



# ACTIVITIES

WOODLEIGHschool

DYNAMIC, ENGAGING, HOLISTIC EDUCATION AT WOODLEIGH SCHOOL

'ACTIVITIES' IS ACTIVE LEARNING  
VIVID EXPERIENCES,  
NOT JUST INFORMATION GATHERING.  
IT ALLOWS STUDENTS  
TO ACCESS LEARNING OPPORTUNITIES,  
ESPECIALLY INDEPENDENT,  
HANDS-ON  
STYLE LEARNING,  
IN A MUCH WIDER RANGE  
THAN COULD BE PROVIDED  
IN PROGRAMS WITH  
NORMAL CLASS SIZES  
AND RESTRICTIONS.



# WOODLEIGH ACTIVITIES

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## CHOOSING WIDELY AND CHOOSING WISELY

The Activities Program has always been part of the Woodleigh experience.

We encourage each student to discuss and reflect with Tutors, Parents and Peers and make wide and wise choices, to gain experiences in a wide range of offerings and categories.



# ACTIVITIES AT WOODLEIGH

The Activities Program at Woodleigh is designed to provide students with a range of broadening and challenging experiences beyond our core curriculum. Our staff, instructors and people with expertise outside of the immediate school community offer Activities to enhance the holistic development of each individual.

‘Activities’ is active learning – vivid experiences, not just information gathering. It allows students to access learning opportunities, especially independent, hands-on style learning, in a much wider range than could be provided in programs with normal class sizes and restrictions. Experiences and outcomes vary as students participate from a huge range of options, in an Activity they have selected.

## THE ACTIVITIES PROGRAM AIMS TO:

- widen and deepen the range of experiences offered to students beyond the traditional academic subjects.
- provide additional opportunities for academic enrichment, challenge, innovation and creativity.
- develop transferable life skills and character strengths to equip students with growth and respectful perspectives.
- provide students with the opportunity, and responsibility, to make real decisions involving their education.

## WHY DO WE HAVE ACTIVITIES?

### WIDER LEARNING AND SKILLS FOR LIFE

Allows experiential learning in a much wider range than could be provided in a program with normal class sizes and restrictions. The program enables students to learn and develop skills for life.

### INDEPENDENT AND INNOVATIVE LEARNING PATHWAYS

Gives students time to explore and work on individual projects, to find their passions and develop curiosity and innovation.

### CHALLENGE

Allows alternative grouping of students with common interests or needs, enabling them to more readily pursue those needs.

### EDUCATION FOR LEISURE

Many Activities provide students with the type of skills that can later be used to meaningfully fill their leisure time and enhance wellbeing.

### CHOICE

Decision-making is an important life skill. New Activity units provide students with frequent opportunities to make informed choices and to reflect on and live with the consequences of those choices. Also, doing something that they have chosen to do also makes for happier students.

### CROSS-AGE CONTACT

Activities cater for and attract a wide range of ages and this cross-age contact helps offset the artificial break up into year levels that some academic curriculum requires.

### CAREERS

Some students have pursued careers they first became interested in through an Activity; e.g. Aviation, Photography, Social Welfare, Horticulture, Archery.

### CERTIFICATIONS

Students can gain certificates in a variety of areas, including: Hospitality, Aviation, First Aid.

### GENDER

A small number of Activities will be gender specific. This will enable girls or boys with similar interests to work together.

### PASTORAL CARE

Smaller groups and more relaxed relationships between staff and students, helps assist the development of pastoral care based around a common interest.

### SELF ESTEEM

Success in chosen Activities helps students’ self-esteem and is especially helpful for some students who have difficulty in other areas of the curriculum, but do find themselves excelling at some specific Activities.

### VOLUNTARY SPORT

By placing some sport into Activities, it is possible to make it optional and thus avoid the worst aspects of compulsory sport that other schools experience.

### WOODLEIGH & COMMUNITY PARTNERSHIPS

Enable students to play a part locally and globally. This includes Sustainability, Brian Henderson Reserve and extensive global Partnerships. This gives students a sense of belonging to the school and community.

# THE ACTIVITIES JOURNEY – A FOCUS ON FUTURE

The Woodleigh Activities Program is dynamic, holistic education for life. It is innovative, creative and experiential learning for every individual.

## RATIONALE

The Woodleigh Activities Program is unique to Woodleigh and one of the most powerful and engaging learning experiences we offer our students. The Woodleigh Activities Program is constantly evolving and provides a perfect vehicle for flexible individualised and team learning. It is a pathway for our students (and the wider community) to explore, experiment, evaluate and create. As a team we are constantly working towards developing and delivering an innovative, dynamic, holistic, co-created and experiential learning program. We work in cohesion with the school's values, educational aims, assessment policy and strategic direction, whilst still maintaining our unique independence that makes the program 'Woodleigh Activities'.

## HOW?

### RESPECT

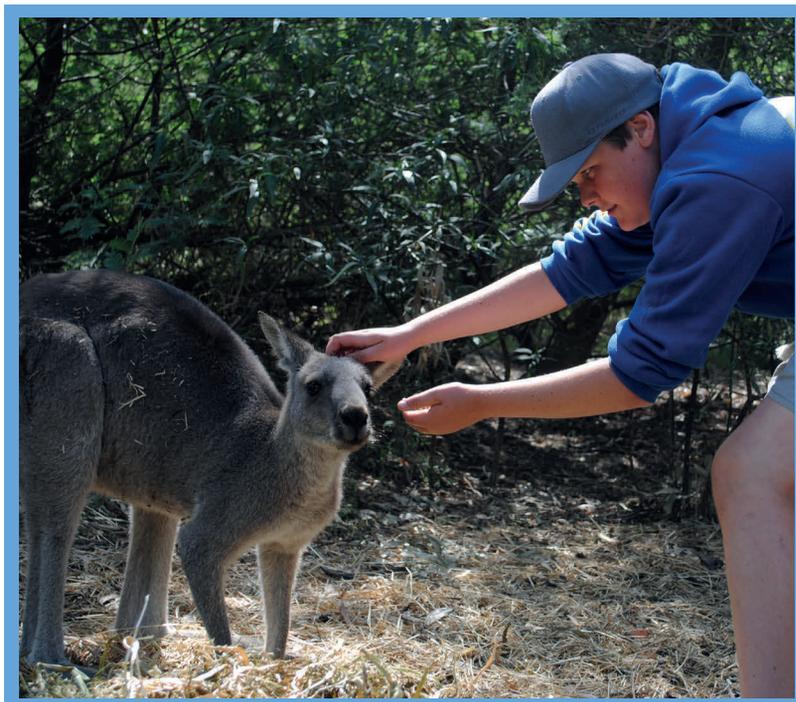
The Activities Program helps students to find their passions, life skills and in some cases career direction whilst underpinning one of the school's key values of Respect for Self, Others and the Environment.

