

Activities - Unit 5 2018

For Unit 5 the following dates are important:

Tuesday 24 July:	Online ballot opens. Students emailed login details.
Thursday 26 July:	Initial online ballot closes at 10:30am.
Monday 30 July:	Restricted balloting closes at 10:30am.
Unit 5 Dates:	August 20, 22, 24, 27, 31 September 5, 7, 10, 14, 17

Students who do not complete an initial online ballot (by 10:30am July 26), will have to complete a restricted online ballot. This will mean that students will have reduced choices or may need to complete a further restricted paper ballot sheet if most of the Activities are full. **Students who do not complete a ballot after the final date will be placed into an Activity. Please choose carefully as you can be placed into any of your six selections.**

To Students in Years 7 - 10

An outline of each Activity is given in the following pages. You should read the details carefully, be aware of any special requirements such as cost, equipment or materials and discuss your choice with your parents. If you need more information you should contact the teacher in charge of the Activity, or the Director of Activities, Ms Morgan. When you ballot for an Activity, you must be prepared to accept the Activity of your choice.

To Parents

Some Activities may incur a cost (\$) where individual coaching or special equipment is required. Costs are shown within this pamphlet and will be charged to the term's account. If your child undertakes a cost Activity you will be notified via email or letter.

Reminders

Over the school year you are encouraged to select Activities from a minimum of **three** of the following categories: Academic Enrichment/Challenge; Leadership; Visual and Performing Arts; Sport and Physical Development; Health, Lifestyle and Practical Skills; Community Support.

Practical Activities and Sunsmart

In sporting Activities you will need your **sports uniform and appropriate footwear**. Students involved in outdoor activities need to supply their own **hat and sunscreen**. Sunscreen is also available in each Homestead, the Sustainability Centre, with staff at outdoor venues and at the Gym in case you forget. Students must wear clothing that covers their shoulders, e.g. Woodleigh Polo Sports Shirt.

Non-Participants

If you miss a bus or you do not have your correct gear, you will need to attend the non-participants room. During this time you will have to complete written tasks (no ICT), quiet reading or undertake school service around the grounds or in the Reserve. If you are ill or injured and unable to take part in your Activity, you must bring a note of explanation for the teacher in charge of the Activity.

Activities Leaving School Grounds

Some Activities may run during lunchtime, particularly those where students are leaving the school. Students need to consider this when balloting and be aware that they may need to take and eat their lunch on the journey from school or back to school.

Important Notes Adventure-Based Activities (as indicated by a ★ to reference this page). Some Activities are regarded as adventure-based. **Being involved may have some higher element of risk and the possibility of injury, both of a minor and serious nature.** It is important that both students and parents are aware of this fact. It is also important that you have an understanding of the nature of the Activity, if you have any questions in regard to a specific Activity please contact the teacher in charge of the Activity or the Director of Activities, Ms Morgan. If you undertake an adventure-based Activity, you may need approval from a parent via CareMonkey.

Academic Enrichment / Challenge

★\$ Aviation (Pre-book Yrs 7-10)

This is an ideal time for Year 8 students to commence flying lessons and for Year 7 students to try it out. Please see Mr Scott before balloting for more information. Students wishing to either start or continue with their training can ballot for this unit. New students including Year 7's are welcome as are students who have already started and wish to advance to the next stage of training. Basic Aeronautical theory taught during this unit will depend on group needs. Practical flying lessons will be tailored to the individual. Transport via Budget Rosa Bus or Woodleigh HiAce Van driven by a Woodleigh Staff Member or via Driver Coastal Bus Lines.

Cost: Costs depends on the number of flying hours.

Create a Mini da Vinci (Yrs 7-10)

Have you been involved or heard about the da Vinci Decathlon competition? Do you have an adventurous mind to create challenging activities for our Junior campuses? Then this is the Activity for you. You will work as a team to prepare a Mini da Vinci, similar to the renowned da Vinci Decathlon. There will be freedom to choose the disciplines within the spirit of the original competition. Once we have planned and developed questions and answers, we will take it to Minimbah and Penbank and run our own Mini da Vinci to help inspire the team of 2019. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines.

