

# Plymouth High School for Girls



## Curriculum Enrichment Week 2024

8<sup>th</sup> – 12<sup>th</sup> July 2024  
Years 7 – 9

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## Handy Hints and Tips ....

Look at the booklet carefully. The booklet has been emailed to you and is on the school website.

Follow the 9-part process.

Hand in the booking form on the specified date for your year.

Pay the deposit to ParentPay by the specified date.

Give three options and be prepared to do **any** of them – **occasionally a fourth may 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 to the student. Parents must sign the form.

## Curriculum Enrichment Week

**Monday 8<sup>th</sup> to Friday 12<sup>th</sup> July 2024**

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 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 which will continue through to their adult life. It is important 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 2024 has been organised within two main areas:

Residential activities

All week activities, based in and out of school

The activity allocation for Curriculum Enrichment Week 2024 will be organised as follows:

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

We are sure that Curriculum Enrichment Week 2024 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

### Choose What You Want to Do Carefully!

Follow this 9-part process.

1. The Curriculum Enrichment Week 2024 booklet will be on the school website and emailed to parents and students.
2. A paper copy of the booking form will be given to each student during tutor time before half term. The booking form will also be emailed to all students and parents.
3. Every student in years 7, 8 and 9 to read the Curriculum Enrichment Week booklet with their parents/carers.
4. Read all the information carefully and consider the choices available.
5. Fill in your full name and tutor group very clearly.
6. Fill in your 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> preferences (**Very occasionally a 4th preference is required.**)
7. Make sure your parents/carers read, agree and sign the form.
8. Return the form to your tutor **on the specified date for your year group** for collection. Not before. (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).
9. If you are absent due to illness on your specified day, the booking form can be emailed to the school to [Jackie.Barker@phsg.tsat.uk](mailto:Jackie.Barker@phsg.tsat.uk) before 9.00am and will be allocated 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 before the specified date; it will be collected during tutor time on the date given. Applications will be submitted in year groups, starting with Year 9.

**Forms must not be emailed to school unless the student is absent due to illness.**

## Date to Hand in Your Form

**YEAR 9** – Forms handed in on **Wednesday 1<sup>st</sup> November by 9.00 am**, followed by the allocation of choices. Deposits must be paid to ParentPay by 9.00 am on **Friday 17<sup>th</sup> November** to secure the place.

Activities will be predominately drawn by lot for CEW 2024. Unless a student has received first choices or a residential in Year 7 or 8. *(We need to make it fair for those who haven't!)*

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**YEAR 8** – Forms handed in on **Friday 3<sup>rd</sup> November by 9.00 am**, followed by the allocation of choices. Deposits must be paid to ParentPay by 9.00 am on **Friday 17<sup>th</sup> November** to secure the place

Predominately drawn by lot. Unless a student has received a first choice or a residential in Year 7. *(We need to make it fair for those who haven't!)*

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**YEAR 7** – Forms handed in on **Monday 6<sup>th</sup> November by 9.00 am**, followed by the allocation of choices. Deposits must be paid to ParentPay by 9.00 am on **Friday 17<sup>th</sup> November** to secure the place.

Drawn by lot.

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Please note:

- **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.

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.

## Deposits and Payments

- This booklet contains a wide range of activities with an equally wide range of prices. We are aware that many parents will have to pay attention to the cost when choosing an activity.
- A place on an activity 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. This will enable parents and students to pay for activities in instalments. We hope this will make the difficulty of paying a little easier.
- **Deposits are not refundable once your child's place has been confirmed on an activity and further charges may in some cases be made.**
- Payment reminders are not activated automatically.
- The member of staff leading the trip will be asked to approve the list prior to confirmation of a place and following the allocation and deposit process, they will contact parents regarding all other details.

## 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.

## **Other Information**

### **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.**

### **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.

### **Reserve List**

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.

### **Activity Space**

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

### **Activity Timings**

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 Bude is a multi-activity centre which has been running since 1979 and 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. There are 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 students 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 7th July. Further information can be found at [www.adventure.uk.com](http://www.adventure.uk.com)

**Departure:** Sunday 7th July

**Return:** Friday 12th July

**Location:** Bude

**Transport:** Coach

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

**Years:** 7 - 9

**Max no of girls:** 36

**Cost:** £465

**Deposit:** £100

**Activity Leader:** Miss K Luscombe

**Days:** six days/five nights



## 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. Mary's 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 Mary's, 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 students:** 40

**Cost:** £350

**Deposit:** £100

**Activity Leader:** Mr D Britz-Colwill



## Non-Residential Activities

### 5 Day Challenge

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

A challenging range of outdoor activities ideally suited for 12 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, rafting, abseiling and paddleboarding.

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 some old trainers or wetsuit shoes**.

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.