### THE SELF

Activities is a vehicle for students to acquire self-confidence, self-discipline, self-esteem, self-awareness and independence necessary for happiness and success in their life. They can challenge themselves, find their passions, explore their dreams, fall down and get back up, whilst being in a safe environment and in the moment. It is mindfulness in action, building resilience, courage and tenacity. Reflecting on what they have learned, how they have developed and how they will use the lessons learned and apply past knowledge to new situations and everyday life.

### OTHERS

Activities is a vehicle for students to develop relationships with other students of all ages. It's a link to younger and older members of our community. It's engaging in meaningful dialogue, developing respect, compassion, team work, communication and building a connected community, both on a local and global scale.



### LEARNING SKILLS FOR LIFE

Activities is a vehicle to deliver individualised learning pathways and learning skills for life. Each student will take what they need from the Activities they do. The breadth of Activities on offer help set them up with life skills. Students will problem solve, think critically and creatively, communicate, collaborate and deliver. Depending on the Activity they are allocated, students at any age, will slide along the scale of the stages of learning and solve problems and learn new skills along the way.

# IMPORTANT NOTES

THERE ARE SIX ACTIVITY UNITS PER YEAR. PRIOR TO BALLOTING, STUDENTS AND PARENTS WILL RECEIVE A PAMPHLET AND THIS WILL HAVE SPECIFIC DETAILS ABOUT EACH ACTIVITY ON OFFER FOR THE UNIT.

## ADVENTURE-BASED ACTIVITIES \*

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. It is also important that you have an understanding of the nature of the Activity. For students who successfully ballot in adventure-based Activities, a parent will be notified and may need to sign an additional permission form acknowledging the risks involved. Adventure-based Activities will be indicated in each unit pamphlet.

## COST ACTIVITIES

Some Activities incur a cost, such as where specialised coaching or equipment is required. For students who successfully ballot in cost Activities, the parent will be notified via email with details outlining the Activity and the costs involved. The cost is charged to the next term's account. Cost Activities will be indicated in each pamphlet.

## SPECIFIC SAFETY GEAR

Some Activities will require additional safety gear, provided by the student (bike/skate helmet, box, mouthguard to reduce the potential of dental injury). Some safety gear may also be provided by the school (knee/elbow pads, wrist guards). The list of safety gear required for each Activity will be indicated in each pamphlet.

## WATER-BASED ACTIVITIES

Parents should note that some Activities are water-based and therefore have some element of risk. Students who ballot for water-based Activities should be able to confidently swim 50 metres. For some Activities, a swim test will be conducted during the first session and students who do not meet this expectation may be placed into another Activity. Water-based Activities will be indicated in each pamphlet and parents may need to sign an additional permission form for these Activities (e.g. Snorkel Diver, Scuba Diver).

## PRACTICAL ACTIVITIES AND SUNSMART

In sporting Activities you will need your sports uniform and appropriate footwear. Students involved in outdoor Activities need to supply their own hat and sunscreen. Sunscreen is also available in each Homestead, the Sustainability Centre, with staff at outdoor venues and at the Gym. Students must wear clothing that covers their shoulders, e.g. Woodleigh Polo Sports Shirt.

## ACTIVITIES LEAVING SCHOOL GROUNDS

Some Activities may use part or all of lunch time, 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 return journey to school.

## OFF-CAMPUS ACTIVITIES

Students may travel to various indoor and outdoor locations on the Mornington Peninsula. Transport will be via a Charter bus (Ventura Bus Lines), or a Budget Rosa bus (25 seater) or the Woodleigh Transit Bus driven by a Woodleigh staff member or instructor. Off-campus Activity locations will be indicated in each pamphlet.

## STAFF

Most Activities are run by Woodleigh teachers. However, some Activities are run by instructors, coaches and people with expertise outside of the immediate school community. If external providers are involved in an Activity, this will be indicated in each pamphlet.

## ACTIVITIES WITH SPECIAL REQUIREMENTS

Some Activities may have special requirements depending on the nature of the Activity. For example, Film Appreciation Activities that have an Audience Rating or Activities that change quite significantly once running. For these Activities, a parent will be notified via email and may be expected to sign an additional permission form.

## 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.

# IDEALS – DYNAMIC ENQUIRY & INNOVATION

THESE ACTIVITIES ENCOURAGE STUDENTS TO FIND AND FOLLOW THEIR PASSIONS. THEY ALLOW A LEARNING ENVIRONMENT FOR STUDENTS TO WORK INDEPENDENTLY OR IN SMALL TEAMS AND NURTURE THEIR CURIOSITY, GOALS AND INNOVATIVE THINKING.

## CREATIVE THINKING, 21ST CENTURY AND ENTERPRISE SKILLS

Tap into your inner creative self across a range of disciplines. Explore Art, Writing, Music, Argument and much more and learn how to apply it to real world problems. Students will identify deeper learning competencies and 21st century learning skills; Collaboration, Communication, Critical Thinking and Creativity, along with other Enterprise Skills to help secure jobs of the future.

## ENVIRONMENT & SUSTAINABILITY LITERACY

Students will learn about environmental issues and share their ideas around best practice. They will encourage others to take an active engagement in these matters with specific focus on the sustainability of the physical natural and man-made environment and lifestyles.

## IDEALS

Students are offered a broad range of opportunities to work in a small group to develop the Round Square IDEALS, which complements Woodleigh's own philosophies. Students explore Internationalism, Democracy, Environmentalism, Adventure, Leadership and Service through our partnerships on and off campus – developing enquiring minds, initiative, independence, character and personality.

## INDEPENDENT LEARNING PROJECTS

Students work independently or in a small group to devise and develop their own innovative or independent learning project to enhance the School and the community, whilst developing their personal and social skills and academic studies.

## ICT LITERACY AND DEVELOPMENT

Students will use Activity time to create IT user resources for other students, staff and parents or explore and complete online courses. These opportunities will be a great experience that will introduce them to ICT leadership and Tertiary Education. This could lead into certifications and 1:1 training/support sessions.

## INNOVATIVE AND ENTREPRENEURIAL PROJECTS

If you have ideas or an imagination that could use some direction or you want to explore your own business or build on a current business? You may want to make a change to the local or global environment? Design an App? This Activity will give you the starting direction and time to explore your own innovative or independent learning project to enhance the School and the Community whilst developing your skills and academic portfolio. You don't need to be an expert all you need to do is have a small idea and a willingness to take a risk.

## LEADERSHIP - PLAN, SET UP AND LEAD AN ACTIVITY

Here is a great chance for students to develop some practical skills in leadership by working independently or in a small group to devise and develop your own innovative Activity. During the sessions, you will work on your proposal, assess the risks involved, develop lesson plans and educational outcomes for the group and consider the positive impact on the wider environment. Your journey will be documented during the unit along with the delivery of your sessions in another Activity unit.