Mr Scott

Ms Pope

Courage Creates Change (Yr 8 Only)

Ms Kaindel, Mr Burton, Dr Owens

This Activity is for Year 8 students only and is designed to support the 'Courage Creates Change' project. Students will be given opportunities to demonstrate courage through hands on activities at Woodleigh, as well as other possible locations such as Chisholm Institute and PARC. Students will also be provided time to develop their presentations in preparation for the November parent showcase. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines.

Visual & Performing Arts

\$ African Drumming and Culture (Yrs 7-10)

This is an exciting opportunity explore African music and culture. You will work with professional African Drummer, Valanga Khoza. He was exiled from South Africa in 1976, and has since recorded music and published stories reflecting on the places he has been and the people he has met through his journey across the world as a refugee before finally settling in Australia. You will be taught various rhythms on hand and stick drums exploring the aural sounds of African calls. No prior experience is required and drums and earplugs will be supplied. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines. **Parents please note: there is a cost for this Activity. The cost covers instruction from an external professional and use of equipment.**

Cost: \$30

Creative Chillax with Mrs Mac (Yrs 7-10)

Ms Macdonald

Let your creativity flow in a relaxed but productive atmosphere. Enjoy the opportunity to extend your imagination with drawing and painting media. Explore ink, acrylic paints, pencils and pastels and create a selection of mini masterpieces. Come and discover your creative side.

Dance and Choreography (Yrs 7-10)

In this Activity, there will be group warm-ups and sequences learned at each session. You will also learn the art of choreography (making dances) and you will work in small groups to create your own moves/sequences/dances. You will be given the opportunity to perform your dances live or on film. Whether you have years of dance experience, or none at all, you are sure to enjoy being physical and creative in this Activity.

\$ Design and Make your Own Jewellery (Yrs 7-10) Ms Alderton

During this Activity you will have the chance to make a piece of jewellery for yourself or to give to someone special. The unit will be delivered by an external professional jeweller. You can choose to make a pair of earrings, a ring or a pendant (necklace). You will design your piece, then decorate and embellish it using various techniques and materials to enable you to personalise your piece of jewellery. Come and make something for yourself or to give as a unique present. **Parents please note: there is a cost for this Activity. The cost covers materials and instruction from an external professional jeweller.**

Cost: \$50

Visual & Performing Arts

Guitar Techniques (Yrs 7-10)

Mr Trenwith

Feel like improving your skills and repertoire on the guitar? Then 'Guitar Techniques' is the Activity for you. The focus of this Activity is on setting goals, reflecting on ways guitarists can improve their playing, and hopefully learning some new tricks along the way. You will be encouraged to share what you know with the others in the group and there will be plenty of times for just jamming. Students must have their own guitar at school each Activity day.

\$ Learn to Dry Felt (Yrs 7-10)

Ms Lapierre

Come and learn the art of dry felting from international felt artist, Zetta Kanta, a Latvian artist who uses natural wools to create beautiful wearable felts and wall hangings. You will explore shape building with wool and make a small fantasy garden in a teacup. You will also have the opportunity to learn how to make a small animal or fantasy creature with the aim to create a communal fairy garden with loads of fantasy creatures. **Parents please note; there is a cost for this Activity. The cost covers materials and instruction from an internationally recognised professional.**



Cost: \$50

Lights, Sound, Vision, Action... Production Technology and Back Stage Crew (Yrs 7-10)

Mr Bingham

Ever wanted to learn how drop the lighting grid, design a basic lighting plot, run the lighting board. Set up microphones, operate the sound mixing desk and project images in the hall? Gain the basic skills you need to be a hall/theatre technician. This means that you can be part of the crew that set up and run assemblies. You will also learn the skills needed to help run events such as School Productions, the Arts Festival, Musicales, Concerts etc. And you will have the opportunity to put this into practice during the Mornington Special Development School's production. Be the person pushing the buttons to make the magic happen.

