

# Activities - Unit 7 2019

## Year 9 Only

### *For Unit 7 the following dates are important:*

<b>Friday 30 August:</b>	Online ballot opens. Students emailed login details.
<b>Monday 9 September:</b>	Online ballot closes at 3:45pm.
<b>Unit 7 Dates:</b>	October 11, 21, 25, 30 November 1, 11, 13, 20, 25

Students who do not complete an initial online ballot (by 3:45pm 9 September), will have to complete a restricted paper ballot. This will mean that students will have reduced choices if most of the Activities are full. **Students who do not complete a ballot after the final date will be placed into an Activity. Please choose carefully as you can be placed into any of your six selections.**

### *To Students in Years 7 - 10*

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

### *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.

### *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 CareMonkey.

### **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 7-10)** **Mr Scott**  
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**

**Entrepreneurship and Start-ups (Yrs 7-10)** **Mr Stephens**  
Do you want to start your own business? Work for yourself? Have positive impact to the local or global environment? This Activity will give you the support, time and guidance you need to start your own business, or further develop one you are already working on. With trips to local businesses and visits from industry experts, investors and entrepreneurs, this Activity will take you from idea all the way through to business launch, culminating in a celebration of all you've achieved where you'll deliver a pitch to your friends, family and peers.

### **Exploring French Language through Conversation (Yrs 9-10)**

**Ms Catan, Ms Kawashima**

This Activity is for those students who will be travelling to France on the Broadening Horizons Exchange Program as well as any other interested students wanting to explore French language through conversation. We will explore real-life scenarios around family, food and travel as well as discuss life in France including language, geography, society and culture. **You must ballot for this Activity if you are on the French Exchange.**

**HPV Preparation for Maryborough (Yrs 7-10)** **Mr Burton**

This is a compulsory Activity for students attending the HPV event in Maryborough. This HPV race is very different to all the other races of the year with the actual 24hr race only counting for 50% of the final score for the event. This unit will focus on the other 50%, which is Scrutineering and Presentations. Although this unit is compulsory for students wishing to compete at the Maryborough race, other students who wish to help or are thinking of joining are encouraged to ballot. Some Spin Classes at Core Fitness Somerville may occur and students must have their sports gear and runners for these sessions. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines.

## Visual & Performing Arts

**\$ Advanced 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 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, 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**

**Arty Market Preparation for Stall Holders (Yrs 7-10)** **Ms Nelson**

This Activity is for student stall holders of the 2019 Arty Market. It is designed to provide access to the Visual Art space and provide time to work on making your goods for your market stall. You must have a stall registered for the Arty Market to join this Activity.

**Carols Service Ensemble (Yrs 7-10)** **Ms Pope**

Do you love Christmas? Embrace it early this year and be part of the Carols Ensemble. This Activity is for instrumental students who would like to play in the accompanying ensemble for the Nativity during Perberkoong at the end of the school year. You will play all the old favourites, plus something new. We will also hopefully spread the Christmas Cheer even further and take this ensemble to at least one other performance, such as a shopping centre, nearby primary school or retirement village. For more information please come and talk to one of the friendly staff down in Jago.

## Visual & Performing Arts

### Creative Chillax (Yrs 7-10)

Ms Macdonald

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

### Dance: Hip-Hop and Street Dancing (Yrs 7-10)

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.

## Sport & Physical Development

### ★ Arthurs Seat Challenge and Summer Running Preparation (Yrs 7-10)

Ms Schmidt

The Arthurs Seat Challenge is a local event. Woodleigh, as a school and community, have been increasing their involvement in this event over the past few years and hope to do the same this year. The Arthurs Seat Challenge involves running (or walking) from Rosebud Pier to the top of Arthurs Seat. The distance is 6.7km and thousands of competitors get involved. This Activity will see you developing a training routine for this event or other Fun Runs/Walks within the local community. You will be involved in warm ups, running skills, trial runs and cool downs. A great challenge for anyone and a great chance to get fit in the lead up to summer. Sessions will be held on campus at Woodleigh and on a variety of running tracks off campus including Seaford and Frankston Foreshore, Sweetwater Creek, Moorooduc Quarry steps, Ballam Park, Beauty Park, Langwarrin Flora and Fauna Park and surrounds, Mornington to Mt Martha Trail, Devils Bend Reservoir and The Briars Sanctuary. You will need to bring runners, a complete change of sports gear and water bottle to every session. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines. We look forward to seeing some new faces and for some improvements on your results from last year. **Sunsmart applies.**

### Croquet, Lawn and Tenpin Bowling (Yrs 7-9)

Mr Elmi

During this Activity you will get chance to play Croquet, Lawn and Tenpin Bowling. 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, Frankston Croquet Club and Zone Bowling, Frankston. Transport via Budget Rosa Bus driven by a Woodleigh School staff member or via Driver Coastal Bus Lines.