## PRIMARY SCHOOL MENTORING

This Activity is designed to support primary school students at our feeder primary schools. We train up a group of students as 'peer coaches' who will work as learning mentors with primary school students at Minimbah and Penbank.

## ROUND SQUARE - EXPLORE, EXPRESS AND LEAD

This Activity will help to develop practical skills that will benefit you on your Round Square Exchange. During the sessions, you will play games and explore exercises that teach you to think differently. Learn how to give a speech that is really powerful and helps you to reach your audience. Learn some techniques that help you deal with getting nervous or anxious when performing.

## WOODLEIGH @ WORK

Come and be involved in current school initiatives like the; Student Newsletter (pictured right), Festivals, Woodleigh Student Committee or bring a new idea to the table. We are open to your new interests and to discuss ideas and options with peers to help fill the gaps.

# ACADEMIC ENRICHMENT

THESE ACTIVITIES ARE DESIGNED TO BROADEN , ENHANCE, DISCOVER AND CHALLENGE OUR STUDENTS IN A RANGE OF ACADEMIC-STYLE ACTIVITIES.

## AVIATION AT WOODLEIGH

The Aviation program started at Woodleigh in 2004 with a handful of keen students, one determined teacher and the support of the local Peninsula Aero Club. It has continued to soar through the Activities program with well over 100 students gaining formal qualifications on the journey to a full pilot's licence - usually before they start driving! We have a number of past students who are now employed in the aviation industry.



THE FIRST TIME I SAW WHAT ACTIVITY I WAS IN AND SAW AVIATION, IT WAS LIKE A DREAM COME TRUE.

The excitement was so much that when I got home I told my Parents straight away. They were happy that I would learn something different - apart from the expensive flights. The first time when I was going to go and fly a REAL plane, I was soooo excited.

When we took off the ground I had an amazing feeling that we were going to have so much fun, when the instructor said do you wanna do some flips and barrel rolls, my eyes started to glitter in the sun, saying yes with excitement. The rolls were as fun as a roller-coaster, the feeling of adrenalin of each roll was great. Imagine being able to learn how this all works, and do this for a job or for entertainment!

Y8 STUDENT

## AVIATION

### \* Aviation (Yrs 7–11)

Aviation Activities usually run each unit depending on student interest. During these Activities, students will be based at Peninsula Aero Club, Stuart Road, Tyabb. Time will be spent learning aviation theory, relevant to the individual and group needs. Students will progress through their stages of training and practical flying lessons will be tailored to the individual. All instruction will be delivered by qualified instructors at the club and once students are on the premises, they are to comply with the rules and regulations set out by CASA; Civil Aviation Safety Authority. **Transport provided. Cost: There are costs associated, this depends on the number of flying hours.**

## PHILOSOPHY AND PSYCHOLOGY

Big, deep discussions. These are usually offered to Senior School students, however, younger students who are interested in this area of study can opt in if the content is suitable and parents approve. Great Activities to challenge the mind, generate discussions (and arguments) and extend the students' knowledge in this area.

### International Politics and Current Affairs (Yrs 7–11)

We will discuss, watch videos and read articles about these and any other national and/or international current affairs and anything that is on the news. Topics will be dependent on what is happening at both a local and global level at the current time.

### Philosophy (Yrs 10–11)

Join a small group as we set about discussing the big issues of life. This is the opportunity to engage in discussion, to question, to debate and to contemplate issues of life. View videos and discuss relevant texts associated with the topic in discussion.

## SCIENCE

### Design and Build a Hovercraft (Yrs 7–10)

Have you ever wanted to design and build a Hovercraft. Come and have some fun with Science and learn some basic electrical principals along the way. This Activity is for a small group of students.

### Electronics (Yrs 7–11)

Build your own guitar 'distortion' or 'waa-waa' unit or learn how to solder and make fancy gadgets like a 'bionic ear' or 'knight rider flasher'. You get to choose the kit, learn how to solder, build it yourself and keep the gadget.

### Physics Exploration (Yrs 7–11)

Come and explore the lighter side of physics. Maybe build a hovercraft, a rocket or a hot air balloon. The possibilities are endless and will depend on the teacher and resources available at the time.

### Art Meets Science (Yrs 7–10)

*"There is an art to science, and science in art; the two are not enemies, but different aspects of the whole." - Isaac Asimov*

If you enjoy hands on activities in Science but always wish you could take more photos, do colourful drawings and incorporate your creativity, then this is the Activity for you! Activities will include making geodes, the colorful world of natural indicators, transport in plants, exploring density by making lava lamps, contributing to a giant periodic table and a competition for the best photograph using a microscope. Our aim is to find the beauty in the world around you by conducting experiments and getting a chance to play and explore with scientific equipment. You might even learn something along the way.

# ACADEMIC ENRICHMENT

## THE OTHER 3 RS – READING, WRITING AND ARITHMETIC

These Activities are forever evolving depending on the needs of the students and the interest of staff and students.

### Angry Sayings are Just Cross Words (Yrs 7–10)

Words, numbers, pictures – we'll play with them all. Learn the creative art of cryptic crossword crafting, subtly smooth your Sudoku strategies, pair up with partners for puzzling picture preparation. It's all fun and great to extend your brain power.

### Book Trailers (Yrs 7–10)

Learn how to create your own trailers for books that you have enjoyed reading and would like to recommend to others. We will check out Nings, Netvibes, Moodles and Wikis.

### Character Creation (Yrs 7–10)

Learn skills and techniques to improve your creative writing skills, in particular character creation. Watch Adam Elliot's Claymation DVD extra to scaffold characters and learn about important features and aspects of fictional characters. Write and create your own characters using effective creative writing techniques that are learned throughout the unit.

### Debating (Yrs 8–11)

This Activity is for students interested in DAV and SIS debating. Sessions will be dedicated to practising and enhancing students' skills, as well as preparing for after-school DAV competitions.



### FanFiction (Yrs 7–10)

This unit is for all keen writers of FanFiction, or those who would like to learn more about it. With FanFiction you write your own story based on a favourite book, film, TV series or character. There are a number of different websites we use to develop your writing.

### Entrepreneurial, Finance, Stock Market and Business (Yrs 7–11)

Learn about finance, how to set up a business and invest. Get involved in The Stock Market Game and gain a fundamental understanding of investing and how you might get your money to work for you. Set up a real-world situation where you practice the content and skills you're taught in Math, English Language Arts, Economics and other school subjects.

### Mastering Maths – Study Skills and Extension (Yrs 7–11)

Whether you are having difficulty with Maths or you are the most successful Maths student. Either way, learn how to prepare summary notes, thorough revision notes, extend your knowledge, revise key skills and apply them and maybe master your Ti-nspire.

