

Activities - Unit 2 2017

For Unit 2 the following dates are important:

Wednesday 15 March: Unit 2 online ballot opens. Students emailed login details.

Monday 20 March: Unit 2 initial online ballot closes at 10:30am.

Thursday 23 March: Unit 2 restricted balloting closes at 10:30am.

Unit 2 Dates: April 26, 28 and May 1, 3, 5, 8, 10, 12, 15, 17, 19.

Students who do not complete an initial online ballot (by 10:30am March 20) will have to complete a restricted online ballot. This will mean that students will get a low ballot choice or may need to complete a restricted 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

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, 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 next 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 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.

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 reference to 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 to return a permission form signed by a parent.

Academic Enrichment / Challenge

English - Support and Extension (Yr II Only)

Ms Billett
During this Activity, time will be spent during the sessions to receive support, especially with reading and understanding our text 'Triage'.

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 theory sessions, a written test and 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.

Independent / Personal Learning Projects (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 project 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.

THINKING OUTSIDE THE BOX - Master Your Mindset (Yrs 10 - 11 Only) KEY ACTIVITY for YEAR 10 & 11's

Ms Davidson
Thinking Outside The Box is a life skill that will benefit every aspect of your life - school work, friendships, sport, family, relationships and confidence. Mindset is something we take for granted, as if we have no control over it. Through fun games and challenges this workshop will put you on the fast track to understanding your current mindset, how you got there and how to shift it in a way that makes you even more capable of achieving your goals. Learning these skills now will give you such an advantage in everything you choose to do in the future: subject selections, career and university directions, relationships and life. Presented by an external Life Coach, Leah Davidson from Watershed Coaching & Consulting.

Philosophy in The Changing World (Yrs 10 - 11)

Mr Lawler
Ever wondered about what's going on in the world? This is an enrichment Activity designed to address a wide range of world issues to help you know your place in a changing world. We will look at such things as: world debates like the climate change debate and the rise of right-wing parties due to immigration pressures; political factors like why is IS also called Daesh? How is technology affecting human behavior through such things as constant connectivity, or crowd funding? How do we live an ethical life? What are the great moral questions of our times? What are the driving factors in popular culture?

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

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. Time will also be spent gaining practical knowledge of the hospitality industry.

★ \$ Woodleigh Aviation (Pre-book Yrs 8 - 11)

Mr Scott
Students wishing to either start or continue with their training can ballot for this unit. New students are welcome as are students who have already started and wish to advance to the next stage of training. Theory taught during this unit will focus on planning and preparation for flight. Practical flying lessons will be tailored to the individual. Transport via a Woodleigh Rosa Bus or Transit driven by a Woodleigh Staff Member or via Ventura Bus Lines.

Cost: There are costs associated with this Activity (depends on the number of flying hours)

Leadership

Ag Hort and Sustainability Leadership (Yrs 7 - 11)

Ms Janky
This Activity will involve a variety of themes including the farm, sustainability and leadership. Students will develop and run sessions at the farm for a group of Minimbah Year 6 Activity students, assist with various farm related activities such as animal and plant care and be involved with designing an indoor reptile enclosure. You will need suitable clothing and closed-toe sturdy shoes. **Sunsmart applies.**

Peer Support Leadership (Yr 10 Only)

Ms Glen
In this Activity Woodleigh's Year 10 Peer Support Leaders will work in friendly and fun ways with small groups of Year 7 students to build positive cross-age relationships, establish a greater sense of belonging and work confidently as part of a team. Many of the topics complement the Year 7 WOW program - including friendship and fitting in, as well as leadership, communication, problem solving and managing difficult circumstances. The different Activity sessions are planned, prepared and delivered by committed students who have completed training with the 'Burn Bright' organisation.