String Art (Yrs 7-10)

Ms Ley

Using a variety of tools you will design and make your own String Art. You will be guided through the planning process, researching past styles and design your own piece/s using technology and free hand. You will need to consider accurate placement of pins, your background and colour choices and then using a hammer and nails, pin out your design. The remainder of the sessions will involve careful weaving to create your own unique art.

Sport & Physical Development

★ SIS Athletics Squad - Preparation and Team Development

(Yrs 7-10) KEY SPORT FOR UNIT 5

Mr Davenport

You have been preselected for this Activity based on performances at previous SIS Athletics Carnivals and/or performances at the Homestead Athletics Carnival. As part of the Woodleigh SIS Athletics squad you will be training and preparing for the SIS Athletics Carnival at Lakeside Stadium which takes place on the 28th August. The team will be chosen from those in the squad and we will run some trials during the Activity to determine places. The sessions prior to the SIS Athletics Carnival will include external coaches from Athletics Victoria. These coaches will work with you to develop your technique and improve your performance. After the SIS Athletics Carnival, we will change the focus of the Activity away from Athletics to fitness and team building. We will be heading off campus for a range of activities at venues that may include Somerville Health and Aquatic Centre, F45 Mornington, Saxon Indoor Sports and PARC as well as participating in team building games in the Gym. If you haven't competed in the Athletics before or think that you are better prepared to challenge for a place in the team now, then you should select this Activity with your first preference. Transport via Driver Coastal Bus Lines. **Parents should note that this may include a water-based Activity and therefore has some element of risk. Please refer to the pamphlet for more information.** Sunsmart applies.

★\$ Indoor Climbing (Yrs 7-10)

In this Activity we will be climbing at the Bayside Rock Indoor Climbing and Adventure Centre in Carrum Downs. This is great chance to try out rock climbing. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines. Note: Rockclimbing is an adventure based activity and has some element of risk and therefore the possibility of injury associated with being involved. Students will be involved in climbing a range of indoor rock faces at the centre whilst being belayed by other students. **Parents please note; there is a cost associated with this Activity. The cost covers transport, hire of facility, use of safety gear and qualified instructors.**

Cost: \$60

Tennis (Yrs 7-10)

Mr Andy Scott, Mr Hiram Malau

During this Activity you will be coached by a local professional tennis coach. Experienced and inexperienced players are welcome. You will develop your skills, rotate through a round robin series of matches and just play for fun. The following is essential: sports gear, flat soled sports shoes and hat. A tennis racquet can be provided. Sunsmart applies.

Health, Lifestyle & Practical Skills

A Taste of Asia (Yrs 7-10)

Ms Cooper

In this Activity you will explore the many and varied cuisines from Asia including Thai, Indonesian, Chinese, Japanese and Vietnamese. You will be cooking stir-fry's, spring rolls, soups and curries. This Activity will also include a trip to Springvale to source ingredients and is for those who like to challenge the tastebuds. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines.

Beginners Sewing Course - Sew a Bag or PJs (Yrs 7-10) Ms Stuart

Come and join this Activity to sew a simple lined shoulder bag or a pair of flannelette pyjama pants. You will learn how to draft a pattern, cut out the fabric, pin, tack and sew the pieces together. You will learn how to thread a machine- top and wind bobbins, straight sewing, use of the stitches on the machine as well as machine safety. No sewing knowledge needed. There will also be the opportunity to use an overlocker. **Students will visit Spotlight to purchase their material.** Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines.

