



Year 11 Activities Term One - 2019

For Term 1 Activities the following dates are important:

Monday 19 November: Online ballot opens. Students emailed login details

Wednesday 21 November: Initial online ballot closes at 10:30am

Friday 23 November: Restricted balloting closes at 10:30am

Unit 1 Dates: February 6, 8, 13, 15, 18, 20, 22, 27

Unit 2 Dates: March 15, 18, 20, 22, 27, 29, and April 1, 3

To Students in Year 11

In the following pages, an outline of each Activity is given. You should read the screed 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. 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 an Activity where there is a cost, you will be notified via email.

Reminders

You are encouraged to select at least one Activity from the Certificates Category. You can choose two Certifications if you wish.

Balloting for 2019 Activities

Students will ballot online via Web Preferences. Once your selections have been confirmed, you will receive notification of your Activities via email to you and your Parent/Guardian at the start of Term 1, 2019.

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. Students must wear clothing that covers their shoulders, e.g. Woodleigh Polo Sports Shirt.

VCE/VETiS Classes or Non Participants

You may miss some of your Activity sessions due to a clash with your VCE subject or VETiS. You need to consider this before you ballot for the Activity and ensure you are willing to catch up with sessions missed. If you are ill or injured and unable to take part in your Activity you must bring a note of explanation.

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 for Adventure-Based Activities (as indicated by a ★)

Some Activities are regarded as adventure-based. **Being involved may have some higher elements 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.

Flexibility with the Program

At Year 11, we aim to cater for your needs and hope you can use Activity time productively and to enhance your academic studies, wellbeing and develop some skills and qualifications that will benefit you outside of school. With this in mind, you are encouraged to communicate with the teacher in charge of Year 11 Activities if you wish to tailor a program to suit your goals (e.g. complete 2 certificates at the same time, lead Activities, undertake independent learning projects). There is flexibility within Year 11 Activities and I encourage you to put your requests in email to activities@woodleigh.vic.edu.au and we can begin discussions as to what will work best for you.

Certificates

You are encouraged to select at least one Activity from the Certificates Category. You can choose two Certifications if you wish.

★ Boat Safety and Licence Preparation (Yr II Only)

Mr Chapple

Over this unit, you will learn valuable boating knowledge and how to put it into practice on the water. If time permits, you will gain practical experience around Mornington Pier. During class sessions, you will learn the maritime rules, discuss the safety aspects and theoretical information you need to help you gain your Boat Licence. Each student will receive a Victorian Boating Safety Handbook and other resources. Students will be expected to revise the booklet and questions in their own time. Please note; this unit is preparing students for their licence through practical experience and discussions. If students are ready for the test, we may be able to complete this at Mornington Yacht Club or Woodleigh during or after the unit. Otherwise, students will need to attend Vic Roads during their own time to complete the final test (charges apply). The cost does not include the annual licence fees. Transport via a Budget Rosa Bus or Woodleigh Transit driven by a Woodleigh Staff Member or via Driver Coastal. Unit charges include instruction and use of boats at Mornington Yacht Club and the cost of testing and a certificate acknowledging the student has passed the VicRoads Licence test if this is available. **Parents should note that components of this Activity may be water based and therefore has some element of risk. Please refer to the booklet for more information. Sunsmart applies.**

CPR and Level 2 First Aid (Yr II Only)

Ms Schmidt

During this Activity, you will gain a Nationally Accredited certificate. The qualification will be issued by Allen's Training Pty Ltd. Students will gain the skills and knowledge required to recognise and respond to life threatening emergencies using basic life support measures only. Key topics will include; Aims of first aid, Responsibilities of the first aid provider, Duty of care, Hygiene, Asthma, Heart attack, Shock, Fainting, Soft tissue injuries, Rice, Bleeding, Anaphylaxis, Spider bites, Snake bites and CPR.