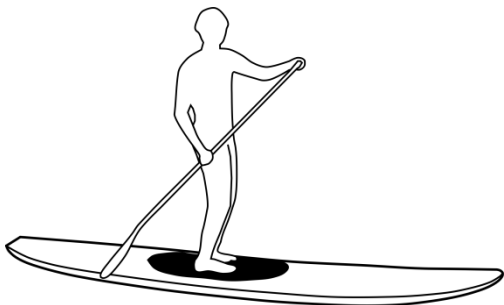
**Years:** 7, 8 and 9

**Max no of students:** 12

**Cost:** £245

**Deposit:** £100

**Activity Leader:** Mr R Mallard



## Musical in a Week

For anyone who likes acting, singing, dancing, costume making, designing and building sets, and devising publicity. The challenge is to produce an abridged version of *School of Rock*. Our mini-musical is performed on the afternoon of the last day of the week. Please wear suitable clothes for movement/art work.

**Years:** 7 - 9

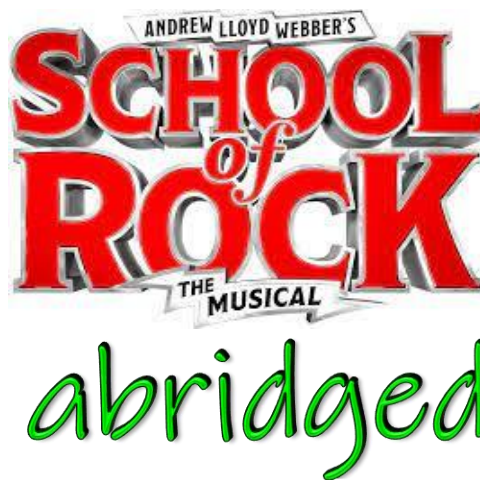
**Max no of students:** 30 performers/10 designers (*on booking form you must specify "performer or designer"*).

**Cost:** £10

**Deposit:** full amount

**Activity Leader:** Ms K Marcer-Griffiths

**Location:** School



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## 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 2.45 pm.** Bodies, legs and arms must be covered and gloves brought along. Long socks are useful, but not essential.

**Years:** 7 – 9

**Max no of students:** 45

**Cost:** £146

**Deposit:** £50

**Activity Leader:** Mr P Richards



## Yarn Craft

What do Kristen Stewart, Tom Daley, Kate Middleton and Ryan Gosling have in common? They all love knitting!

Yarn crafts are becoming increasingly popular as a method of managing stress and helping people to relax. Join us and gain a potentially life-enhancing skill.

Learn to knit or crochet, or have some time and support to develop your skills. This is an informal activity and you will learn at a pace that suits you.

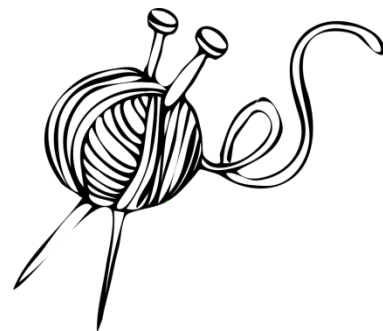
**Location:** School (location tba)

**Years:** 7 – 9

**Max no of students:** 20

**Cost:** £10

**Deposit:** full amount



**Activity Leader:** Mrs H Brownbridge

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## Sport and Adventure for All

Do you like sport and adventure? Are you interested in improving your sporting skills and going on an adventure? If the answer is yes, then join us for a week of varied sporting activities here at PHSG. Over the course of the week, you will partake in some or all of the following:

Table tennis	Netball	Dodgeball	Trampolining
Rounders	Coastal walk	Treasure hunt	Basketball
..... amongst others			

**Location:** In school and off-site locally

**Years:** 7 - 9

**Cost:** £10

**Activity Leader:** Miss A Pickles

**Transport:** Minibus

**Max no of students:** 32

**Deposit:** full amount

## Interpreting Plymouth

A week of exploring the local area (not the obvious bits) and responding to it creatively through various types of art and culture.

Each day will feature a walk (of varying lengths) around a part of Plymouth, searching out nice views, hidden bits of history, interesting bits of architecture, picnic spots, and objects and places that are just odd. And each day you will also have time to respond to what you have seen through your choice of creative writing, or drawing, or making videos, or writing music, or any other artistic form you can think of that we can accommodate in school.

By the end of the week, you should have developed your creative talents, and hopefully discovered something new about the city beyond the school and the shops.

**Location:** In school and off-site in Plymouth

**Years:** 7 – 9

**Max no of students:** 12

**Cost:** £12

**Deposit:** full amount

**Activity Leader:** Mr D Rutherford

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## Fun with Food

This activity is aimed at students with a passion for food and cookery. We will be using the onsite facilities to prepare a range of different dishes; culminating in a PHSG bake off! We will also be exploring where our food comes from; food science; and the hospitality industry through a range of fun activities.

The cost of this activity includes all ingredients and prospective outings.

**Location:** Room 15 and off-site (tbc)

**Years:** 7 – 9

**Max no of students:** 20

**Cost:** £50

**Deposit:** £10

**Activity Leader:** Mrs P Brown

## The Great Escape: Escape from Plymouth High!

Can you work together to solve cryptic clues and impossible puzzles?  
Do you have an analytical mind? Can you beat the clock to escape the room?