\$ Build Your Own Fishing Rod (Yrs 7-10)

Mr Chapple

You will learn the craft of custom rod building, making a rod that will outlast those off-the-shelf models. Sizing your rod for the task, finding the backbone, lining up and spacing the runners, securing the runners with silk and installing rod end and reel seat. You should be able to complete the rod within the Activity time but if necessary some lunchtimes will be available. **Parents please note; there is a cost associated with this Activity. Cost includes all materials to build a complete rod that you will own.**

Cost: \$50

Cooking Outdoors (Yrs 7-10)

Mr Adams

Come and share ideas and recipes for interesting, appetising and creative camp dishes. Each lesson we will explore a different style of camp cooking skills using a tranga stove, cooking with minimum pots and ingredients that don't need refrigeration. We will also include using the dehydrator. This Activity will be beneficial to Year 8 students in preparation for the Baw Baw hike.

★\$ Mixed Martial Arts - Boys and Girls (Yrs 7-10)

Mr Ryan

This is a great chance to be introduced to Mixed Martial Arts. A variety of different techniques will be demonstrated and participants will then go on to practice and refine these skills working with a partner. Students will also participate in one on one competition. Sessions will be highly active, so if you have lots of energy this is the Activity for you. Parents should note that this Activity is conducted by instructors from Southern Self Defence at their purpose-built venue in Somerville. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines. Note: We strongly advise that students involved in this Activity should use a mouthguard as the potential for dental injury is reduced if an individually fitted mouthguard is worn. **Parents please note: there is a cost associated with this Activity. The cost covers transport and instruction from Somerville Martial Arts Centre.**

Cost: \$50

Health, Lifestyle & Practical Skills

★\$ Fencing and Tai Chi Exercise (Yrs 7-10) Mr Trenwith

In this Activity, you will have the opportunity to participate in both Fencing and Tai Chi. The Fencing sessions will see you fitted out in all the Fencing attire and being given instruction by staff from the Peninsula Fencing Academy. You will develop an understanding of the skills and tactics of this great sport. The other sessions will see you take part in Tai Chi which promotes good health, improved concentration and overall wellbeing. It uses moving postures and forms to exercise the joints and muscles of the body. The health benefits are derived from these slow, gentle and tranquil movements which enable harmony in mind and body. Loose, comfortable clothing and flat shoes should be worn during the Activity. **Parents please note: there is some element of risk to the Fencing component of this Activity. Please refer to the front section of this pamphlet for more information.**

Cost: \$50

\$ Yoga and Basic Meditation (Yrs 7-10) Ms Pfannkuch

This Activity will focus on postures, breathing, relaxation, movements and stretching whilst aiming to develop an awareness of the mind-body connection. You will have the opportunity to relax using self-chosen imagery, music and or muscle tensing. During the sessions we will explore other means of relaxation and mindfulness to enhance our wellbeing. Classes will be taken by a qualified Yoga teacher and Woodleigh staff member. **Parents please note: there is a cost associated with this Activity. The cost covers instruction from a qualified Yoga teacher.**

Cost: \$50

ICT - Technology

Coding Drones to Fly (Yrs 7-10) Mr Allsop

Calling all DRONE pilots! Using iPads and connecting them to Drones, you will learn how to fly, control and create your own flight paths. The drones can be programmed to take off, land, turn and perform aerial figures like flips, all under the control of code students create. You can also take photos or movies during the flight and download them onto your Macbook. There are self-paced lessons on an iPad APP that will assist you to becoming a better pilot.

Electronics – Girls and Boys Welcome (Yrs 7-10) Mr Landman

Have you ever wanted to build your own electronic models? Maybe you have just wanted to learn how to solder and make gadgets like a 'soccer bot', 'bubble blower' or 'robobug'? You get to choose the kit, learn how to solder, build it yourself and keep the gadget. Come and have some fun with electronics and learn some basic electrical principals along the way.