Food Hygiene for Food Handlers Certificate (Yr II Only)

Ms Cooper

Most food serving establishments such as restaurants or bistros expect their staff to have undertaken some type of food safety training to ensure the safety of customers. This course provides the food safety basics to help increase students chances of gaining a job in these establishments. Course includes information on the following topics; Food spoilage and food poisoning, Cross contamination, Bacteria growth and the 'Danger Zone', Personal hygiene when dealing with food and handling of food in the kitchen, What to look for when accepting food from suppliers, Cleaning of food premises and safe storage of food items. The course will consist of five sessions; theory sessions, a written test and two cooking sessions in the kitchen. Students will cook food and put into practice the safety lessons they learn in class. At the end of the course students will receive a Food Hygiene for Food Handlers Certificate of Participation, a recognised certificate.

Responsible Serving of Alcohol Certificate and Hospitality (Yr II Only)

Ms Kesterson

During this course you will be instructed by an external provider from Best Restaurant Training to gain Liquor Licensing Victoria's Responsible Service of Alcohol Certificate. You will learn about the Liquor Industry, Benefits of Responsible Service, Facts about Alcohol, Strategies for Responsible Service and Refusal of Service.

§ ★ Aviation (Pre-book Yrs 8 - 11)

Mr Scott

This unit is ideal for students to try flying a Cessna 152 (with an instructor). The first flight is a shorter trial flight - at a discounted price - and there is no expectation to continue with the program. If you catch the bug, you might find yourself flying your first solo flight on the Aviation camp at Tocumwal in August. Please see Mr Scott before balloting for more information. New students are welcome as are students who have already started and wish to advance to the next stage of training. When not flying, you will learn some basic theory to help you be ready for your first solo flight. Practical flying lessons will be tailored to the individual. Transport via Budget Rosa Bus or Woodleigh HiAce Van driven by a Woodleigh School staff member or via Driver Coastal Bus Lines.

Cost: Costs associated with this Activity depend on the number of flying hours

Study Enhancement / Challenge / Leadership

Independent Learning Project (Yr II Only)

Ms Kesterson

You can use this time to work on your own independent project. This may be a prior interest, business, subject topic or something new to enhance the School and the Community. Discussions MUST be had to organise a supervisor and submit a proposal or evidence of previous projects. See or email Ms Kesterson to discuss ideas and options before balloting.

Individual Investigations (Yrs 7-11)

Mr Burton

This Activity is modelled on the International Baccalaureate 'Personal Project' and is an opportunity for students to develop entrepreneurial skills. Students complete an individual investigation related to ANY topic of interest and go through a design process of research, planning and creation before pitching their project to a 'shark tank' of local business people.

English Support For Text Analysis (Yr 11 Only)

Ms Grigg

Get Lit Part 1 - Text Analysis

Are you uncertain about the strength of your English skills? Concerned about your ability to unpack the complexity of the VCE texts? Maybe even a little worried that you just don't fully 'get lit'? Maybe you are looking for a groovy and relaxed environment to receive support, especially with close reading and understanding of our single text, "Stasiland"? Working closely with a VCE English teacher, you can use these Activities sessions to develop, challenge and extend your skills and knowledge in English. We will look at background context, consider some related texts (eg/ films "1984" and "V for Vendetta") and polish essay skills. The novel will NOT be read out loud – although we will do some close passage analysis of key sections.

Get Lit Part 2 – Argument Analysis

Are you worried about your skills in analysing argument? Are you concerned about your ability to unpack the stages of argument, the persuasive strategies authors use, or the complex connotations of vocabulary? Sounds like YOU are looking for a hip and groovy environment to receive a boost with close reading and understanding of persuasive texts. You can use these Activity sessions to get help from a VCE English teacher, and extend your skills and knowledge on your way to English super-stardom! Over the course of this Activity we will look at a wide range of persuasive texts as well as doing some preparatory work on the novel that is part of the Comparison pair in Semester 2: "This Boy's Life"

Model United Nations Assembly - MUNA (Yr 11 Only)

Ms Pope

You loved UN Day in Year 10, right? Follow up on the fun and train to go in the running for selection to participate in a regional Model United Nations Assembly camp, making new friends and making new international conquests.