# ACADEMIC ENRICHMENT

## **Poetry (Yrs 7–10)**

This workshop will explore and discuss some published poetry, slam poetry and writing and you can share your own poetry or published poems that you love. Lessons will be spent in the classroom, in different places in the school grounds or outside the school visiting places around the local Community which will inspire our writing.

## **Race Around The World (Yrs 7–10)**

Our main focus will be on designing a 'Round The World' travel itinerary which will focus on visiting different cities in different countries. To gain 'travel money' for each leg of your trip, you will be required to complete a range of mental challenges and quizzes which will determine whether you travel in style or whether or you'll be travelling on the cheap. Countries that you may visit include Italy, Turkey, Vietnam, Thailand, USA, Brazil or many others. This Activity has been designed for students who have a global perspective and who dream of one day travelling the world. An adventurous spirit and good Internet skills are beneficial for this Activity.

## **Readers Retreat (Yrs 7–10)**

Never get enough time to finish a book or read over your English novel? You can take the opportunity to read, discuss and analyse great books with other avid readers. Join a book club, analyse the plot and characters and discuss the lessons learned along the way.

## **Science Fiction Print (Yrs 7–10)**

Read and discuss the very latest, award winning, Science Fiction short stories. Discuss the imaginative ideas, philosophical concepts and speculation about Science Fiction and Fantasy stories.

## **Writers Workshop (Yrs 7–11)**

Work on drafting, polishing your writing and creating accompanying images. Ever dreamed of professionally publishing your own writing? Maybe you have the next Harry Potter series just waiting to be discovered.

## **FILM STUDY**

A film study Activity is usually offered each semester. The topics may revolve around an area of academic study. For example, History or French. Or an interest derived from student/teacher discussions or a current fad. During these Activities students will watch sections of film, read relevant text, investigate, discuss and complete associated tasks and more. **Please note: some films may carry an M15+ rating and parental permission will be required for some students.**

*Some examples of Film Study Activities that may be offered include:*

### **Animation - Film Analysis (Yrs 7–10)**

We will examine what it is that animations are able to do that films involving real people cannot. We'll also try to understand – paradoxically! – why animation films are moving closer and closer to making their characters real.

### **A Laugh A Minute (Yrs 7–10)**

This Activity explores comedy in our lives. Watch TV and films, read books and cartoons, share jokes and experience various humour styles. A sense of humour and a willingness to take risks is essential.

### **Books Into Films (Yrs 7–10)**

Review popular books that have been made into films, analyse the similarities and differences and indulge in discussions about the topic matter.

### **Crash Course Activities (Yrs 7–11)**

Watch episodes of Crash Course and then indulge in discussions and research about the topics covered. The aspects covered include, World History, Current Affairs and Science (offered during separate units).

### **Film Analysis (Yrs 7–11)**

Review films and shows by different Directors, Writers and Producers. Analyse the similarities and differences and indulge in discussions. Films and topics on offer will depend on the staff member leading the Activity and the students involved. Examples include the role of female characters as main leads, art house cinema and Japanese Anime films.

### **Foreign Film Festival – Language Extension (Yrs 7–11)**

View aspects of popular foreign films which have not been shown in classes. Discuss about the genre of each film and increase your language skills and ability to express your own ideas. These Activities are useful for those students who want to experience another facet of the language they are studying or a culture they are interested in.

### **History (Yrs 7–11)**

Review films that have attempted to visualise History, analyse the similarities and differences to real life and indulge in discussions about the time.

### **Science Fiction (Yrs 7–10)**

We will study some of the greatest Sci-Fi films of all time and the more recent apocalyptic scenarios. According to the film makers and writers, the future's going to be an ugly place. Come and discuss what may happen next.

# CHALLENGE PROGRAM

THE CHALLENGE PROGRAM OFFERS INCLUSIVE OPPORTUNITIES FOR MIXED ABILITY GROUPS AS WELL AS MORE EXCLUSIVE OPPORTUNITIES FOR COMPETITIONS THAT HAVE PRE-DETERMINED SELECTION CRITERIA.

## CHALLENGE

The Challenge Program offers the opportunity for 'like-minded' students to gather, energize and collectively create rich learning opportunities. It is specifically designed for students who wish to engage in an enrichment program that offers diverse activities that stretch the mind.

Through a focus upon higher order thinking skills, future problem solving, accelerated learning strategies and competitions at the local, state, national and international level, students have the opportunity to engage in cross-disciplinary tasks that favour those who aspire towards high cognitive performance.

In contrast to curriculum extension offered in the classroom, the Challenge Program offers multi-disciplinary, seasonal and/or independent areas of inquiry that benefit from the allocated time and flexibility of the Activities Program.

By its very nature, the Challenge Program is fluid and dynamic in order to cater for student interests, individual and group projects and the timing of competitions for 'high flyers'.

### ACCELERATE YOUR LEARNING (YRS 9–11)

Want to improve your academic performance, become more organised and develop the motivation so you can complete schoolwork more promptly or more easily? Want to take the stress out of your homework or exam study? Ever wished you could read faster, comprehend better, improve your listening or have better memory? If you answered yes to these questions then we will help you find a combination of personal management, motivation and study skills that can accelerate your learning and result in awesome results.

### AMAZING SPAGHETTI MACHINE (YRS 9–10)

Roll up your sleeves and join the competition – there are big prizes to be won for the team that can meet the Amazing Spaghetti Challenge - an inventive competitive challenge set by Melbourne University. It's hands-on, experimental engineering work at its funniest.

### AURECON BRIDGE BUILDING COMPETITION (YRS 9–10)

During this Activity we will go about building and testing (destroying) bridges. After investigating relevant construction processes you will be required to design and construct your own bridge to solve a particular problem. Bridges will then be tested to determine which can manage the greatest load. Take on the role as Head Designer, Construction Manager, Finance Officer, and work in teams of three to build your bridge. Students may be eligible to enter the Australia-wide Aurecon Bridge Building Competition.

### BRAINY BEES (YR 9 ONLY)

If you are interested in Neuroscience Research and Mental Health, then this is for you. We will study all about the Brain, Mental Health and the latest research into neuroscience in preparation for the Australian Brain Bees Competition.

### MODEL UNITED NATIONS ASSEMBLY (YRS 7–11)

This Activity explores the purpose of the United Nations in our International Community. You will spend time developing debating and public speaking skills in preparation for the Model United Nations Assembly Regional Finals. Through exploring international current affairs, you will discover the purpose of the United Nations in stabilising and resolving conflict. If you can't get enough of international affairs and can see yourself working in Law or even in the UN then this Activity will be of interest to you.

### THINKING ABOUT THINKING (YRS 7–11)

This program embraces thinking strategies that collectively build 'personal wisdom'. Following the programs of Edward de Bono, 'Thinking About Thinking' will look at the six Thinking Hats, CoRT Thinking (de Bono's program from the Cognitive Research Trust of the UK), as well as the strategies for creativity. Collectively, these thinking strategies will enhance and empower strategic, rational thought across all the elements of your life and is a must for those who aspire towards leadership.

