enrichment Week booklet. A copy will also be available to view on the School Website.

1. Read all the information carefully and consider the choices available.

### **Choose What You Want To Do Carefully!**

2. Remove the form from the back of your booklet
3. Fill in your name, year and tutor group very clearly
4. Fill in your 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> preferences

**Very occasionally a 4th preference is required.**

5. Make sure your parents / carers sign the form at the bottom.

When you have completed the form with the help of your parents / carers, you must then return it to your tutor time on the specified date for your year group for collection. (After this date, any late applications will be processed when all other places have been allocated, unless the student was absent on the day due to medical reasons). If you are absent due to illness on your specified day, the booking form can be emailed to the school but must be received by 9.00am and will go in the hat with the others.

**PLEASE NOTE: Booking forms will not be taken until tutor time on the specified dates.**

**DO NOT** hand the booking form to your Tutor, Activity Leader or Student Services; they will be collected during tutor time on the dates given. Applications will be submitted in year groups, starting with Year 9.

## When to hand in your form

**YEAR 9** – Forms handed in on **Wednesday 14<sup>th</sup> November by 9.00am**, followed by the allocation of choices. Deposits must be paid into ParentPay by 9.00am on **Friday 23<sup>rd</sup> November** to secure the place.

Activities will be allocated with the following considerations:

1. Never had a first choice and/or residential.
2. Drawn by lot.
3. Preference will still be given to those who have not taken the activity previously.

**YEAR 8** – Forms handed in on **Monday 19<sup>th</sup> November by 9.00am**, followed by the allocation of choices. Deposits must be paid into ParentPay by 9.00am on **Friday 23<sup>rd</sup> November** to secure the place.

1. Drawn by lot.

**YEAR 7** – Forms handed in on **Thursday 22<sup>nd</sup> November by 9.00am**, followed by the allocation of choices. Deposits must be paid into ParentPay by 9.00am on **Wednesday 28<sup>th</sup> November** to secure the place.

1. Drawn by lot.

**You may not get the same activity as your friends** - be prepared not to be with close friends. Curriculum Enrichment Week is not organised around friendship groups and is a good opportunity to make new friends.

**Students must not opt for the same activity two years running.** A variety of experiences is important.

**Bookings will only be made by first returning the booking form and then paying the required deposit to ParentPay, by the specified dates. It is important to stress, as we do elsewhere, that it is not possible to refund deposits once a place has been confirmed. Similarly, all payments must meet the deadlines set by each activity leader and ParentPay will be set up to indicate these deadlines. Reminders are not activated automatically.** You will appreciate that it would be wrong to use the school budget to subsidise Curriculum Enrichment Week.

**All payments must be made into ParentPay.**

We hope you will be able to get a place on your preferred first choice; sometimes you will be allocated your second or third preference. **PLEASE NOTE** - you cannot be sure that you have been placed on your 1st preference until full lists have been published and deposits paid. These will be published as soon as everyone has been allocated to an activity.

**Please take note of the following:**

### **Changing activities**

It will **NOT** be possible to swap activities once you have been allocated your 1st, 2nd or 3rd preference so **CHOOSE WHAT YOU WANT TO DO CAREFULLY and BE PREPARED TO DO ANY OF YOUR OPTIONS.**

### **Deposits**

**A place cannot be confirmed without the deposit being made through ParentPay. Bookings will only be confirmed by returning first the booking form and then paying the deposit into ParentPay by the specified dates. If a deposit is not paid on time, the place will go to a student on the reserve list. Deposits for all activities are listed against the activity. Once a place has been allocated and the deposit paid, ParentPay will be set up indicating payment deadlines. Deposits are not refundable once your child's place has been confirmed on an activity and further charges may in some cases be made.**

## **Misbehaviour**

Very rarely we have to send a student back from an activity for misbehaviour. If this does happen the parents of the child will be expected to make arrangements to get them home as soon as possible. Please accept that this is a last resort and the decision of the teacher in charge will be final if this does occur.