### ★ \$ 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 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**

### ★ Indoor Hockey/Floorball and Ball Games (Yrs 7-10)

Mr Paxino

Come and enjoy a variety of ball games and an old Woodleigh favourite called Floorball (Indoor Hockey), a fast and furious game. Best described as a mixture of ice and field hockey played indoors, its lightning speed and team orientation ensures lots of excitement and fun. Why not give it a go? Sessions will be held at Somerville Recreation Centre or in the Woodleigh Gymnasium or on the Multicourts. Transport via Driver Coastal Bus Lines. Students must have their sports gear and runners for every session. **Cost includes transport and use of facilities and equipment at Somerville Recreation Centre. Note: We strongly advise that students involved in Floorball should use a mouthguard as the potential for dental injury is reduced if an individually fitted mouthguard is worn. Sunsmart applies.**

### ★ \$ Skating at the Shed - Boys and Girls Welcome (Yrs 7-10)

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**

### Tennis (Yrs 7-10)

Mr Scott, Mr Malau (Ext)

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

## Health, Lifestyle & Practical Skills

### Junk Journaling (Yrs 7-10)

Ms C Hall

A junk journal is a handmade book used as a way to collect and record memories, thoughts, ideas, and inspiration. Junk journals can be created from many types of paper, often recycled materials like patterned papers, vintage magazines, sheet music, envelopes, old story books, maps, cards and more. In this Activity you will learn the skills to help you create a journal from scratch, including hand-binding, stamping and decoupage, and then have the freedom to create journal pages from all sorts of vintage and recycled materials sourced from all over the place and designed to fuel ideas and inspire creativity!

### \$ Learn to Dry Felt - Creating Christmas Decorations (Yrs 7-10)

Ms Zetta Kanta

Come and learn the art of dry felting from international felt artist, Zetta Kanta, a Latvian artist who uses natural wools to create beautiful wearable felts and wall hangings. In this Activity you will have the opportunity to make your own felt Christmas decorations using Australian animals for inspiration. **Parents please note; there is a cost associated with this Activity. The cost covers materials and instruction from an internationally recognised professional.**



**Cost: \$50**

### Macramé - The Art of Tying Knots (Yrs 7-10)

Ms Somkiat

Macramé is an ancient craft of knotting in geometric patterns to create many items from jewellery and home decorations to plant holders and wall hangers. This ancient form of craft, largely popular in the 70's, has been resurrected and can be found in the most exclusive home decoration stores today. You will learn the skills to create your own plant holder, small wall decoration or jewellery item. Beginners welcome.

### \$ Make your Own Longboard (Yrs 7-8)

Mr Hebblewhite

'Shredding is for lettuce, not longboarding.' Whether you're new to longboarding, or a master at concrete surfing, in this unit you will be introduced to the basics of designing and building your own longboard deck. Based on a classic Cruiser or Pintail design, this board is great for beginners, general cruising or just getting around on. No skating experience needed, just a love of the classic designs, and the ability to work with your hands. In no time, you will be carving up those asphalt waves, or getting your toes on the nose. Students will work at the workshop, designing and building their own deck. This Activity is for a small group only.

**Cost: \$60 (includes deck, grip tape, wheels, bearings and trucks)**

## Health, Lifestyle & Practical Skills

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

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

**Cost: \$60**

### Outdoor Strategy and Interactive Games (Yrs 7-10) Ms Ley

Come and have some fun outdoors playing giant versions of popular games such as Jenga, Chess, Draughts, Connect 4 and Noughts and Crosses using your strategic skills to outsmart your opponent. You will also have the opportunity to partake in other games including Finska, Quoits and Bocce. Other sessions may be spent indoors with traditional strategy board games.