### TOURNAMENT OF MINDS (YRS 7–10)

Tournament of the Minds is a problem solving program for teams of students. You will work together on a long term challenge for six weeks. You are encouraged to explore possibilities and experiment with ideas as you endeavour to produce the best possible solution.

### DA VINCI DECATHLON (YR 7 ONLY)

Schools enter a team of eight students who will participate in activities in the following disciplines; Mathematics, English, Science, Code Breaking, Engineering Challenge, Cartography, Creative Producers, Art and Poetry, Philosophy and General Knowledge. The tasks will be exciting and challenging with a particular emphasis placed on higher order thinking skills.

# YEAR II PROGRAM AND CERTIFICATES

THESE ACTIVITIES ARE DESIGNED TO ENABLE YEAR II STUDENTS TO GAIN A CERTIFICATION DURING ACTIVITY TIME. STUDENTS ARE ALSO ABLE TO TAKE ADVANTAGE OF OTHER ACTIVITIES ON OFFER.

## BARISTA COURSE (YR II ONLY)

During this unit you will learn Barista skills and gain the accredited certification/Tafe Statement of Attainment (SITHFAB204) 'Prepare and Serve Espresso Coffee'. This is a great extra qualification for work in the hospitality industry or simply for part-time/casual work experience. We would hope that students can practise their newly attained skills on the school coffee machine at school functions and events. This is for a small group only and some hours may need to be completed outside Activity sessions.

## \* BOAT SAFETY AND LICENCE PREPARATION (YR II ONLY)

During this unit you learn valuable practical knowledge and how to put it into practice out on the water. You gain practical experience on the water and you will learn the rules, discuss the safety aspects and theoretical information you need to help you prepare for your Boat Licence. Students receive practical instruction and the use of boats from qualified instructors at Mornington Yacht Club. **Parents should note that this is a water-based Activity and therefore has some element of risk. Permission required. Sunsmart applies. Transport provided.**

## CPR AND FIRST AID - LEVEL 1 (YR II ONLY)

During this Activity, you will gain your certificate in CPR and Level 1 First Aid. The certificate will be issued by Life Saving Victoria. Students will gain the skills and knowledge required to recognise and respond to life-threatening emergencies using basic life support measures only.

## FOOD HYGIENE FOR FOOD HANDLERS CERTIFICATE (YR II ONLY)

Most food serving establishments 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. The course consists of theory sessions, a written test and cooking sessions in the kitchen to put theory into practice. At the end of the course students will receive a Food Hygiene for Food Handlers Certificate of Participation, a recognised certificate.

## HOSPITALITY AND RESPONSIBLE SERVING OF ALCOHOL CERTIFICATE (YR II ONLY)

During this course you will 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.

## 21ST CENTURY SKILLS AND PORTFOLIO PREPARATION (YR II ONLY)

This Activity is for Year 11 students who want to spend time investigating and developing a range of study skills, goal setting, exam techniques, portfolio preparation, resumes, interview techniques and relaxation techniques to help ease you through your exams and studies.

## WELLBEING AND MINDFULNESS UNIT (YR II ONLY)

This unit students will choose an Activity that they can learn tools and techniques to help them relax, reduce stress, increase self-awareness and enhance their emotional intelligence. Students can choose between art, exercise, nutrition, meditation and yoga to help find their tool, refocus the body and mind and help in wide aspects of study and life. Activities include:

- ABCD - Art, Breathing, Colour, De-stress
- Fitness and Cardio Boxing
- Healthy Snacks and Stress Busters
- Meditation, Relaxation and Mindfulness
- Yoga



## YEAR II

Year II students do Activities during Semester I only. This will be either two or three Activity units depending on the school calendar. Year IIs are encouraged to complete at least one certification during their Semester Activities program.

An exception may be made for those students studying VET, Aviation or involved heavily in Compulsory Activities.

Students can undertake other Activities that are on offer during that unit and can complete two certifications if selections are available.



# VISUAL AND PERFORMING ARTS

THESE ACTIVITIES ENCOURAGE STUDENTS TO DISCOVER AND DEVELOP PRACTICAL AND CREATIVE SKILLS IN VISUAL ARTS AND PERFORMING ARTS.

## WOODLEIGH ARTS SO MUCH CHOICE

DRAMA, VOICE, MUSIC, ART,  
WOOD, METAL, MEDIA  
AND SO MUCH MORE.

Activities gives each student the opportunity to explore the wide variety of options on offer. Students don't need any experience for most Visual and Performing Arts Activities, just the desire to have a go, create and explore.



AN EXCERPT OF ART  
ACTIVITIES ON OFFER.  
WOODLEIGH,  
UNIT 2, 1980.

*Doll Making*

*Model Boat Building*

*Model Making*

*Music Workshop Band*

*Photography*

*Pottery*

*Printing Lino Cuts & Silk Screen*

*Spinning*

*Surfboard Making*

*Tatting*

## MUSIC, AURAL AND VOICE

### **Carols Service Performance and Ensemble (Yrs 7–10)**

If you are part of an established musical group or would like to form one for the Carols Service at the end of the year, this unit will allow you the opportunity to showcase your talents and create something visionary. It can be classical, jazzy, contemporary, rock or any genre blend. Original compositions or arrangements are also welcome.

### **Guitar Techniques (Yrs 7–11)**

The focus of this Activity is on setting goals, reflecting on ways you can improve your playing and hopefully learning some new tricks along the way. You are encouraged to share what you know with the others in the group and there will be plenty of times for jamming.

### **Music and Aural Theory (Yrs 10–11)**

During this Activity you will explore all aspects of Music and Aural theory. If you are preparing for any sort of music exam - VCE or AMEB, practical or theoretical - this Activity will benefit you. Work at your own rate and be tutored through your text book.

### **Small Ensembles (Yrs 7–11)**

Work in small ensembles (trios, quartets and a rock band) with other students of compatible ability and instruments. They will rehearse a range of repertoire whilst learning the skills required to successfully perform as a unified group without a conductor.

### **Songwriting and Composition (Yrs 7–11)**

In this Activity you will have the opportunity to work on a collaborative songwriting project, possibly with the Prep students at Minimbah or Penbank or individual composition projects. You don't need to be a serious music student or even need to be able to read music to do this Activity. You just need a few ideas and a willingness to have a go.

### **Ukulele for Beginners (Yrs 7–11)**

Come and learn this versatile instrument. During this Activity, you will learn the basics of the 'Uke' and learn some songs to get you started.

## DRAMA AND DANCE

### **Dance and Choreography (Yrs 7–11)**

You will research different styles and where they originated from, learn the art of choreography and you will be given the opportunity to create your own dances in small groups. You may be given the opportunity to perform your dances live or on film.