## **Nominating**

Please **do not** write on the slips the names of the people you wish to be with. Activities are not organised around friendship groups.

Write your own details clearly.

## **Refunds**

A refund will only be given with written notification for illness of the participant (medical certificate required). Unfortunately, if the school has incurred costs which are unrecoverable we will not be able to give a full refund. It is suggested that travel/personal accident insurance be taken out if the activity warrants it. This should cover the student in the event of injury or cancellation of any kind. This type of insurance is not provided by the school.

## **The Form**

**Hand in the booking form and when notified of allocated activity, pay the required deposit by the specified dates and time to reserve your place.** The longer you leave it the fewer places will be left.

## **Costs and Prices**

This booklet contains a wide range of activities with an equally wide range of prices. We have made an effort to include some activities which cost relatively little. We are aware that many parents will have to pay attention to the cost when choosing an activity.

In cases of exceptional circumstances parents should contact Mr Willis and consideration will be given as to how the school can offer support. This will be on an individual case basis.

## **Paying**

1. ParentPay will be set up to enable parents and students to pay for activities in instalments. We hope this will make the difficulty of paying a little easier.
2. Once places have been confirmed, activity leaders will contact parents regarding all other details.

## **Other information**

Reserve lists will be made for each activity of pupils who have missed out. If you fail to pay the required deposit by the specified time, the next student on the reserve list will be allocated the place. If any places become available on the activity, we will contact students immediately.

The member of staff leading the trip will be asked to approve the list prior to confirmation of a place.

Students will not be allowed to do the same activity two years in a row, unless space allows.

Once the lists have been drawn up and agreed, students will receive confirmation of their place. The deposit must be paid to secure the place by the specified date and time.

In most cases children will receive either their 1st, 2nd or 3rd preference and should therefore make sure that they **do** want to take part in their 2nd and 3rd choice activity.

For all the school based activities the timings are as a normal school day (unless otherwise stated). Transport to and from school will be as normal (unless otherwise stated). The canteen will still be open as usual. For any child who receives free school meals, a packed lunch will be provided for them if they are on a non-school based activity but need to be ordered a week before.

## Residential Activities

### Adventure International Activities Week

A trip for girls who want a 'full on' week - not for the faint-hearted. You will get very wet and muddy and be encouraged to move out of your comfort zone. The emphasis of the whole week is team-building. This will also be a week **without** any mobile phones or other electronic gadgets!

Adventure International is a multi-activity centre that has been running since 1979. It is set in the heart of Bude, a small town on the north coast of Cornwall. The centre overlooks some of Britain's most spectacular coastline. All of the activities take place either on site or within walking distance of the centre in the sea, canal, river or adjacent countryside. The centre has 75 en-suite dormitories accommodating between 6 to 10 students.

The day begins at 7 o'clock with a compulsory run or swim in the sea pool. Daytime activities can include climbing, canoeing, body-boarding, abseiling, high-ropes course, caving and surfing. During the evenings the girls can take part in karaoke, talent contests, and a disco or alternatively watch a film or use other quiet areas. All activities are run by qualified staff and risk assessments are comprehensive.

Please note that this trip starts on Sunday 7<sup>th</sup> July. Further information can be found at [www.adventure.uk.com](http://www.adventure.uk.com)

**Departure:** Sunday 7<sup>th</sup> July

**Return:** Friday 12<sup>th</sup> July

**Location:** Bude

**Transport:** Coach

**Accommodation:** shared rooms with en-suite bathroom

**Years:** 7 & 8

**Max no of girls:** 36

**Cost:** £390

**Deposit:** £100

**Activity Leader:** Miss K Luscombe

**Days:** six days/five nights



## **Year 9 – Duke of Edinburgh Bronze Award**

We have an exciting offer of being able to complete your Bronze Duke of Edinburgh award this year in Year 9 and completing your expedition during the Curriculum Enrichment Week of 2019.