Lead an Activity (Yr 11 Only)

Ms Kesterson

Prior experience is required. If you have completed Activities in the past or feel confident to share a new idea then this is the opportunity to take on a leadership role. You can select from one of the Unit 1 or 2 Activities below to lead *or* work independently or with a partner to devise and develop your own innovative Activity to deliver for Unit 2. Skills required are: confidence, communication, flexibility, thinking on your feet, leadership skills and organisation. **See or email Ms Kesterson to discuss ideas and options before balloting.**

You can help lead the Activities below - if you have prior experience and put in a request via email;

- SIS Sport; Swimming or Cross Country
- Community Partnerships
- Brian Henderson Reserve
- Round Square Preparation

Visual & Performing Arts

Creative Chillax with Mrs Mac (Yrs 7-11)

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.

Japanese Book Binding (Yrs 7-11)

Ms Kaindel

During this Activity students will learn basic Japanese bookbinding techniques to create their own range of handmade journals as well as small notebooks for the Round Square International Conference. So, if you want to relax, learn a new skill and get involved with the Round Square community, then this is the Activity for you!

Oil Painting or Watercolour Painting for Beginners (Yrs 7 – 11)

Ms Ward

This Activity is for those with an artistic interest. During the sessions, you will learn the basics of creating a painting using oil paints / water colours. We will explore key techniques from primer, thinning and using mediums. You will get to take home your own paints and finished canvases.

Screen Printing (Yrs 7-11)

Ms Ward

Do you like to experiment with images, colours, patterns? Can you imagine your own logo on a poster or T-shirt? This Activity is an introduction to screen-printing which is one of the easiest and quickest forms of printmaking. You will have the opportunity to make prints from your own ideas using cut-outs of your own drawings, photos or other sources. You will learn how to make stencils, create patterns for fabric or build your own logo. You can draw or paint directly onto the screen from your ideas and learn how to make layers for multi-coloured prints. Screen printing doesn't require great drawing techniques, just ideas and a willingness to experiment. You will also be involved in screen printing t-shirts for the Round Square Conference to be held in April.

Sport, Physical Development & Life Skills

★ Cross Country Running and Training (Yrs 7 - 11)

Mr Higgins

Come and help lead and train in sessions at various locations. Venues include school XC course, Frankston foreshore, Ballam and Baxter Parks, George Pentland Gardens, Langwarrin Fauna and Flora Park, Bunarrong Reserve, Jubilee Park and Seaford Foreshore. You will need your running gear, towel, cap, sunscreen and water bottle. Keen runners with leadership skills are encouraged and supported. Sessions will be held on campus at Woodleigh and may also include; Seaford and Frankston Foreshore, Sweetwater Creek, Moorooduc Quarry steps, Ballam Park, Beauty Park, Langwarrin Flora and Fauna Park and surrounds. Transport via a Budget Rosa Bus or Woodleigh Transit driven by a Woodleigh Staff Member or via Driver Coastal. **Sunsmart applies.**

SIS Swim Squad Training (Yrs 7-11)

Mr Macindoe, Ms Schmidt

All Year 7-11 students interested in representing Woodleigh at the SIS Swimming Carnival, which takes place on May 2nd at MSAC, must do this Activity in order to be considered for selection in the SIS team. Training will take place at YMCA Somerville Health and Aquatic Centre and PARC in Frankston. This is a great opportunity to build your fitness and to prepare for the SIS Swimming Carnival and also the SIS Swim Relay Carnival which will take place on March 15th at Pines Aquatic Centre. Transport will be via Driver Coastal Bus Lines or a Budget Rosa Bus driven by a Woodleigh School staff member.