### **Drama - Scripts, Sketches and Scenarios (Yrs 9–11)**

This Activity is a series of acting classes tailored to suit each participant and will include script work, improvisation and different approaches to creating characters. Suitable for all levels of acting experience.

### **Junior Production (Yrs 7–9)**

This is a performance opportunity for students in the Junior years. The Activity sessions will be used to create a play that can be toured to the students of Minimbah and Penbank. If you enjoy performing, this is your chance to be a part of a small scale theatre production.

### **Mini Musical (Yrs 7–9)**

During this Activity we will continue to rehearse for the Mini Musical. All those students who were in the Activity Unit 1 and are on the cast list must ballot for this Activity first.

### **Production (Yrs 7–11)**

A pre-booked Activity for students involved in rehearsals for the senior school production. This will run over a number of units and students will be expected to commit to each Activity unit (depending on the role they have in the production).

### **Theatre Sports and Improvisation (Yrs 7–10)**

Come and explore theatre sports and learn the skills of improvisation. You don't need any drama skills, just the desire to have a go.

# VISUAL AND PERFORMING ARTS

## VISUAL ART AND DESIGN

### **Art Creation – Comics and Graphic Novels (Yrs 7–10)**

Design your own characters and create your own comic book. Explore the various genres and styles of comics and graphic novels researching past and present examples. You are guided through the initial set up, layout and sequencing and you can continue to create your own works long after the Activity finishes.

### **Art Journals (Yrs 7–11)**

Complete a hardbound journal over the course of the unit and beyond. Every session you will be given creative and challenging tasks that will fill the journal and expand your thoughts and ideas. From drawing, list making, collage, writing and just plain random stuff.

### **Arty Market Workshop (Yrs 7–11)**

This Activity is for student stall holders of the Annual Arty Market. It is designed to provide access to the Visual Art space and provide time to work on making goods for the market stall.

### **Ceramics - Funky Tea Pots, Crazy Clocks, Chess Pieces and More (Yrs 7–11)**

These Activities will run throughout the year and will enable students to get creative and try your hand at building a clay piece. You will learn how to design, assemble clay and apply decoration.

### **Clay Pots – Big Ones (Yrs 7–11)**

Come and design, make and decorate. Using specialist clay bodies to create a large form, your spatial and technical skills will be challenged. It's not easy building large pots but you will learn techniques and get to experience a variety of textural surface application. You will be able to test stoneware glazes which you will then apply to your form.

### **Contemporary Drawing (Yrs 7–11)**

Explore 2D drawing and layout skills in this Activity. Students will trial and utilise a range of different materials to produce drawings, with a focus on creative ideas. You will learn how to refine ideas and concepts and experiment with new ways of expression through drawing.

### **Glass Slumping (Yrs 7–11)**

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 when cold and is then fired to melt and form a new shape. Skills will include: cutting glass, preparing glass for firing, fusing and slumping.

### **Graphic Design Basics (Yrs 7–11)**

Immerse yourself in the trends and creative developments in the dynamic world of graphic design. We will explore the design of logos, print layouts, packaging and posters.

### **Mixed Media (Yrs 7–10)**

Explore a range of different media and apply them in a variety of ways. This could include painting, stenciling, drawing, inktwork, textiles, colour, found objects and more. You will learn processes and techniques to create contemporary works.

### **Oil and Water Colour Painting - Beginners to Experienced (Yrs 7–11)**

This Activity is for those with an artistic interest. During the beginners unit, you will learn the basics of creating a painting using either oil paints or water colour paints. Experienced painters can explore key techniques to create an individual piece.

## METAL AND WOOD

### **Copper Foiling & Leadlighting (Yrs 7–11)**

You will have the opportunity to create a 'picture' in glass using traditional leadlighting techniques. You will learn to cut glass utilizing a basic pattern, solder, putty and finish off your piece. No previous experience is necessary.

### **Make your Own Longboard (Yrs 7–10)**

Based on a classic Cruiser or Pintail design, students will design and build their own deck. This Activity is for a small group only. No skating experience needed. **There are costs associated with this Activity (approx. \$70 - deck, grip tape and wheels)**

### **Jewellery (Yrs 7–11)**

Delivered by an external jewellery maker, you will learn jewellery design and creative techniques including soldering, enamelling and resin work to produce basic jewellery metal work. **Cost: There may be costs associated with this Activity (this depends upon materials used, permission required)**

### **Wood for Beginners (Yrs 7–8)**

Develop skills and experience with equipment in the Manual Arts Centre and undertake a simple woodworking project, using a range of hand and power tools during the sessions.

### **Wood Marquetry (Yrs 7–11)**

Marquetry is the delicate art of inlaid wood patterning. It is beautiful, surprisingly easy and pleasantly time-consuming, depending on the pattern you choose. Make a wooden drink coaster or two or you can extend your skills into something larger.

# VISUAL AND PERFORMING ARTS

## MEDIA AND PHOTOGRAPHY

### Art in Video Games (Yrs 7–10)

From the earliest video games like ping pong tennis, pac man and many more to the complex games of today. Come and explore, analyse and reproduce the art and aspects of the things that engage so many people in today's media world.

### Film Production (Yrs 7–10)

This Activity involves working with the text and teacher input and sourcing/editing footage and film. Some prior knowledge of Film Making would be beneficial, but not essential.

### Make your Own Film (Yrs 7–11)

Write, produce, direct, shoot, edit, cater, accidentally tape over, reshoot and reedit your very own short film or commercial. As part of this Activity you will work in small groups and film in locations around the school. At these times you will not be under direct supervision so a high level of personal responsibility is required.

### Photography (Yrs 7–10)

The sessions will involve taking a range of pictures; on campus at Woodleigh and at a variety of other locations around the local area including; Frankston Foreshore, Skate Parks, Local Gardens and other local areas of interest. Locations will be decided by students during the unit. Other sessions will be used to manipulate the pictures using Adobe Photoshop to produce the finished product. You will need to supply your own digital SLR camera with all cords to transfer images on to the computer. Images may be submitted to some photography competitions. **Transport provided.**

### Woodleigh Radio Station (Yrs 7–11)

Working with a local Community Radio Station, you will develop a program on air. All aspects of Radio set up and production will be explored. Some sessions may include excursions to local media offices.



# VISUAL AND PERFORMING ARTS

## CRAFT

### Decoupage Activity (Yrs 7–11)

Students will learn the art of Decoupage and fabulous faux finish painted techniques and apply these to a box. Learn about the technique of cutting out decoupage paper, attaching it to the box and finish it with several layers of varnish.

### Jewellery Making (Yrs 7–11)

In this Activity, you will have the chance to make a piece of jewellery and/or a badge or brooch for yourself or to give to someone special. You can choose to make earrings, a ring, a pendant (necklace) or a badge. You will use fabric, fimo or a badge mould as the base for your piece, then decorate and embellish it using various techniques and materials to enable you to personalise your piece of jewellery.

