

Activities - Unit 1 2019

For Unit 1 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

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. **Please choose carefully as you can be placed into any of your six selections.**

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 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 Partnerships.

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 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.

Academic Enrichment / Challenge

★ \$ 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

daVinci Decathlon - Challenge Program (Yr 7 Only)

Ms Pope

This is an extension Activity for Year 7 students. Come and be involved in preparation for this exciting Interschool competition that takes place at the end of Term 2. Schools involved enter teams of eight Year 7 students who participate in activities in the following disciplines; Mathematics, English, Science, Code Breaking, Engineering Challenge, Ideation/Problem Solving, Creative Producers, Art and Poetry, Games of Strategy and General Knowledge. The tasks are both exciting and challenging with a particular emphasis placed on high order thinking skills. Don't miss this once in a lifetime opportunity, it is only offered in Year 7! Come, join this Activity and meet some like-minded fellow students.

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.

Hattah Preparation - Compulsory for All Year 10 Students for Units 1 and 2 (Yr 10 Only)

Mr Peach

In the lead up to the Hattah Camp at the end of Term 1, students in Year 10 will complete a range of camp related tasks to aid in their preparation. Sessions will be held on navigation skills, safety, gear and food requirements and options. Also, during Unit 2, gear will be issued for use on camp. Hattah Preparation will run for Unit 1 and Unit 2 Activities throughout Term 1. **All Year 10 students will automatically be placed into this Activity and there is no need to ballot.**

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.

Dance: Hip-Hop and Street Dancing (Yrs 7-9)

Ms Van Der Sluys

In this Activity, there will be group warm-ups and Hip-Hop Commercial dancing each session. You will learn the art of Street dance and you will work in small groups to create your own moves. You will be given the opportunity to perform your dances live or on film, as a team. Whether you have years of dance experience, or none at all, you are sure to enjoy being physical and creative as part of this Activity crew.

\$ Design and Make your Own Jewellery (Yrs 7-9)

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

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!

What Does it Mean to be You (Yrs 7-9)

Ms Saunders, Ms Nairn

In this unit we will use Drama to explore gender and identity. This Activity is great for students who love Drama, but it is also relevant to students interested in exploring gender issues and stereotypes.

Visual & Performing Arts

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

Lawn Bowls and Croquet (Yrs 7-9)

Mr Elmi

During this Activity you will get the chance to play Lawn Bowls and Croquet. You will learn about techniques, rules, scoring and equipment selection. Each session there will be chance to play games to reinforce skills learned. Group interaction, team and individual competitions and challenges will be the focus of the unit. Sessions will be undertaken at Frankston Lawns Bowls Club and Frankston Croquet Club. Transport via Budget Rosa Bus driven by a Woodleigh School staff member or via Driver Coastal Bus Lines.

Outward Bound Preparation (Yr 9 Only)

Mr Harrison

A great Activity for those who want to ensure that they are well prepared for Outward Bound. During the sessions we will undertake fun games and activities as well as some fitness training in preparation for this camp. Sessions may include cardio circuit, hiking, team games, orienteering and bushcraft skills. Sessions will take place around the Woodleigh Gymnasium, Fitness Suite (Mezzanine) and off-campus at Frankston Foreshore, Somerville YMCA, Moorooduc Quarry steps, Langwarrin Flora and Fauna Park and surrounds. Transport via Budget Rosa Bus driven by a Woodleigh School staff member via or Driver Coastal Bus Lines. Students must have appropriate gear for every session. **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 takes place on March 15th at Pines Aquatic Centre. Transport via Driver Coastal Bus Lines or a Budget Rosa Bus driven by a Woodleigh School staff member.

★ \$ Snorkel Diver (Yr 7 Only)

Ms Kesterson

Escape to a different world and experience a connection with nature. This Activity is full of tips and advice to help make snorkelling easier and more fun. Initial basic skills will be undertaken in the swimming pool at Somerville YMCA or PARC Frankston. You will learn about the equipment, surface techniques, the skills needed to snorkel underwater whilst breath holding, as well as the main safety aspects. Open water snorkel sessions will be conducted at a variety of locations around Mornington which may include Mornington Pier, Schnapper Point and Fishermans Beach depending on weather conditions. Students will be provided with a wetsuit and snorkel gear and will be required to change at the outdoor location. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines. **Parents should note: there is a cost associated with this Activity. Costs include transport to and from the beach and equipment. This is a water based Activity and therefore has some element of risk. Please refer to the front page of this pamphlet for more information. Cost: \$50**

★ 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.**

Tennis (Yrs 7-9)

Mr Scott, Mr Malau

During this Activity you will be coached by a local professional tennis coaches. 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

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 a 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**

★ Kung Fu and Nunchuk Skills (Yrs 7-9)

Mr Ryan

In this unit you will be introduced to kung fu and freestyle nunchuk training. The use of nunchuk improves reflexes, hand control, posture, patience and general coordination, and with practice can lead to some sweet skills! Students will use foam padded nunchuk to develop their abilities. Other sessions will involve practical kung fu and also discussion of the influence of traditional martial artists in popular culture, such as Bruce Lee, Jet Li and Donnie Yen.

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.

Walks and Talks (Yrs 7-9)

Ms Ley

Venture out of the classroom, get some fresh air and explore some of the local areas on the Peninsula whilst enjoying a brisk walk to enhance your health and fitness. Some sessions may include guided tours and additional site information from local experts and Woodleigh staff. Places you may explore include; Seaford and Frankston Foreshore, Sweetwater Creek, Moorooduc Quarry steps, Ballam Park, Beauty Park, Langwarrin Flora and Fauna Park, Devils Bend Reservoir, The Briars Sanctuary, the Lookout Hill Circuit walk in Red Hill and surrounds as well as in our own back yard. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines. **It is recommended that students wear runners or sturdy shoes and carry a waterbottle and a waterproof jacket. Sunsmart applies.**

Health, Lifestyle & Practical Skills

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 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.**

Design, Build and Ride a Mountain Bike Skills Park (Yrs 7-9)

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.

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 2019. 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 start developing any other ideas students may have. We will also spend time preparing ourselves and animals for both the Korumburra and Berwick Shows. **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.**