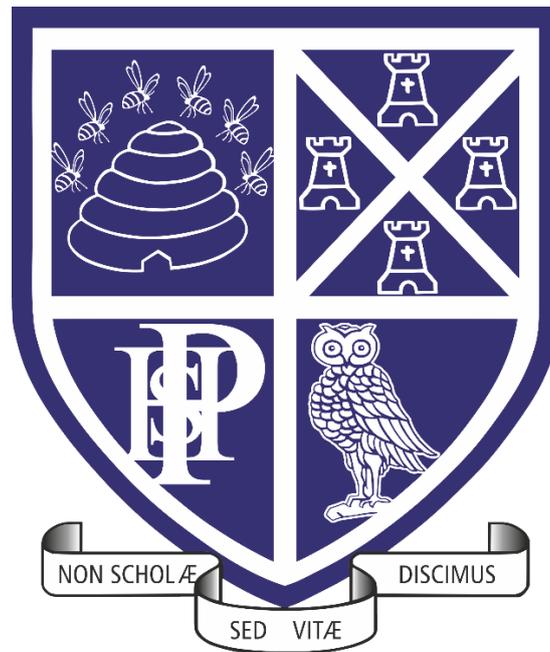


Plymouth High School for Girls



Curriculum Enrichment Week 2026

6th – 10th July 2026
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 8-step process.
- Hand in the booking form on the specified date for your year.
- Pay the deposit through the Arbor App 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 through the Arbor App 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 6th to Friday 10th July 2026

Curriculum Enrichment Week is an important part of the school curriculum. Activities are not only of educational value but also provide personal and social skills that students gain by taking part, making new friends, 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 confidence which will continue through to their adult life. **All students must take part.**

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.

Curriculum Enrichment Week for 2026 has been organised into two groups of activities:

- Residential activities
- School and locally based day activities

The activity allocation for Curriculum Enrichment Week 2026 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 through the Arbor App – by specified date

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

Follow these eight steps:

1. The Curriculum Enrichment Week 2026 booklet and booking form will be emailed to parents and students. It will also be on the school website.
2. Every student in Years 7, 8 and 9 must read the Curriculum Enrichment Week booklet with their parents/carers.
3. Read all the information carefully and consider the choices available.
4. Fill in your full name and tutor group very clearly.
5. Fill in your **1st**, **2nd** and **3rd** preferences (Occasionally a 4th preference is required, especially if too many students choose the same activities.)
6. Make sure your parents/carers read, agree and sign the form.
7. Return a paper copy of the form to your tutor **on the specified date for your year group** and not before. (Late applications are processed last, unless the student was absent on the day due to medical reasons).
8. If you are absent due to illness on your specified day, the booking form can be emailed to the school to nichola.gill@phsg.tsat.uk before 9.00am and will be allocated with the others.

REMINDERS:

- Choose what you want to do **carefully!**
- Booking forms will not be taken until tutor time on the specified dates.
- 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 5th November by 9.00 am**, followed by the allocation of choices. Deposits must be paid through the Arbor App by 9.00 am on **Friday 21st November** to secure the place.

Activities will first be populated by random selection from those have not yet been allocated their first choice in previous years. Remaining spaces will then be filled, again at random.

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YEAR 8 – Forms handed in on **Friday 7th November by 9.00 am**, followed by the allocation of choices. Deposits must be paid through the Arbor App by 9.00 am on **Friday 21st November** to secure the place

Activities will first be populated by random selection from those have not yet been allocated their first choice in Year 7. Remaining spaces will then be filled, again at random.

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YEAR 7 – Forms handed in on **Monday 10th November by 9.00 am**, followed by the allocation of choices. Deposits must be paid through the Arbor App by 9.00 am on **Friday 21st November** to secure the place.

Drawn randomly.

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Please note:

- **You may not get the same activity as your friends** – allocations are not made based on friendship groups. Curriculum Enrichment Week is a good opportunity to make new friends.
- **Avoid opting for the same activity as previous years.** A variety of experiences is important.

