

Plymouth High School for Girls



Curriculum Enrichment Week 2022

4th – 8th July 2022
Years 7 – 9

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Handy Hints and Tips

Look at the booklet carefully. The booklet 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.

Curriculum Enrichment Week

Monday 4th to Friday 8th July 2022

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 Covid pandemic has left us with unforeseen circumstances, so we have tried to keep many of the activities local and inexpensive to accommodate everyone. 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 2022 has been organised within two main areas:

Residential activities in the UK

All week activities, based in and out of school

The activity allocation for Curriculum Enrichment Week 2022 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 2022 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 2022 booklet will be on the school website, 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.
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 1st, 2nd and 3rd 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 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).
9. If you are absent due to illness on your specified day, the booking form can be emailed to the school to J.Straker@tsatrust.org.uk 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 before the specified date, or the 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. **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 **Tuesday 2nd November by 9.00am**, followed by the allocation of choices. Deposits must be paid onto ParentPay by 9.00am on **Friday 26th November** to secure the place.

Activities will be drawn by lot for CEW 2022.

YEAR 8 – Forms handed in on **Thursday 4th November by 9.00am**, followed by the allocation of choices. Deposits must be paid into ParentPay by 9.00am on **Friday 26th November** to secure the place.

Drawn by lot.

YEAR 7 – Forms handed in on **Friday 5th November by 9.00am**, followed by the allocation of choices. Deposits must be paid into ParentPay by 9.00am on **Friday 26th November** to secure the place.

Drawn by lot.

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. (Does not apply for 2022)

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 have included some activities which cost relatively little. 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. **Deposits are not refundable once your child's place has been confirmed on an activity and further charges may in some cases be made.**
- Once a place has been allocated and the deposit paid, ParentPay will be set up indicating payment deadlines and enabling parents and students to pay for activities in instalments. We hope this will make the difficulty of paying a little easier.
- 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.
- 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. (not relevant to 2022)

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 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 3rd July. Further information can be found at www.adventure.uk.com

Departure: Sunday 3rd July

Return: Friday 8th July

Location: Bude

Transport: Coach

Accommodation: shared rooms with en-suite bathroom

Years: 7 - 9

Max no of students: 36

Cost: £390

Deposit: £100

Activity Leader: Miss G Westaway

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. 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 4th July

Return: Friday 8th 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 students: 30

Cost: £280

Deposit: £100

Activity Leader: Mr D Britz-Colwill



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

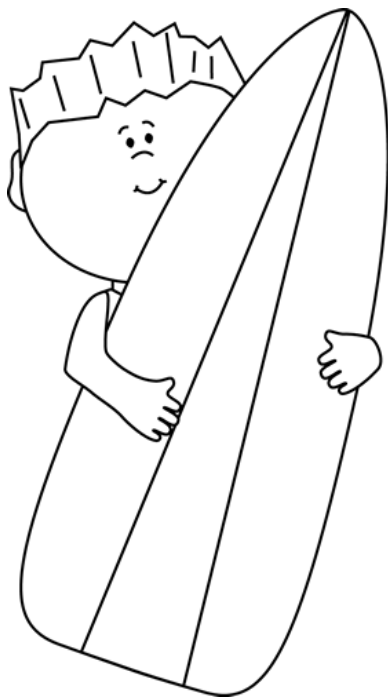
Year: 9

Max no of students: 24

Cost: £300

Deposit: £100

Activity Leader: Mrs L Alford



Year 9 – Bronze Duke of Edinburgh (DofE) Award Scheme

Students have already signed up for this activity prior to the CEW booklet going out.

The Bronze DofE Award Scheme involves four activity sections –

- Volunteering
- Physical
- Skill
- Expedition

Participants are expected to participate in a Volunteering, Physical and Skill activity in their own time for an average of an hour per week for each activity. This will be for between 3-6 months.

The Expedition section will take place over five days during **Curriculum Enrichment Week** with a mixture of school based and off-site training, practice and assessments.

For further information, please see the DofE section of the PHSG website and the official DofE website.

Students have already signed up for this activity prior to the CEW booklet going out.

Non-Residential Activities

5 Day Challenge

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

A challenging range of outdoor activities ideally suited for 24 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 some old trainers or wet suit 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.

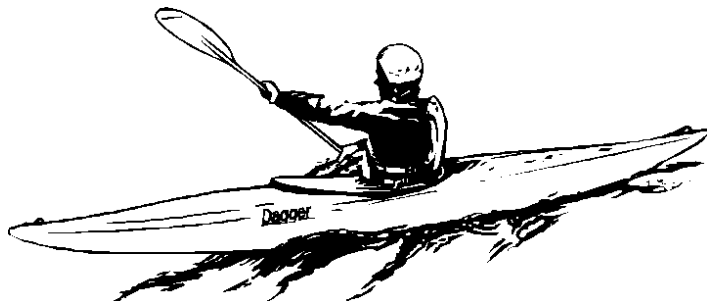
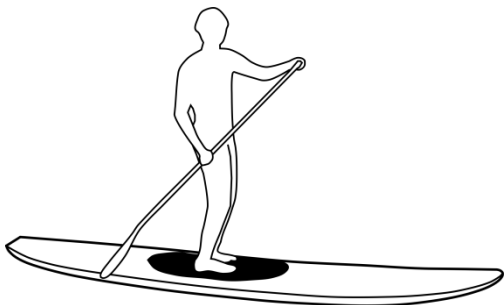
Years: 7, 8 and 9