The D of E award is an outstanding award that has run for 60 years and is probably the best youth development award you can choose to do as a young person. The basic model is that you must complete 4 elements to gain the award, do something active, learn a new skill, volunteer some time and then complete an expedition. This year if you want to complete a Bronze level award you will need to sign up to this option for enrichment week. You will also have to undertake the 3 other "activities" during the year so that you have completed those sections.

The total cost of the Award will be £165. This is split down into two separate costs. First to sign up to register for the D of E, the Charity charge will be £22. The rest is to cover the cost of the week of enrichment (the training, campsite fees, hire of equipment and staff). The first payment required at this stage will be the £22 to cover the cost of enrolment with the D of E so that you can be signed up and given your passwords etc. to the D of E website.

All the information on the D of E scheme is on the website [www.dof.org](http://www.dof.org) and it is strongly advised you take a look at this before you sign up. The Duke of Edinburgh award is an outstanding award that will not only test you, but will also give you the skills to grow and be a better person.

**Accommodation:** 2 days camping (Thursday & Friday)

**Transport:** coach

**Year:** 9

**Max no of girls:** 120

**Cost:** £165

**Deposit:** £50 (includes £22 enrolment fee)

**Activity Leader:** Mr L Graves

## Swallows and Amazons

You will live away from home for a week and although still in Plymouth, the Mount Batten Centre is isolated enough to feel like you are a world away. During the week you will learn to sail, gaining our RYA Level 1 and 2 Certificates in dinghy sailing and building your sailing skills each day. The qualification includes: understanding how a sailing boat works, how to steer and balance the boat, progress to building a range of sailing skills and knowledge to help in becoming a confident sailor. By the end of the week you will have learnt a new language and be practicing your racing skills.

Your home for the week will be the Mount Batten Centre, so no long commute, just walk downstairs and get onto your dingy! All food and drink is provided and you will be away for five days/four nights.

The week starts at 09.00 on the morning of **Monday 9<sup>th</sup> July** at the Mount Batten Centre, where you will be met by the school activity leaders. You will need to be collected from there at 16.30 on the afternoon of **Friday 13<sup>th</sup> July**. The drop off/collection point is The Mount Batten Centre, about 20 minutes from Plymouth city centre, and we will try to help with lift-sharing arrangements to make things as simple as possible.

The Mount Batten Centre is perfectly designed for school groups learning to sail and we will benefit from snug accommodation and amazing scenery. There will also be opportunities to visit the Barbican some evenings to sample local ice creams and treats, and a games night!

The requirements for this adventure are the willingness to have fun and the ability to **swim unaided for 50 metres** and to not be afraid of the water. You are guaranteed to get your hair wet!

**More information:** [www.mount-batten-centre.com](http://www.mount-batten-centre.com)

**Years:** 7 & 8 A few year 12 places  
**(must be able to swim unaided for 50 metres)**  
**Cost:** £350 (depending on final numbers)  
**Deposit:** £100  
**Activity Leader:** Mrs Payne  
**Max no of girls:** 24



## Year 7 Camping on the Isles of Scilly

Take a trip to the Isles of Scilly to experience white sandy beaches, the tropical gardens of Tresco and amazing coastal wildlife including seals and puffins.

This visit is for those of you who have a **keen interest in the outdoor life**. You will camp 'on top of the world' at the Garrison Campsite. Looking out from St. Marys across the sea and surrounding islands you can see spectacular views; you will not fail to appreciate waking up each morning to the fantastic sunrise, watching the sunset at dusk and going to bed under the moon and stars. You will experience preparing food in true campsite style. Walking, boat trips and seashore ecology are but a few of the educational experiences.