Sports Leadership Course (Pre-book Yrs 10 - 11)

Mr Davenport
This Activity is for those students who have been preselected in the Sports Leadership program. The sessions will include practical workshops, including a trip to Minimbah or Penbank aimed at improving your coaching, officiating and organisational skills. There will be some theoretical work towards gaining relevant accreditation. You will gain your certificate in CPR. Students will also be involved in developing sport initiatives at school. Transport to Minimbah or Penbank will be via the Woodleigh Transit or Budget Rosa Bus driven by a Woodleigh Staff Member or via Ventura Bus Lines. **Sunsmart applies.**

Visual & Performing Arts

\$ Casting and Mould-making (Yrs 7 - 11)

Ms Dolbel
This Activity is an introduction to basic casting methods. Casting enables you to produce exact replicas of an existing object using a mould (which you will learn to make) and pouring a cast. You will finish the Activity with a jewellery piece, sculpture or unique object, to be negotiated. You will be introduced to a variety of materials including alginate, plaster, resin and silicone. Embrace your inner creativity and get your hands dirty while participating in this rare opportunity to learn the skills of casting. **Parents please note: there is a cost for this Activity. The cost covers materials and instruction from an external professional artist, Steph Hosler.**

Cost: \$50

Dance and Choreography (Yrs 7 - 10)

Ms Dunphy
In this Activity you will have the chance to learn and explore lots of different styles of Dance such as Ballet, Jazz, HipHop, Ballroom and Bollywood. Perhaps you have always wanted to learn different dance styles but you've never had the time? Now you can learn these styles right here at school in a totally supportive environment. No dance experience required. People with '2 left feet' most welcome, as are experienced dancers. Learn new skills, have lots of fun and boost your confidence at the same time.

\$ Glass Slumping and Fusing (Yrs 7 - 11)

Ms Macdonald
Students will have the opportunity to prepare, design and construct fused and slumped glass projects. Warm glass is a technique where cut glass is arranged and layered and, while cold, is then fired to melt and form a new shape. Skills will include: cutting glass, preparing glass for firing, fusing and slumping. Students can expect to produce a number of finished pieces, such as small plates, bowls, window hangers and jewellery. **Parents please note: there is a cost for this Activity. The cost covers materials and instruction.**

Cost: \$50

Rock Band Rehearsal (Pre-book Yrs 10 - 11)

Ms Holt
This is an opportunity for members of 'The Avenue' and 'Cocks and Socks' to do some intensive rehearsing in preparation for the Autumn Musicales. There should also be time to start exploring new repertoire to be performed at other school events.

Visual & Performing Arts

Sound, Noise and Grooves (Yrs 7 - 11)

Manfred Kaindel

Explore and experiment with sounds from guitars, keyboards and drum machines manipulated by outboard gear such as equalizers, compressors and effect processors. Using and learning analog and digital studio outboard gear and guitar pedals, you will create unique atmospheric, ambient and psychedelic sounds. You will work with groove boxes and motion sequencers as well as compressors to get the most from your favourite gear.

Year 7 & 8 Junior Musical (Pre-book Yrs 7 - 8) Mr Donaldson, Ms Fletcher

This is a continuation of the Unit 1 Production Activity. **If you are undertaking rehearsals for the Production in Unit 1 you MUST ballot for this Activity first.** We will continue with the rehearsals and put on the performance towards the end of the unit.

Sport & Physical Development

★ \$ Archery and Other Olympic Sports (Yrs 7 - 10)

Mr Paxino

Learn archery from 2016 Olympic Medalist and certified KSL level 2 coach, Alec Potts. You will learn the techniques of shooting developed by internationally renowned coach Ki-Sik Lee, who has brought scientific method to archery. All equipment is provided and you will take part in different archery games and shoot many balloons along the way! Some sessions will provide the opportunity to explore other Olympic sports. **Parents please note: there is a cost for this Activity. The cost covers professional instruction and use of equipment. Sunsmart applies. Cost \$50**

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

Mr Higgins

Do you enjoy your running or do you want to improve your general fitness? You will learn how to train and prepare for the many running events throughout the year. Sessions will be at various locations depending on weather, date and type of training. Venues include school XC course, Frankston foreshore, Ballam and Baxter Parks, George Pentland Gardens, Langwarrin Flora and Fauna Reserve, Bunarrong Reserve, Jubilee Park and Seaford Foreshore. You will need your running gear, towel, cap, sunscreen and water bottle. Runners of all abilities are encouraged and supported. Transport will be via Ventura Bus Lines or a Budget Rosa Bus driven by a Woodleigh Staff Member. **Sunsmart applies.**