We hope you will be able to get a place on your preferred first choice! However, you must be prepared for being 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 through the Arbor App 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, through the Arbor App will be set up indicating payment deadlines. This will enable parents and students to pay for activities in instalments. We hope this will make 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.

Changing activities

It will **NOT** be possible to swap activities so please **CHOOSE CAREFULLY** and **BE PREPARED TO DO ANY OF YOUR THREE OPTIONS.**

If you pull out of an activity at short notice, or after an external payment deadline, funds may not be refundable.

Other Information

Conduct

Our students have an excellent track record for behaviour and community engagement. Frequently members of the public comment on the outstanding behaviour our students show when on trips and visits. As such, any poor behaviour on off-site visits will result in students being removed from the activity. If this does happen, parents/carers will need to make arrangements to collect them and return them home as soon as possible. Please accept that if this decision is made, this would have been a last resort.

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.

Injury or ill-health whilst participating

Although rare, it is possible that your child may become unwell or injure themselves during an activity. It is important for parents and carers to be available to collect, or have arrangements in place to collect their child from an activity location should it be required.

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 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 5th July. Further information can be found at www.adventure.uk.com

Departure: Sunday 5th July

Return: Friday 10th July

Location: Bude

Transport: Coach

Accommodation: shared rooms with en-suite bathroom

Years: 7 - 9

Max no of students: 36

Cost: £ 485

Deposit: £100

Activity Leader: Mrs J Clews

Days: six days/five nights



Year 7 Camping on the Isles of Scilly



Join us for an unforgettable four-night camping adventure at the Garrison Campsite on the beautiful island of St Mary's, part of the Isles of Scilly! Leave behind daily life and immerse yourself in nature, creativity, and fun.

What's in store?



Water Adventures: experience the thrill of stand-up paddleboarding and kayaking in crystal-clear waters. Wildlife: take a boat trip to spot seals, seabirds, and other incredible wildlife. Island hop: visit the enchanting island of Tresco and explore its world-famous gardens and red squirrels. Creative fun: Unleash your artistic side with beach art, watercolour painting and take part

in "Scilly Fest," where you and your friends will put on a great show. The Epic Island Walk: trek the stunning path around the entire coast of St. Mary's Island. Soaking in the breath-taking views. Sunset Magic: end each day, if the sky is clear, watching some of the most spectacular sunsets you'll ever see.



Back to Basics

This trip is all about simplicity—no room for high fashion or fancy clothes here! We'll be camping in basic conditions, so it's the perfect chance to embrace the outdoors and leave the distractions of modern life behind.

Food highlights

A visit to the local chip shop for a traditional seaside treat. Savour delicious pasties, a true Cornish classic. Gather around for a fun BBQ night with friends. A tasty camp pasta dish made on-site. Visit the Atlantic Inn, for a welcome lunch. Plus, daily packed lunches to fuel your adventures!

Important!

No mobile phones or cellular devices allowed. This is your chance to truly disconnect and reconnect with nature, new friends, and yourself

Year: 7

Maximum number 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 approximately 9am – 4pm.

Years: 7, 8 and 9

Max no of students: 12

Cost: £265

Deposit: £100

Activity Leaders: Mr P Goodchild



Westcountry Wonder



visit
Exeter



The week's activities will include visits to local museums, places of interest and fun activities that promote what our amazing local area has to offer. An example itinerary is below, the days could change slightly due to the weather.

Monday	Coach to Dartmoor Zoo to explore the biology of animals and enjoy a climate change escape room workshop.
Tuesday	Walk down to The Box to learn about the History of Plymouth in the morning then walk to Plymouth Lido for a swim (or alternate indoor activity if weather is unsuitable for swimming).
Wednesday	Walk to The Barbican to visit the National Marine Aquarium before enjoying activities and an ice-cream by the sea.
Thursday	Travel to Exeter City centre by train for a day of science, sights and shopping! This includes visiting The Royal Albert Memorial Museum and Exeter's amazing craft festival.
Friday	Coach to Woodlands for a day of slides, rides and lots of fun!

A packed lunch will need to be provided every day.

Each day runs from approximately 9am - 3.30pm. (Exeter trip will be longer. More details to follow).