### Please note:

- This is a 'camping' not 'glamping' experience – it is 'basic' camping and therefore will not suit those of you that cannot part with your creature comforts.
- **Students are not permitted to bring mobile phones and other electrical items on this trip.**

**Departure:** Monday 8<sup>th</sup> July

**Return:** Friday 12<sup>th</sup> July

**Location:** St Marys, Isles of Scilly

**Accommodation:** Tents

**Transport:** Coach, ferry, by foot

**Residential:** 5 days, 4 nights

**Equipment:** Outdoor clothing, sleeping bag. Full kit list provided.

**Year:** 7

**Max no of girls:** 30

**Cost:** £230

**Deposit:** £100

**Activity Leader:** Mr M Thackray



## Surfing Adventure

Catching waves, glamping and camaraderie! Enjoy catching some waves in the St Ives/Hayle area on some of Cornwall's most beautiful beaches. Everyone will receive five surfing lessons, each lasting approximately two hours and taking place over 5 days. We will be staying at St Ives Bay Holiday Park in chalets.

All activities during the week will be led by fully qualified instructors.

**Duration:** 5 Days Residential

**Location:** Hayle Beach and St Ives area

**Transport:** 2 x Minibus

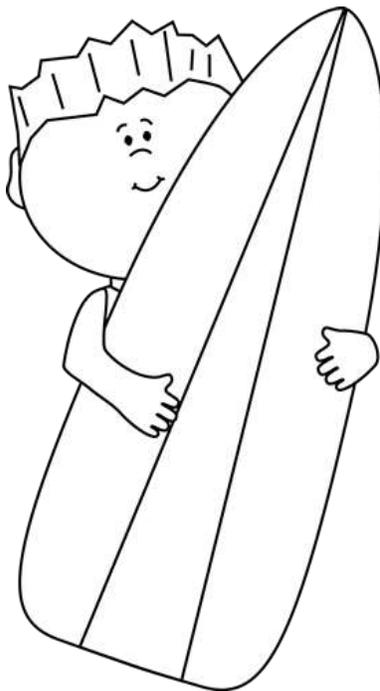
**Years:** 9

**Cost:** £185

**Deposit:** £50

**Activity Leader:** Mrs L Alford

**Max no of girls:** 28



## Non-Residential Activities

### PADI Open Water Scuba Diving

Ever fancied seeing what's really in the water around Plymouth? Or have you dreamt of diving the Red Sea or Great Barrier Reef? Then this could be the course for you.

This is both a fun and challenging activity which will result in you being awarded a PADI Open Water certificate qualifying you to SCUBA dive up to a depth of 18m anywhere in the world! Prior to Curriculum Enrichment Week there will be compulsory online theory sessions to complete with additional self-study materials to cover the topics. The course will consist of three days of intensive pool training with the final two days on the shore to complete the open water component. The price of the course includes all study materials and hire of the scuba equipment and wetsuits for the week.

**NB. To participate in the scuba diving course you need to be a competent swimmer and medically fit – please be aware that a medical form must be completed prior to CEW and some conditions e.g. Epilepsy, some asthma, ear problems, may prevent you from diving. You will also need to be able to help lift and move the equipment. The theory material is non-refundable if you fail the medical. Please take medical advice before enrolling on this course.**

**Location:** Diving pool at Ivybridge Leisure Centre. Local beaches (Thurlestone, Bovisand or Cawsand – weather depending).

**Years:** 8 & 9

**Max no of girls:** 13

**Cost:** £335 (£309 if 10 or more people)

**Deposit:** £100

**Transport:** Minibus

**Activity Leader:** Mrs V Carter



## 5 Day Challenge

Push yourself to the limit..... take the plunge.....

A challenging range of outdoor activities ideally suited for 18 pupils in years 7 – 9.

During the five days you will have the chance to: learn how to kayak, go on an expedition in a Canadian canoe, dinghy sailing, windsurfing and paddle boarding.

All the activities are based at the Mount Batten Centre, Plymouth. The instructors are all fully qualified and approved by Plymouth City Council. The equipment they have is superb and they will supply all that you need. Please just bring a **packed lunch and change of clothes** each day.

You will **meet at and need to be collected from** the centre each day. (The 7A bus goes from the centre of town and the water taxi crosses from the Barbican – both go directly to the centre.) Activities run from approx. 0900 – 1600.