Introduction to mBot Robots Using Scratch (Yrs 7-9) Mr Pilgrim

In this Activity we will make use of the Makeblock mBot robot car to develop an understanding of basic programming using Scratch. We will initially build the mBots from the kits supplied and explore their manual controls and inbuilt programs. We will then work on developing skills in Scratch with the aim of writing programs that can be tested on the mBot. Once you develop basic skills in Scratch, the applications with the mBots is almost limitless. Scratch and the mBots provide an excellent manner to develop your understanding of why and how to use algorithms. We will run some challenges to get you thinking but you will also have time to develop a project of your own.

An Introduction to Making Music with Technology (Yrs 7-10)

Mr Geisler

Do you have a love for music? Have you ever wanted to make your own instrumental song? You don't need to be a trained musician to produce great music – you just need a keen ear and a love for rhythm and sounds. This is a unit for curious music lovers – you don't need to be confident playing an instrument and you definitely don't need to sing. Over the unit we will explore how to use the entry-level software (such as Garageband) as a tool to craft songs from start to finish. We will build beats from scratch, play with synthesisers, tinker with virtual instruments and explore effects such as delay, reverb and distortion. All styles of music are welcome! Come along and explore the wonderful world of digital music, as you are only limited by your imagination. Final songs will be published on SoundCloud so you can show off your new skills.

Community Partnerships

Brian Henderson Reserve / Field Gnats (Yrs 7-10) Ms Darby

Are you interested in wildlife and the environment? Do you like being in the great outdoors? In this Activity you will support the day-to-day management of the Brian Henderson Reserve. You might feed the animals, contribute to enclosure set-up and maintenance, remove weeds, assist with pest animal control, plant new plants, collect bush foods, prepare animal meals, perform biodiversity surveys and carry out fence and track maintenance. Some tasks may also be performed outside the boundaries of the Reserve. If the weather is too hot/cold, we meet in the Science building and can tend to the animals kept there. **Closed-toe sturdy shoes required.** Water bottle recommended. Sunsmart applies.

Design, Build and Ride a Mountain Bike Skills Park (Yrs 7-10)

Mr Stephens

Do you ride MTB? Have you always dreamt of building a jump, a berm or a tight track? In this Activity we will continue the brilliant work started on Woodleigh's very own MTB skills course with improvements, enhancements and extensions to the existing berms, jumps and obstacles. This will involve significant manual labour – you will be digging holes. There will be more digging than riding, so only sign up if you are not afraid of some hard yakka.

Event Management - Year 10 Formal (Yr 10 Only) Ms Fletcher

Have you always wanted to plan a Big Event? Do you have great ideas for coordinating a large social event and the drive and desire to see these ideas put into practise? Then this is the Activity for you. Working closely as a group, you will continue the event management planning processes for The Year 10 Formal started in Term 2. Along the way you will develop strong organisation skills as well as working in close collaboration with other students, teachers, school leaders, and the wider school community.

International Exchange Preparation – India Immersion

(Pre-book Yr 10 Only)

Ms Marsh

This Activity is for those students who will be travelling to India in September. Students will be involved in a variety of preparation activities including workshops, off-site cultural experiences and travel advice/planning. You must ballot for this Activity if you are involved in the India Immersion program.

Kids Teaching Kids (Yrs 7-10)

Ms Janky

The Kids Teaching Kids (KTK) concept raises awareness and drives action on local and global environmental issues, bringing communities together to solve common challenges and help the next generation of leaders who will take collective responsibility for our future. KTK connects and challenges students with real world issues and gives them tools to manage their own learning and become confident, caring and informed citizens ready to take on new challenges. This year, Woodleigh School has registered to take part in and run a workshop at the KTK event at Point Nepean, on September 6. This Activity will be exploring themes for the workshop and developing hands-on activities to run for students from other schools.

Wood - Build and Construct a Mindful Garden (Yrs 7-10)

Mr Harrison

Come and work as a team to plan and construct a mindful garden near Pathways. Throughout the project you will learn construction techniques using safe building practices. This Activity is hands-on and for a small group of students interested in creative teamwork. Sturdy shoes required.