Years: 7, 8 and 9

Max no of students: 40

Cost: £75

Deposit: £20

Location: Plymouth and surrounding area

Transport: Walking, Train, Coach

Activity Leader: Miss S Joynes

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 *Annie*. 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

- 20 performers (year 7-9).
- 10 designers (Year 8 & 9) (*on booking form you must specify "performer or designer"*).

Cost: £10

Deposit: full amount

Location: School

Activity Leader: Ms K Marcer-Griffiths

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Ski & Snowboarding

Learn to Ski and Snowboard at the JNL Snowsports Centre, Plymouth. 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: £162.50

Deposit: £62.50

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.

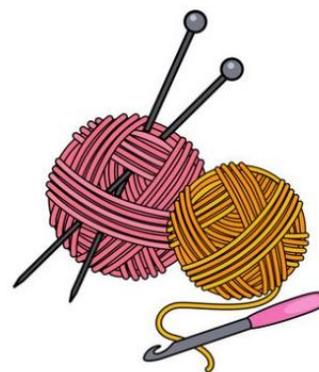
Years: 7 – 9

Max no of students: 25

Cost: Free

Location: School library and library computer room

Activity Leader: Mrs H Brownbridge



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 to both is yes, then join us for a week of varied sporting activities here at PHSG and off site locally.

Dive into dodgeball, bench ball, cricket, rounders, splash around at the iconic Plymouth Lido, or test your aim at bowling, the driving range, football golf and a treasure hunt.

There's something for everyone – so come along, join the action and make amazing memories.

Years: 7 – 9

Max no of students: 25

Cost: £30

Deposit: £10

Location: In school and off-site locally

Transport: PHSG Minibus

Activity Leader: Miss L Jones

Fun with Food

This activity is aimed at students with a passion for developing their skills in food and cookery. We will be using the onsite facilities to prepare a range of different dishes; culminating in a picnic day in Central Park! We will be focusing on improving our skills through challenging dishes, so this activity is most suited to those with a good grasp of basic cookery skills.

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

Years: 7 – 9

Max no of students: 20

Cost: £50

Deposit: £10

Location: Room 15 and off-site (Central Park)

Activity Leader: Mrs P Brown

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CSI: PHSG

Fancy yourself a Sherlock Holmes, Poirot or Miss Marple? We are calling all budding detectives, investigators and forensic scientists for a week of Crime Scene Investigation. We will be spending the week working with Devon and Cornwall Police, Plymouth Justice Service and a Forensic Pathologist as well as spending time at His Majesty's pleasure with a visit to Shepton Mallet Prison Museum. We will also have a live 'whodunit' investigation in school to solve.

You will need to bring: your thinking caps, a good nose for sniffing out clues, a strong stomach and a good sense of right and wrong.

Warning: this week does involve animal dissection and discussions of murder and post mortems so it's not for the fainthearted!

Years: 7 – 9

Max no of students: 20

Cost: £85

Deposit: £20

Location: Room 21 and Lab 12

Activity Leader: Ms N Barnett



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.*

Years: 7 – 9

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).

Deposit: £10

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

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
- Ghana and the West African Diaspora
- Indigenous America and the Wampanoag Nation
- The Middle Eastern/North African Diaspora
- Japan
- India and Ayurveda
- European Diaspora

Crafts might include (to name a few):

- Marigold paper flower crowns
- Tealight Decorating
- Making Batik and Wax Print Fabrics
- Macramé
- Candlemaking
- 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.

Years: 7 – 9

Max no of students: 30

Cost: £55

Deposit: £20

Location: In school – MFL corridor

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.
- Take part in a Lego robotics talent show, designing, building and programming your own robot to show off its unique talents.
- Learning how to program a robot to avoid obstacles and follow paths, and develop your own programmable circuits, using the BBC microbit microcomputers.
- Learn about 3D design and printing, taking part in the 3d design challenges, and print this using our 3D printers
- Use your imagination to create an arcade game or cosplay outfit, using only cardboard and the Make.do toolkits.

Year: 7 - 9

Max no of students: 20

Cost: £80

Deposit: £20

Location: IT/DT and off-site

Activity Leader: Mr A Waite