**Years:** 7 & 8

**Max no of girls:** 18

**Cost:** £180

**Deposit:** £30

**Activity Leader:** Mrs L Findlay



## Ski & Snowboarding

Learn to Ski and Snowboard at the JNL Ski School. Experience the snow tubes and toboggan run too. This activity takes place at the Ski Slope in Plympton, Plymouth. **Students should make their own way there; arriving at 9.30 am and must be collected at 2.45pm.** Bodies, legs and arms must be covered and gloves brought along. Long socks are useful, but not essential.

**Years:** 7 – 9

**Max no of girls:** 40

**Cost:** £135

**Deposit:** £50

**Activity Leader:** Mr P Richards



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## Digital Photography

This activity will help you to grasp the basics of photography in the digital age.

You will learn to both compose and process effective images. The activity includes photographic and post-processing tuition from David Clapp, one of the UK's top landscape photographers.

We will be working in various local locations: moorland, city centre, Barbican and Cotehele Quay.

**Essential:** Digital camera (ideally with some manual/semi-manual controls), USB card reader/connection cable, walking boots/shoes, outdoor clothing (depending on weather conditions) and a willingness to walk.

**Years:** 7 & 8

**Max no of girls:** 13

**Cost:** £70

**Deposit:** £30

**Activity Leader:** Miss T McAuliffe



## Knitting & Crochet Activity

Fancy yourself as the next Molly Weasley? Then this is the activity for you. (For you muggles out there she is a keen knitter). You can undertake a variety of knitting projects over the week. Don't worry if you cannot knit yet – we will teach you. We can also provide knitting looms and crochet resources if preferred.

**Location:** School (location tba)

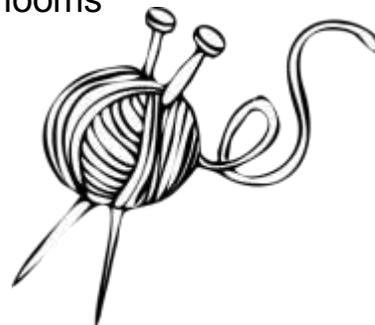
**Years:** 7 – 9

**Max no of girls:** 20

**Cost:** £15

**Deposit:** £10

**Activity Leader:** Mrs Brownbridge



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## Not So Bored Games

“Professor Plum in the library with the candlestick”

“Checkmate”

“Uno”

Learn and play classic games – such as Bridge, Cribbage, Monopoly, Cluedo but with a twist and be prepared to travel!

Revisit some old favourites – Hungry Hippos, Mousetrap or test your puzzle skills.

Don't play the game, be in the game...

**Location:** In school/Plymouth

**Years:** 7 – 9 & 12

**Max no of girls:** 40

**Cost: (including deposit):** £8

**Activity Leader:** Dr C Doddrell & Mrs P Hatfield



## **Plymouth International Chorus – The Legacy Choir**

Are you an enthusiastic singer? Do you want the opportunity to be part of the Mayflower 400 celebrations? Do you want the opportunity to audition to visit the USA as part of an international choir?

If so, this activity is for you.

Open to existing members of The Legacy Choir and new members who wish to join.

N.B. for new members there will be some compulsory rehearsals during the spring/summer term to learn the repertoire.

### **Monday**

Morning Rehearsal at Montpelier  
Afternoon School activities with USA visitors  
Evening Theatre Royal for performance of 'Kinky Boots'

### **Tuesday**

Day Eden project visit  
Evening Rehearsal at Montpelier School

### **Wednesday**

Morning Rehearsal at Guildhall  
Afternoon Life Centre  
Evening Concert at Guildhall

### **Thursday**

Day Composing music for theatre

### **Friday**

Day Composing and performing music for theatre

**Years:** 7 - 9

**Max number of girls:** 15

**Cost:** £15.20

**Deposit:** £10

**Activity Leader:** Ms K Marcer

## Arts & Crafts

Join us for a week of craft activities including:

- Jewellery making including making our own beads
- Decorating trinket boxes
- Painting our own canvases
- Piggy bank painting
- Making our own stationery and cards
- Decorating our own eco bags
- Felt sewing
- Decorating tea lights
- Designing our own 2018 calendars
- And many more

(Some activities may be the same as 2018, but others may be different!)