Max no of students: 24

Cost: £200

Deposit: £50

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 a half hour 'sneak peek' version of 'Matilda the Musical' in preparation for the launch of PHSG's 2023 production of 'Matilda Jnr.'. The 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

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

Years: 7 – 9

Max no of students: 30

Cost: £150

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)

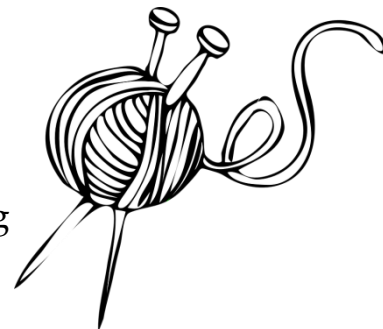
Years: 7 – 13

Max no of students: 20

Cost: Free (however we have the yarn we have, if you want something specialist you will have to provide it for yourself)

Deposit: N/A

Activity Leader: Mrs H Brownbridge



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Baking Master Class

This activity is designed to develop your baking and decorating skills. We will explore techniques such as bread making and patisserie by making different dishes each day. It is suitable for anyone who has an interest in baking and may be considering food preparation and nutrition GCSE.

Equipment: A clean apron and a container to take your food home in.

Cost covers all ingredients.

Location: School room 15

Years: 8 and 9

Max no of students: 16

Cost: £60

Deposit: £10

Activity Leader: Mrs P Brown



Science and Anatomy Week

Calling all prospective vets and medics, or those with an interest in anatomy for a week of activities exploring inside organisms.

Please find below an outline of events and be aware that this might be subject to change.

Monday - Count the heart rate of water fleas through their transparent bodies, explore the structure of a segmented worm (dissection) and see how maggots respond to light and dark.

Tuesday - Compare the structures of shark-like dogfish to another fish such as a whiting (dissection). Look at the adaptations of deep sea fish to cope with their high pressure environment.

Wednesday - Trip to Dartmoor Zoological Park to see the animals and also spectate a large animal dissection (cow or pony).

Thursday - Compare different types of skeletons and make the best exoskeleton to protect an egg.

Friday - Mammals: craft activities to look at the arrangement of organs in humans before comparing to a rabbit (dissection). Comparison of brain size in different organisms including observing the brain of a sheep.

Location: School, Dartmoor Zoological Park

Years: 8 & 9 (12)

Max no of students: 20

Cost: £45

Deposit: £10

Transport: Minibus

Activity Leader: Mrs C Lewin



Arts & Crafts

Join us for a week of craft activities including:

- ⊗ Jewellery making
- ⊗ Decorating trinket boxes and pen pots
- ⊗ Painting canvas'
- ⊗ Piggy bank painting
- ⊗ Decorating our own bags for life
- ⊗ Felt sewing
- ⊗ Decorating tea lights
- ⊗ And many more

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 – it can be messy! and an enthusiasm for trying new things.

Location: In school - room 5

Years: 7 – 9

Max no of students: 20 - 40

Cost: £20

Deposit: £10

Activity Leader: Miss D Roughton



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: 10

Cost: £10

Deposit: full amount

Activity Leader: Mr D Rutherford

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Sport for All

Do you like sport? Are you interested in improving your sporting skills and talents? 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;

- Zumba
- Badminton
- Table tennis
- Netball
- Dodgeball
- Trampolining

.....amongst others.

Location: In school

Years: 7 - 9 **Max no of students:** 25

Cost: Free

Activity Leader: Miss A Pickles & Mr S Underdown

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: OFFSITE: 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!

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

Years: 7 – 9

Max no of students: 24

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

Deposit: £10

Activity Leader: Miss R Readey



Westcountry Wonder

The weeks activities will include visits to local museums, places of interest and fun activities that promote what our amazing local area has to offer. Example itinerary is below (the days could change slightly due to COVID visitor restrictions/weather).

Monday – A visit to The Box and Plymouth Lido for a swim.

Tuesday – Catch a coach to explore biology and visit the animals at Dartmoor Zoo.

Wednesday – Travel to Exeter City centre for a day of science, sights and shopping! The Royal Albert Memorial Museum and Cathedral visit.

Thursday – Catch the Cremyll Ferry to Mount Edgecumbe for Frisbee golf, history and art activities.

Friday – Coach to Woodlands for a day of slides, rides and lots of fun!

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).

Location: Plymouth and surrounding area

Years: 7 & 8

Max no of girls: 40

Cost: £65

Deposit: £20

Transport: Walking, Train, Coach, Ferry

Activity Leader: Mr P Goodchild and Miss S Joynes