

# Activities - Unit 3 2019

## For Unit 3 the following dates are important:

<b>Monday 18 March:</b>	Online ballot opens. Students emailed login details.
<b>Wednesday 20 March:</b>	Initial online ballot closes at 10:30am.
<b>Friday 22 March:</b>	Restricted balloting closes at 10:30am.
<b>Unit 3 Dates:</b>	April 29 and May 1, 3, 6, 8, 10, 13, 17

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 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 - 11

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)

Students wishing to either start or continue with their training can ballot for this unit. 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. Basic Aeronautical theory taught during this unit will depend on group needs. Practical flying lessons will be tailored to the individual. Students may also have the opportunity to be involved in peer mentoring Minimbah Aviation Club students. 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**

Mr Scott

### Food Hygiene for Food Handlers Certificate (Yr 11 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.

## 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. Students who chose this Activity in Unit 1 or Unit 2 may wish to opt for this Activity in order to complete a project.

## 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.

## Philosophy in The Changing World (Yrs 10-11)

Mr Neumann

Join a small group as we set about discussing the big issues of life. This is a rare opportunity to engage in discussion, to question, to debate and to contemplate issues that we face. Is eating animals immoral? Are murderers evil? How can we be happy? Is there a God? Is there life after death? Is Artificial Intelligence possible? Is time travel possible? In what circumstances you would fight in a war? Are there more than two genders? Are all humans equal? No question is too controversial for this Activity. We will also view videos and discuss relevant texts associated with the topic in discussion. On occasion you may have the chance to indulge in hot chocolate and/or biscuits whilst our conversations go on.

## The 2019 Woodleigh Writer's Festival for English Week (Yrs 7-11) Ms Murr

Get involved in the 2019 Woodleigh Writer's Festival for English Week, to be held in Week 5 of Term 2. Play an integral role in making this an event to remember. Source and book guest speakers, design and co-ordinate a theme for the festival, create promotional materials, plan competitions and events, or create graphic texts and works of literature to be shared with the Woodleigh community. There is something for everyone in this Activity. If you are a reader, writer, spoken word poet, visual artist, blogger, or budding marketing or event manager, this is the Activity for you.

## Year 9 City Bound (Compulsory Activity for Yr 9 students) Ms Somkiat

For the first 6 sessions 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.

## Visual & Performing Arts

### \$ Advanced Design and Make Your Own Jewellery (Yrs 7-11)

Ms Alderton

During this Activity you will have the chance to make a piece of jewellery for yourself or to give a unique present 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 learn how to solder as well as various other techniques to make your own personalised piece of jewellery. For students who have previously participated in this Activity before, soldering will further enhance their skill set and provide scope for producing a wider variety of jewellery pieces. **Parents please note; there is a cost for this Activity. The cost covers materials and instruction from an external professional jeweller.**

Cost: \$50

### Art Studio Access for VCE Students (Yr 11 Only) Ms Ward

Use this time to work on your Art Folio. This is for VCE Art students only. If you are not in a VCE Art subject you will not be allocated to this Activity.

### 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.

### Production Rehearsal (Yrs 7-11)

Mr Donaldson, Ms Fletcher, Mr Bingham, Ms Grigg

This is for students participating in the school production, Legally Blonde. **If you are in the Legally Blonde Cast for the production you MUST ballot for this Activity first.** We will continue to rehearse throughout this unit.

### Working with Air-Dry Clay (Yrs 7-11) Ms Pitcher

Using air-dry clay, make a variety of beautiful and unique pieces without having to use a kiln. Simply, create and let it dry! You will have the chance to sculpt a range of creative pieces from jewellery to plant holders, decorative pieces for the home, serving bowls and figurines. Let your creativity and imagination run free and enjoy a hands-on activity with other creative minds. Use this time to destress, channel your energy into the art of creation and use your hands to make something both unique and useful.

## Sport & Physical Development

### Tennis (Yrs 7-10) Mr Scott, Mr 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.**

### Advanced Running Training (Yrs 7-11)

Mr Higgins

This unit is for students who are serious about running as a sport or need to improve their running ability for their chosen sport. In this unit you will work on strength and speed training as it is an essential supplement to a runner's roadwork because it strengthens muscles and joints, which can improve race times and decrease injury risk. If you want to perform at your full potential, you need to take a comprehensive approach to running. That means targeting areas of fitness you may not normally pay attention to, like flexibility, balance, mobility, and strength which you will learn more about throughout this unit. Also, you will learn how to design a training program for yourself and use an online training diary and heart rate monitor to track and evaluate your running.

### Ball Games - Boys and Girls (Yrs 7-10)

Mr Elmi

Do you enjoy playing sport and working as a team? Then this is the Activity for you. You will get the chance to participate in a wide range of sports which may include basketball, volleyball, netball, soccer, badminton and many more. Sports will be played in the Woodleigh Gymnasium. Group interaction, team and individual competitions and challenges will be the order of the day. Students must have their sports gear and runners for every session.

### ★ Strength & Conditioning Fitness (Yrs 10-11 Boys Only)

Mr Paxino

If you are interested in working on an individual program to develop muscular endurance, strength and improve your overall muscle tone and fitness then this is the Activity for you. Throughout the unit you will develop your own personal fitness program focusing on your specific needs such as improved sporting performance, rehabilitation or specific fitness components.