★ Summer Fitness Fun (Yrs 7-11)

Mr Higgins

This Activity will see you developing a training routine for Fun Runs/Walks within the local community, whilst learning and practising a range of fitness methods. You will be involved in warm ups, running skills, trial runs and cool downs. Cross training sessions will also enable you to develop other fitness components and improve your core strength. This is a great challenge for anyone and a great opportunity to improve or maintain your summer fitness. Sessions will be held on campus at Woodleigh and may also include; Seaford and Frankston Foreshore, Sweetwater Creek, Moorooduc Quarry steps, Ballam Park, Beauty Park, Langwarrin Flora and Fauna Park and surrounds. You will need to bring runners, a complete change of sports gear and water bottle to every session. Transport will be via Coastal Driver Bus Lines or a Budget Rosa Bus driven by a Woodleigh School staff member. We look forward to seeing some new faces. **Sunsmart applies.**

Health, Lifestyle & Practical Skills

Aromatherapy (Yrs 7-11)

Ms Ogier

This is a chance to learn about the amazing properties of essential oils and plant extracts and how to use them in everyday life. You'll make a range of body products to take home, including a lip balm, facial moisturiser, perfume roll on, a shampoo/conditioner and herbal bath salts. In addition, you can try your skills at candle making to develop a scent just right for you. As a group, we'll compile a booklet of tips on how to safely, and effectively, use aromatherapy to enhance your physical and emotional wellbeing.

Cooking Just Like Grandma Once Made (Yrs 8-11)

Ms De Jong

Students will be in the kitchen making a range of preserved products which incorporate seasonal produce. They will learn about a variety of preservation techniques to create products such as a sauce, jam, chutney, relish, pickle, fruit leather and ice cream. These skills will empower students to transform plentiful, affordable fresh produce into long shelf life products to help combat the increasing problems our world is experiencing with food waste.

★ \$ Indoor Climbing (Yrs 7-11)

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

Sewing Eco-friendly Boomerang Bags (Yrs 7-11)

Ms Stuart

During this Activity you will sew eco-friendly Boomerang bags for your own personal use as well as for the 2019 Round Square Conference. Basic machine sewing skills, pattern making and piecing will be taught. Materials will be provided.

Wellness and Wellbeing – Food, Eco Crafts, Walks and More (Yrs 7-11)

Ms Pitcher

Come and explore what wellness and wellbeing is through a combination of activities that enhance wellness of the self, others and the environment. You will be introduced to some cooking and food preparation, the creation of environmental eco crafts and be able to enjoy exploring a range of local walks. Some sessions will be on campus, while other sessions may go off campus to the local Op Shops, parks and walking tracks which may include Frankston Foreshore, Sweetwater Creek and Moorooduc Quarry. Transport will be via the Transit or Budget Rosa Bus driven by a Woodleigh Teacher or via Driver Coastal Bus Lines. **Sunsmart applies.**

ICT - Technology

Photography and Adobe Photoshop (Yrs 7-11)

Mr Allsop

The Woodleigh environment is a wonderful place for artistic photo opportunities. We will cover portraiture (people/animals), landscape, weather time lapse and fast-moving sporting action. You will learn about light, photo composition and examine what makes an excellent photo and how to best enhance your pictures using both camera techniques and computer software. We will start from the very basics and develop your skills in industry standard photo manipulation software programs; Adobe Lightroom and Adobe Photoshop. You will need to supply your own digital camera, ideally an SLR, but a phone is a good fall back. Images may be submitted to some photography competitions.

Community Partnerships

Brian Henderson Reserve / Field Gnats (Yrs 7-11)

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.**

The Woodleigh Farm and Environmental Sustainability Centre (Yrs 7 - 11)

Ms Janky

This unit will be focused around establishing the direction for the Woodleigh Farm and the Environmental Sustainability Centre (ESC) as an extra-curricular activity for 2018. We will look at the animals we may want to breed and show, establish new vegetable patches, gardens and other spaces around the farm and develop any other ideas students may have. We will then explore ways of 'marketing' this space to other students and the wider community. **Closed-toe sturdy shoes required.**

Wood - Build and Construct (Yrs 7-11)

Continue the construction and maintenance work already started in the BHR. You will learn techniques, safe building practices and work as a team to continue building the Boardwalk, Arboreal enclosure and other construction initiatives. This Activity is hands-on and for a small group of students interested in creative teamwork. **Closed-toe sturdy shoes required. Water bottle recommended. Sunsmart applies.**