### Learn to Dry Felt (Yrs 7–11)

Learn the art of dry felting using natural wools to create beautiful wearable felts and wall hangings from an international felt artist. You will explore shape building with wool and make a small fantasy garden in a teacup. **Cost: There are costs associated with this Activity. (approx. \$50)**

### Mosaic (Yrs 7–11)

Using a variety of materials including small pieces of colored glass, stone, pebbles or other materials we can find around the school. You can design and make your own picture or tile.

### Painting Ceramics (Yrs 7–11)

During this Activity you will have the opportunity to paint your own design on a pre made ceramic bowl, plate and mug. You will be able to take your finished pieces home and have your own unique table setting.

### Sew You Can Design (Yrs 7–11)

You will learn basic design and how to bring it to life using material. Start with a teepee using recycled bed sheets, a cushion or a bag to learn the basics of sewing, then progress from there. No sewing experience necessary, just an open mind.

### String Art (Yrs 7–11)

You will be guided through the planning and design process to create your own piece/s using technology and free hand. You will need to consider accurate placement of pins, your background and colour choices and then using a hammer and nails, pin out your design. The next step involves careful weaving to create your own unique art.

## WOODLEIGH ARTS

The capacity to be creative and to think creatively, is an essential skill in this 21st Century. But creativity isn't simple, and it takes courage to be innovative.

Self-expression through the Visual and Performing Arts enhances our understanding of ourselves and others as unique individuals and develops our confidence, just as experience builds skills.



# SPORT & PHYSICAL DEVELOPMENT

THESE ACTIVITIES INTRODUCE AND DEVELOP A RANGE OF PRACTICAL SKILLS  
IN PREDICTABLE AND UNPREDICTABLE ENVIRONMENTS.

## SNORKEL DIVING AT WOODLEIGH

Explore the underwater magic of Port Phillip Bay through the school's ever popular snorkelling and diving programs. Students at Year 7 are able to begin their pathway and gain their Snorkel Diver qualification. Over the next four years, they can qualify as Open Water Scuba Divers or Specialty Divers, in areas such as navigation, night diving or rescue diving.



SINCE 1975, WOODLEIGH STUDENTS HAVE EXPLORED THE WATERS AROUND THE PENINSULA AND FURTHER AFIELD.

*“Speaking as parents, rather than as teachers, (we) were delighted to see our 14-year old Mark launched into skin-diving and then into scuba diving by Pang Quong.*

*At first there was great personal diffidence, but then such growth in self-confidence and such delight in marine life and a curiosity about it that his university goals, aspirations and success have been assured.*

*Good classroom teaching certainly had something to do with it too, but the total immersion, the dangers and challenges of a hundred dives at Cape Schanck, Bermagui, Flinders, Port Campbell and the Rip had really switched him on - as a student.”*

M. NORMAN (1982) WOODLEIGH

## DIVING CERTIFICATIONS

### \* SSI OPEN WATER DIVER COURSE (Age 15 Yrs and above)

The SSI scuba diving qualifications, internationally recognised, will be run through Harbour Dive in Mornington, under the guidance of professional SSI Instructors and a Woodleigh teacher. 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 course includes transport, pool hire, gear hire, student workbook, dive tables, dive log and DVD. It excludes mask, snorkel, wetsuit boots and fins, which students will need to supply themselves. Students will need to complete a diving medical by a registered diving doctor prior to commencement of the course to secure a placement. **Transport provided. Equipment needed. Cost: There are costs associated with this Activity (approx. \$550). Permission required.**

### \* SSI JUNIOR SCUBA DIVER (Yrs 7-9)

The Scuba Schools International (SSI) Junior Scuba Diver course is aimed at 12-14 year olds, and will allow students to scuba dive to a maximum depth of 12 metres with a dive professional. This internationally recognised course will run through Harbour Dive in Mornington, under the guidance of a professional SSI Instructor. Students will also have all Scuba Diver training count towards an Open Water Diver certification. The course includes transport, pool hire, gear hire, student workbook, dive log and DVD. It excludes mask, snorkel, wetsuit boots and fins, which students will need to supply themselves. Students will need to complete a diving medical by a registered diving doctor prior to commencement of the course. **Transport provided. Equipment needed. Cost: There are costs associated with this Activity (approx. \$199). Permission required.**

### \* SSI SPECIALITY DIVER

**Limited Visibility and Night Diver, Underwater Navigation and Equipment Specialist. Qualified Open Water Divers ONLY can participate (Age 15 Yrs and above).**

Learning to navigate underwater, dive in limited visibility and properly maintain your gear is an investment in your safety. During this SSI Specialty Diver program you will develop the skills of navigation and using a compass underwater, experience the fascinating nocturnal world at the end of your torch beam during the night diving component and as an added bonus, learn the basics of maintaining and repairing your equipment. The SSI Specialty Diver program is three courses for the price of two. The cost includes training, use of gear, speciality manuals and certification. Participants will need two torches to participate in the night diving component. **Transport provided. Equipment needed. Cost: There are costs associated with this Activity (approx. \$550). Permission required.**

### \* SSI SNORKEL DIVER (Yrs 7-8)

Scuba Schools International (SSI) Snorkel Diver program is full of tips and advice to help make snorkelling easier, more fun and also increase your safety. This course concentrates on teaching you about the equipment, surface techniques, the skills needed to snorkel underwater whilst breath holding, as well as the main safety aspects. The program also provides students with an opportunity to explore and learn about the fascinating plants and animals that live in our own backyard. Course includes transport to and from the beach, equipment, snorkel diver manual and certification. After completing the training, the student will be certified as an SSI Snorkel Diver. **Transport provided. Cost: There are costs associated with this Activity (approx. \$50). Permission required.**

**\* Parents should note that components of these Activities are water-based. Snorkel and scuba diving is an adventure-based Activity and has an element of risk and therefore the possibility of injury associated with being involved. Parents will be required to sign a permission form acknowledging the risks involved and authorising their child to participate in the Activity.**

# SPORT & PHYSICAL DEVELOPMENT

## SPORT LEADERSHIP COURSE (Yrs 9–11)

This Activity is for those students who want to be involved in the Sport Leadership program. The sessions will include practical workshops, including a trip to our Junior Campuses, aimed at improving your coaching, officiating and organisational skills. There will be some theoretical work towards gaining relevant accreditation. You will gain your Emergency First Aid and CPR. **Sports gear required. Transport provided. Sunsmart applies.**

### SPORT LEADERSHIP

Students with a strong interest in sport can undertake the Sport Leadership Activity to develop their leadership skills. This is available to students in Yr 10 and is run over one Activity unit. The program includes:

The program includes:

- Level I First Aid and CPR Certificate
- Teaching younger students a sport
- Development of school sport initiatives
- Leading future Activity programs