You will be shown how to create some lovely presents for your friends and family. All we ask is that you bring an apron or shirt (can be messy!) and an enthusiasm for trying new things.

**Location:** In school - room 5

**Years:** 7 – 9

**Max no of girls:** 32

**Cost:** £30

**Deposit:** £10

**Activity Leader:** Miss D Roughton



## **DT – Make your own Speaker Amplifier**

Day 1 – Students will design a suitable housing container for their PCB board and speakers. This will be followed by construction of the circuit board and to test it.

Day 2 – Build the wooden aspect of the container and other resistant material parts.

Day 3 – Produce CAD design panels which will accommodate volume control, LED and power switch. To also include engraving and any other associated CAD/CAM work.

Day 4 – Assemble all the parts, including speaker cable, jack plug sockets etc. Apply finish where necessary. Take photos of finished product and write up evaluation.

Day 5 – Continue with the above, solve any technical problems.

Extension activity - design and make their own jewellery mould for metal pewter casting. Assemble the mould, cast the pewter metal. Clean the jewellery product.

**Years:** 7 – 9

**Max no of girls:** 14

**Cost:** £25

**Deposit:** £10

**Location:** In school

**Activity Leader:** Mr D Watson

## Discover Plymouth

Discover Plymouth through off site activities. Visit The National Marine Aquarium, Smeaton's Tower and Merchants' House. We will go across to Mount Edgcombe and end the week with a river boat trip. The off-site visits will include games on Plymouth Hoe, walking to different areas of the city to take photographs, videos and draw pictures and students can produce a display of their projects at the end of the week.

**Location:** Plymouth City Centre and school.

**Years:** 7 - 9

**Max no of girls:** 30

**Cost:** £20

**Deposit:** £10

**Activity Leader:** Miss T Bullocke



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## Play in a Week

For anyone who likes acting, costume making, designing and building sets, creating music and devising publicity. The challenge is to produce a half hour version of a Shakespeare play. The play is performed on the afternoon of the last day of the week. Please wear old, comfortable clothes.

**Years:** 7 - 9

**Max no of girls:** 27

**Cost:** £10

**Deposit:** full amount

**Activity Leader:** Mr D Osborne

**Location:** School

## **Strictly Come Dancing Experience**

Enjoy a week of learning to dance like the Strictly pros! You will have the opportunity to learn a range of dances, whilst getting fit and having lots of fun.

The dances you will learn may include:

**Salsa** – a fast Latin party dance originating in Cuba and Puerto Rico.

**Bachata** – a slower social dance from the Dominican Republic.

**Jive** – an energetic, modern rock and roll dance originating in America.

**Cha cha cha** – a fast Cuban dance.

**Tango** – an intense cultural dance originating in Argentina.

All dance lessons will be led by fully qualified and experienced dance instructors.

**Duration:** 5 Days

**Location:** School Gym

**Years:** 7,8 & 9

**Cost:** £30 (dependent on final numbers)

**Deposit:** £15

**Activity Leader:** Miss E Paviour

**Max no of girls:** 26



## Curriculum Enrichment Week 2019 Booking Form

When filling in the form please follow these instructions:

1. Please choose a 2nd and 3rd choice activity as a backup in case your 1st choice is already full.
2. Make sure that you have filled in the form correctly.
3. Make sure your parents/carers sign the form at the bottom.
4. You may not get the same activity as your friends.

NAME: \_\_\_\_\_ TUTOR GROUP: \_\_\_\_\_

Day	1 <sup>st</sup> Choice	2 <sup>nd</sup> Choice	3 <sup>rd</sup> Choice
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Parent/Carer Signature: \_\_\_\_\_

Deposit must be paid to ParentPay by the date given (See individual listing for date and deposit required)

**Please return this form on the allocated day and time for your year group to be collected during tutor time.**