Fun Games and Initiatives for Year 7 (Yr 7 Only)

Come and join the fun with Woodleigh's Year 10 Peer Support Leaders. You will be involved in a variety of games and creative activities including: cooking in the Kitchen, games in the Gym and fun tasks around Homesteads and the Sustainability Centre. You will work in small groups developing teamwork, communication, leadership and problem solving skills. The sessions are planned, prepared and delivered by committed Year 10 students who have completed training with the Burn Bright organisation. **Sunsmart applies.**

★ Girls' Football (Yrs 7 - 10)

Mr Elmi

The aim of this Activity is to prepare for the upcoming SIS football season. All intending players should ballot for this Activity. Players need sports gear, water bottle, towel and football boots. This Activity will take place on the Woodleigh Oval. **Parents please 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. Sunsmart applies.**

Tennis (Yrs 7 - 10)

Mr Scott

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.**

★ \$ SSI Open Water Diver Course (Age 15 and above)

Mr Davis

This SSI scuba diving qualification is internationally recognised and will be run through Harbour Dive in Mornington, under the guidance of professional SSI Instructors and Paul Davis (SSI Open Water Instructor). The Open Water Diver qualification is aimed at 15 year olds and above, and will allow students to scuba dive independently to a maximum depth of 18 metres. The majority of the course will be during Activities time. This will include the theoretical components of the course, as well as the required pool sessions at YMCA Somerville or PARC Frankston. However, the final component of the course is composed of 4 dives and time does not allow all these to be completed during the Activities lessons. Therefore, these dives may occur during school days, or on a designated weekend. The cost of the course will be approximately \$550 per student dependent on numbers. Costs cover transport, pool hire, gear hire, student workbook, dive log and certification. It excludes mask, snorkel, wetsuit boots and fins, which students will need to supply themselves. Students will also need to complete a diving medical by a registered diving doctor. The approximate cost for a diving medical is \$120 (not included in this price). Medicals will need to be completed prior to commencement of the course to secure a placement. Transport via the Budget Rosa Bus driven by Mr Davis or via Ventura Bus Lines. **Parents should note that components of this Activity are water based and therefore have some element of risk. Please refer to the front page of the pamphlet for more information. There is a cost associated with this Activity. Sunsmart applies. Cost: \$550 (based on 8 students)**

Health, Lifestyle & Practical Skills

Croquet, Lawn Bowls and Tenpin Bowling (Yrs 7 - 10)

Mr Adams

During this Activity you will get the chance to play a number of Bowling games, exploring Tenpin, Croquet and Lawn Bowls. You will learn about techniques, rules, scoring and equipment selection. Each session there will be the 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 Woodleigh, Somerville Bowls Club, Mornington or Frankston Croquet Club and Karingal AMF Bowl. Transport via Ventura Bus Lines. **Sunsmart applies.**

\$ 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**

★ \$ Indoor Climbing (Yrs 7 - 10)

Mr Landman

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 Ventura Bus Lines or a Budget Rosa or school Transit Bus driven by a Woodleigh Staff Member. **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**

Spanish Language, Food and Culture (Yrs 7 - 11)

Ms Borley

Spanish is spoken in more countries than any other language. In this Activity you will learn to speak some basic Spanish, focusing on phrases that are useful to get you by as a traveller. We will look at the vibrant culture of the Spanish people through language, music, dance and food. We will cook and savor yummy paella and explore the art of flamenco, including learning some basic steps. Ole!

Machine Sewing and Overlocking (Yrs 7 - 10)

Ms Stuart

In this Activity unit you will learn how to use a sewing machine: how to thread, wind a bobbin and complete simple straight sewing. If you already know how to use a machine, you will learn more about different sewing stitches available and also look at using the overlocker. You will be able to make a selection of items for gifts. These will include a really funky apron (Mother's Day gift), a bottle bag, personally decorated lavender bags or a cushion for your bedroom. Students are also welcome to suggest their own sewing projects for gifts. Students may visit Spotlight to purchase their material. Transport via Ventura Bus Lines or the Budget Rosa Bus or Transit driven by a Woodleigh Staff Member.