## 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.

### Beginners Sewing Course - Sew Your Own PJs (Yrs 7-10) Ms Stuart

Come and join this Activity to sew a simple 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, 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.

### ★ \$ Beginners Skating at the Shed – Boys and Girls Welcome (Yrs 7-8)

Mr Adams

Skateboard at 'The Shed', Cranbourne. The facilities include a range of ramps. Cost includes entry fee and transport. We will provide you with all of the safety gear required including wrist guards, knee and elbow pads and a helmet. No gear – No skate! Students will need to bring their own skateboard. Students will need to complete a waiver form before starting the Activity. Transport via Budget Rosa Bus or Woodleigh HiAce Van driven by a Woodleigh Staff Member or via Driver Coastal Bus Lines. **Parents should note that components of this Activity have some element of risk. Please refer to the front page of the pamphlet for more information. Parents please note; there is a cost associated with this Activity. This covers transport, use of safety gear and hire of facility.** Cost: \$60

### Going Veg! (Yrs 8-11)

Ms De Jong

As we become more conscious of selecting a more sustainable way of living, it is important to consider the environmental impact that our food selection has. There is an increased focus on eating a vegetarian diet, or at least substituting several meals per week with those that are meat free. This unit will involve cooking a range of meals that are vegetarian. There will be discussion on the different styles of vegetarian diet and also the important foods to include to ensure that a diet meets nutritional requirements, avoiding dietary deficiencies.

### ★ \$ Indoor Climbing (Yrs 7-11)

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 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

### Learn to use an Overlocker for Dressmaking (Yrs 7-10) Ms Burnell

This Activity is for students who have previous sewing skills and want to extend their knowledge and learn how to use an overlocker to achieve a professional looking finish. During the sessions you will learn how to independently thread an overlocker as well as machine safety. Once you have mastered the threading, you will learn how to sew curves on stretchy and woven material. You will make a basic top from scratch by cutting out the fabric, pinning and sewing the pieces together.

## Health, Lifestyle & Practical Skills

### Reset, Relax and Read (Yr 11 Only)

Ms Kesterson

During each session you will spend the first half focusing on your physical body – a gentle warm up, followed by light corrective strengthening resistance work to help re-align your upper body and stretching any tight muscles. You will then focus on relaxation through parasympathetic breathing and rolling out. The second half of the session will allow you time to read silently (English text, articles, novels, newspaper) or indulge in some mindful colouring, drawing or journal writing. During one of the early sessions, you will complete a basic posture assessment to bring awareness to which muscles need stretching and strengthening. No technology allowed.

## ICT - Technology

### 1979 Revolution: Black Friday (Yr 10 only)

Mr Ryan

1979 Revolution: Black Friday is an adventure interactive drama video game where players control Reza Shirazi, an aspiring photojournalist, who returns to Iran amidst the Iranian Revolution. As he becomes more involved in the events of the Revolution, Reza is forced to make decisions in order to survive. Players make timed responses throughout the game, determining the outcome of the plot. They are tasked with taking in-game photographs of their surroundings and given historical background of the events. In this Activity, you will use **1979 Revolution: Black Friday** to explore the events and dilemmas of the Iranian Revolution. Students will be expected to engage in discussions and complete a reflective journal/blog outlining their insights. Further resources will be used to deepen student understanding of the era. **This Activity requires parental permission and is restricted to students 15 years and older.** Visit [www.1979revolutiongame.com](http://www.1979revolutiongame.com) for more information.

### Animating Using Adobe Flash (Yrs 7-10)

Mr Chapple

This Activity introduces you to the Adobe® Animator, used for creating and rendering 2D animations and graphically rich web sites. You will have the opportunity to advance your skills using tutorials, guidance and concepts such as key frames, frame-by-frame animation, motion tweening, layers, onion skinning and movies within movies. You will then be able to undertake a project of your choice.

### Arranging Music with Modern Technology (Yrs 7-10)

Ms Pope

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 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.

### 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 software features. We will start from the very basics and develop your skills in the 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.

### Robotics: Using Lego Mindstorms EV3 (Yrs 7-11)

Mr Davies

In this unit you will create robotic models using Lego Mindstorms EV3. These robots will be given simple tasks to complete eg. Automated driving tasks such as object detection and reverse parking, clear the objects from a space, fastest to climb a ramp, the robot that can climb the steepest ramp, etc. You can progress to more complex tasks as your skills develop. Robots will be coded using Lego's graphic block coding. No previous experience necessary.

## Community Partnerships

### Ag Hort and Sustainability (Yrs 7-11)

Ms Janky

This Activity will involve planning and running activities for the senior Minimbah students each week based around the farm and Sustainability Centre. We will also do various jobs around the farm learning how to take care of the plants and animals. **You will need suitable clothing and closed-toe sturdy shoes.**

### Brian Henderson Reserve (Yrs 7-11)

Dr Simpson, 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. **Sunsmart applies.**

### Operation Wallacea Expedition Preparation (Pre-book) Mr Peach

This is a compulsory unit for those students participating in the Operation Wallacea expedition to Indonesia mid-year. During this unit, we will cover a range of topics including expedition requirements, team-building, culture and outdoor skills.

### Sport Leadership Course (Pre-book Yrs 10-11)

Mr Davenport, Ms Schmidt

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 via Budget Rosa Bus or Woodleigh HiAce Van driven by a Woodleigh Staff Member or via Driver Coastal Bus Lines. **Sunsmart applies.**