Get locked in mysterious rooms; solve clues, accomplish tasks and unravel the mysteries within; create your own escape rooms for others to play live; end your week with a real Escape Room experience by trying to escape from not one but two professional escape room locations.

Do you have what it takes? Then step right up and get your thinking caps on!

### DETAILS:

Day 1: Treasure Hunt. Choose a group and create a team name. Solve clues around the school. Points awarded for the first to finish and the group with the most correct answers.

Day 2: Escape from the Metcalfe Building: Play Plymouth High's very own escape rooms and mystery games in which you will need to work together and crack the codes before the time runs out. Points awarded for the first group to finish and the best teamwork.

Day 3: Create your own Escape Room for other teams to solve. Plan, organise and create escape rooms. Points given for teamwork, creativity and level of challenge.

Day 4: Play each other's Escape Rooms. Evaluate the success of each one. Points awarded and tallied. Bonus prize given to the current winners.

Day 5: OFF-SITE: Walk to Escape Room activity in Plymouth city centre. You will experience professional escape rooms with a break for lunch in between. Finally, back to school - the grand total of points is tallied and a prize/trophy given for the overall Escape Room winners!

*\*Please bear in mind that we will be venturing out to Timber Vault Escape on the final day to play two of their rooms. If you have played most of their rooms, it may not be ideal for you to join this activity.*

**Location:** In school and off-site in Plymouth for one day.

**Max no of students:** 24

**Cost:** £30 tbc (An optional additional cost of approximately £5 for a hot lunch for the last day in Plymouth at the Escape Room).

**Years:** 7 – 9

**Deposit:** £10

**Activity Leader:** Miss R Readey



## Global Crafts

Join us for a week of craft activities from around the world. These sessions will respectfully explore the origins of different Arts and Crafts from around the world and explore their history and cultural significance. We will then have a go at using some of the techniques to create our own pieces to take home at the end of the week. Each day will explore a different continent or country which **might** include, for example (this may be subject to change):

- Mexico and Dia de los Muertos
- Nigeria and the West African Diaspora
- Indigenous America and the Wampanoag Nation
- The Middle Eastern/North African Diaspora
- European Diaspora

Crafts might include (to name a few):

- Marigold paper flower crowns
- Tealight Decorating
- Making Batik and Wax Print Fabrics
- Macramé
- Felt sewing
- Pottery Painting
- Bead weaving
- Jewellery making
- And many more!

Please bring an apron or an old shirt as well as a sense of curiosity for other cultures, an enthusiasm for learning and the will to try new skills.

**Location:** In school – MFL corridor

**Years:** 7 – 9

**Max no of students:** 20 - 30

**Cost:** £40

**Deposit:** £10

**Activity Leader:** Miss E Hofmann





## Geek Week

Come and join us for a week of getting hands on with technology!

During Geek Week, you will have the opportunity to experience the following:

- Create and edit your own 360° film and then view it in the state-of-the-art immersive dome @ the Market Hall in Devonport
- Learn about physical computing and robotics, learning how to program a robot to avoid obstacles and follow paths, and develop your own programmable circuits
- Learn about 3d design and printing, including designing your own 3d object and print this using our 3d printers
- Get stuck into VR and network gaming at Player Ready VR

Are you ready to get your geek on?

**Location:** IT/DT and off-site (TBC)

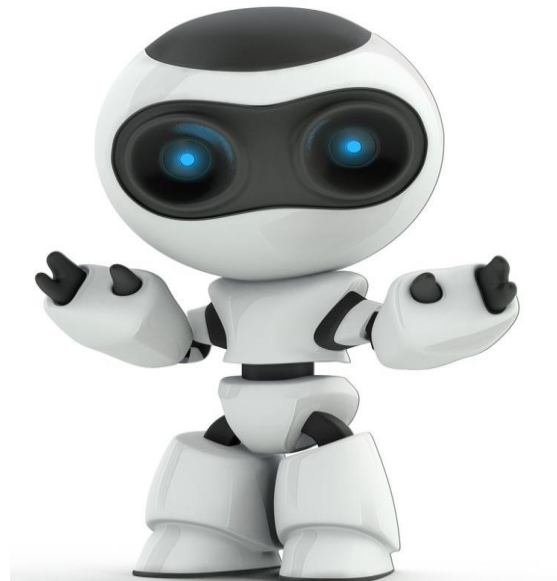
**Year:** 7 - 9

**Max no of students:** 15

**Cost:** £80

**Deposit:** £20

**Activity Leader:** Mr A Waite



## **Build a Racing Car in a Week**

You will be part of a team that will build the school's second F24 – Greenpower, electric racing car (from a kit).

This car will be subsequently raced at international racing circuits and airfields across the country. Ultimately competing against other schools and organisations across the world.

Skills required from you: problem-solving, communication, manually adept and ability to follow complex instructions

**Location:** 6<sup>th</sup> Form study centre

**Year:** 8 & 9

**Max no of students:** 20

**Cost:** £30

**Deposit:** £10

**Activity Leaders:** Mr M Thackray & Miss A Cook