Strategy Board Games and Dungeons & Dragons (Yrs 7 - 10)

Mr Ryan

Here is a chance to challenge your brain with a variety of strategy board games. Come and try Dungeons and Dragons and other games, such as Diplomacy, Risk, Settlers of Catan and Alhambra. No previous knowledge required. Feel free to bring your favourite game from home and teach others how to play.

\$ Surfboard Shaping: New and Unfinished Projects (Pre-book Yrs 7 - 10)

Mr Peach

During this Activity, students will either research, design and produce a fibreglass surfboard over two units or complete their surfboard from a previous unit. Throughout the process, students will research the surf industry and look at the real cost of making a board. They will also develop an understanding of the features of a surfboard and how they affect performance. They will learn and apply appropriate safety practices for working with foam, fibreglass and polyester resin. In order to ballot for this Activity, you must have pre-booked with Mr Peach.

Cost: New students - \$400. Continuing students - No Cost.

Your Future in Food (Yr 10 Only)

Ms De Jong

The food industry is a forever changing and dynamic field and there will always be diverse career opportunities. This unit is specifically for Year 10 students to explore the range of careers related to the food industry. It will involve a range of guests (chef, food stylist, dietitian, etc) to our kitchen who will share their foodie journey and incorporate some cooking and related practical activities. This is an opportunity to explore all facets of the industry whether it be hands on, or working behind the scenes in primary or secondary food production. Join us in the kitchen to explore the wonder of possibility.

ICT - Technology

Arranging Music with Modern Technology (Yrs 7 - 10)

Do you have trouble finding the music you like to listen to arranged for the instrument you play? Or do you have a group of friends who want to play music together but can't find music you like with the correct instrumentation? Well, this is the Activity for you! Over the unit you will learn how to use available music technology to rearrange printed music for the group you want. All styles of music will be welcome and all instruments too. Come along, be adventurous and change something known into something unusual, different, surprising or something just really clever. Your imagination is the limit. This Activity may also be used to lead into a future unit where you can work together with your friends and turn your creation into a performance.

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 will meet in the Science building and can tend to the animals kept there. **Closed-toe sturdy shoes required. Water bottle recommended. Sunsmart applies.**

Community Partnerships

Community Partnerships and Gap Year Investigations (Yr 10 - 11 Only)

Ms Kaindel

Come and explore the wide variety of community partnership options available locally and abroad and spend time discovering the ethics of particular organisations and projects. We will identify those with sound practices to be endorsed as Ethical Gap Year options with the view of creating a register for the Woodleigh web page. Sessions may include off campus visits to local community partners and other relevant organisations. Transport will be via Ventura Bus Lines or a Transit or Budget Rosa Bus driven by a Woodleigh Staff Member.

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. **Sunsmart applies.**

Round Square Preparation (Pre-book Yrs 7 - 11) Ms Wharington

This unit will focus on exploring and developing the leadership, presentation, public speaking and creative engagement skills needed to head the Round Square Baraza group. A variety of different games, exercises and activities will be explored throughout the unit.

Year 9 City Bound (Compulsory Activity for Yr 9 students) Mr Harrison

For the first half of this unit students will be in the city participating in the City Bound program. On their return they will be involved in some revision activities in preparation for NAPLAN, as well as the debriefing of City Bound and an introduction to the Careers program. Year 9 students do not need to ballot for this Activity as they will automatically be placed.

Wood - Build and Construct (Yrs 7 - 11) Dr Simpson

Continue the work already started with the Woodleigh Maintenance Crew in 2016 Activities. You will learn techniques, safe building practices and work as a team to continue building the Boardwalk, Arboreal enclosure, other construction tasks or maybe a Mindfulness Garden. This Activity is hands-on and for a small group of students interested in creative teamwork. **Sturdy shoes required. Sunsmart applies.**