### Sewing Simple Christmas Gifts (Yrs 7-10) Ms Stuart

In this unit, sewers of all abilities will have the opportunity to make a selection of Christmas gifts to take home. As long as you know how to thread a sewing machine, wind a bobbin and do straight sewing then this is the Activity for you to explore your creative side. Even if you can't sew, you will be welcome. A wide range of materials and projects will be provided including cloth gift bags to use instead of wrapping paper, Christmas coasters, simple draw string bags or an apron.

### ★ \$ Snorkel Diver (Yr 7-8) Mr Peach, Ms Kesterson

Escape to a different world and experience a connection with nature. This Activity is full of tips and advice to help make snorkeling easier and more fun. Initial basic skills will be undertaken in the swimming pool at Core24 Health and Fitness in Somerville 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**

## ICT - Technology

### GameMaker Studio - Make Computer Games (Yrs 7-10)

Mr Chapple

Learn to use GameMaker Studio to make computer games. You will start with a simple game that anyone can make and then progress and improve your skills. Learn how to animate sprites, build a game from scratch, follow a tutorial or alter an existing game to suit your style. If you are doing Game Maker as a Year 9/10 elective, please do not ballot for this Activity.

### Micro:bit Coding and Projects (Yrs 7-10)

Mr Pilgrim

The micro:bit is a pocket-sized, codeable computer that allows you to get creative. It measures just 4cm by 5cm, and is essentially a stripped-down computer which you can use to code and create anything you set your mind to! In this Activity we will use the micro:bit and the MakeCode block-based coding environment, to develop an understanding of programming and computational thinking. You will then use these ideas in a project of interest. This Activity is a great way to get into physical computing and tinkering, and is a good stepping stone to devices such as an Arduino or Raspberry Pi.

### Movie Making with iMovie (Yrs 7-10)

Ms Kane

Lights. Camera. Action! This Activity will give you the chance to explore, play and learn some of the different features in iMovie. Suitable for beginners and those with lots of experience. Create a short movie about Woodleigh, explore vlogging, make a time capsule video for the future, conduct some voxpops, etc. Work alone or with a small group.

### Photography and Adobe Photoshop (Yrs 7-10)

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.

## Community Partnerships

### Landscaping in the Mindfulness Garden (Yrs 7-10) Mr Harrison

Come and work as a team to plan and continue landscaping the mindfulness garden near Pathways. You may learn construction and gardening techniques using safe practices. There may be the opportunity to visit a local nursery or hardware store to purchase supplies. This Activity is hands-on and for a small group of students interested in creative teamwork. Sturdy shoes required. **Sunsmart applies.**

### Brian Henderson Reserve (Yrs 7-10)

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.**

### Food Production (Yrs 7-10)

Ms Janky

We all rely on Agriculture and Farming Production Systems to survive. They provide the foods we eat, the fibres for the clothes we wear, timbers for paper, books, furniture and many more things you may not even associate with Agriculture. Are you interested in a little hands-on involvement in the area of food and fibre production? This Activity unit will be spent learning and assisting with the production systems currently running at the Woodleigh Farm, along with looking at proposals for new ones. If you are interested in such areas as wine making, raising prime lamb, producing eggs for the school canteen or just learning more about routine farm maintenance and animal husbandry then this is the Activity for you.

### Kinglake Community Service Camp (Yr 10 only)

Ms Cooper

In this Activity students will plan and prepare for the Kinglake Community Service Camp at the end of the year and also prepare for a visit of some of their students to Woodleigh in November. Students will need to decide on what activities we will run with the students at Middle Kinglake Primary, what resources they may require as well as funding for these resources. Students might like to think about what other assistance they may give the community whilst in the area. **Note: This Activity is a pre-requisite if you are considering the Middle Kinglake Primary Community Service Camp as part of the Broadening Horizons Program at the end of the year.**

### 'Pigging Out' and 'Who Flung Dung?' (Yrs 7-10)

Mr Davies

Our Woodleigh Pigs Aria and Daisy need to be fed! Let's put our heads together to design, build and test an automated pig-feeder. We will use recycled materials and it will be strong enough to withstand the power of the pigs. Our Woodleigh Farm also needs a tool to spread the fertiliser that is kindly produced by our Alpacas. That's right, a dung flinger! Let's see what we can devise using our clever design and construct brains, maximising the use of recycled materials.