## FITNESS

### \*Fitness for Fun – YMCA at Somerville, PARC, Input and Core at Frankston (Yrs 7–11)

Working at local Fitness Centres and Gymnasiums, you get to do a huge variety of different activities, ranging from cardio classes like Spin, Step, Circuit and Pump (weights). All instruction provided by qualified staff at the Centre. Activities will be undertaken at one or two Fitness Centres each unit. **Sports gear required** plus a towel and water bottle. **Transport provided.**

### Girls Fitness, Health and Nutrition (Yrs 9–11)

Explore a variety of fitness methods and healthy options for life. Sessions will include practical lessons based on individual set goals and exploring nutritional delights and discussing health alternatives to lead a balanced lifestyle. Work from the Woodleigh Mezzanine and Gym and at a local Fitness Centre. Includes a visit to a health store. **Sports gear required. Transport provided.**

### \*Group Personal Fitness Training (Yrs 7–11)

Develop your cardio-vascular fitness, improve your core strength and much more. During the sessions you will work with the rest of the group and be instructed by a qualified personal trainer. You will train around the Woodleigh Gymnasium, Fitness Suite (mezzanine) and possibly off campus at Frankston Foreshore and surrounds. Sessions include cardio boxing, strength training, cardio circuit, core strengthening, fitball and work on the cardio machines. **Sports gear required. Transport provided. Sunsmart applies.**

### \*Outward Bound Fitness Preparation and Games (Yr 9 only)

During the sessions you will be instructed by a teacher/trainer to help you get ready for Outward Bound. You will train around the Woodleigh Gymnasium, Fitness Suite (mezzanine) and possibly off campus at Frankston Foreshore, Langwarrin Flora and Fauna Park and surrounds. **Sports gear required. Transport provided.**

### \*Strength & Conditioning Fitness (Yrs 8–10)

Come and work on an individual fitness program to develop muscular endurance, strength and improve your overall muscle tone and fitness. Throughout the unit you will develop your own personal fitness program focusing on your specific needs such as improved sporting performance, rehabilitation program or specific fitness components. One session may include a visit to a local Fitness Centre/ Gymnasium. **Sports gear required. Transport provided.**

# SPORT & PHYSICAL DEVELOPMENT

## SCHOOL AND SIS SPORTS

### \*Athletics: Skills and Team Development (Yrs 7–10)

This Activity will be dedicated as the training time for all athletes who want to be part of the Woodleigh Athletics team and train for the SIS Competition. **Sports gear required. Transport provided. Sunsmart applies.**

### \*Cricket – Boys and Girls (Yrs 7–10)

This Activity is for students who enjoy cricket and want to improve their skills and confidence. Training techniques and skill development will be undertaken, including the use of the bowling machine and games will be run to test your new skills. Students may have the opportunity to prepare to represent the school team. Sessions will take place on the Woodleigh oval and at Saxon Sports, Frankston. **Note:** It is strongly recommended that students provide their own personal protective equipment (i.e. protector or 'box') and wear suitable underwear so this equipment can be worn correctly. **Sports gear required. Equipment needed. Transport provided. Sunsmart applies.**

### \*Cross Country Running and Training (Yrs 7–11)

Learn how to train and prepare for the many running events throughout the year, from cross country, fun runs through to our athletics season. Most of our sessions will be around Frankston. You may also train at other venues ranging from Ballam and Baxter Parks, George Pentland Gardens, Langwarrin Fauna and Flora Park, Bunarrong Reserve, Jubilee Park and Seaford Foreshore. Runners of all abilities are encouraged and supported. **Sports gear required** plus a towel and water bottle. **Transport provided. Sunsmart applies.**

### \*Girls' Football (Yrs 7–10)

The aim of this Activity is to prepare for the SIS series of matches during the term. This Activity will take place on the Woodleigh Oval. **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. **Sports gear required** plus a towel and football boots. **Sunsmart applies.**

### Gold Coast Netball Training (Yrs 7–10)

Develop your netball skills and work with your team in preparation for games and matches to be played at the Gold Coast Netball Tournament. Sessions will be held in the Woodleigh Gym and on the outdoor multi courts. **Sports gear required. Sunsmart applies.**

### Netball Training (Yrs 7–11)

Develop your netball skills and work with your team in preparation for games and matches played out of school. All students representing the school or playing competitive Netball are encouraged to select this Activity along with their teammates. Sessions will be held in the Woodleigh Gymnasium and on the outdoor multi courts. **Sports gear required. Sunsmart applies.**

### \*Sailing Training – Beginners to Advanced (Yrs 7–11)

Beginners can learn how to sail, whilst the experienced sailors can prepare for the upcoming Sailing Regattas or train for the School's sailing team. You will be based from Davey's Bay Yacht Club and Mornington Yacht Club and receive instruction from qualified staff. These Activities will run only if there is enough student interest to dedicate time to team sailing. **Note:** that this is a water-based Activity and therefore has some element of risk. **Sports gear required. Equipment needed. Transport provided. Cost: There are costs associated with this Activity. (approx. \$50). Permission required.**

### \*Snow Race Team Preparation (Yrs 7–11)

This Activity is compulsory for all students in Year 7 to 11 who are attending the Snow Sports Camp during Term 3. Students involved in this Activity will undertake a program that will maintain the muscles, loosen the lungs and get the adrenalin going. Students will spend sessions at school and out of school at Skateworld, Carrum Downs (roller hockey), Gravity Zone (trampolining), YMCA Somerville and PARC Frankston. Some of the activities students will participate in will be minor games, weight training, task specific fitness training and aerobic training using gym equipment in the Woodleigh Mezzanine. **Sports gear required. Transport provided. Sunsmart applies.**

### \*Surfing, Open Water Safety and CPR (Yrs 7–11)

For intermediate to experienced surfers only. Train for the local school surfing competitions and extend your knowledge of the ocean environment through participation in theory and practical classes. Learn and develop strategies to improve your fitness and personal safety with regards to surfing. You will have the opportunity to gain your CPR qualification over two classes. Sessions will be held at Woodleigh and off campus at local bay or surf beaches and swimming pools. Students must have their own surf board, wetsuit and surf helmet for surfing sessions which will be held at Point Leo and surrounding surf spots (wave and wind dependent). Open water fitness sessions will be held at Frankston Beach. Pool sessions will be located either at the YMCA, Somerville, Pines Outdoor Pool or Peninsula Aquatic Recreation Centre in Frankston. **Note:** that this is a water-based Activity and therefore has some element of risk. **Sports gear required. Equipment needed. Transport provided. Cost: There are costs associated with this Activity. (approx. \$50). Permission required.**

### \*Swimming Training – SIS Competition Squad (Yrs 7–11)

This swimming unit is designed to develop the Woodleigh Swim Squad in preparation for Inter School Competitions (Relay night and SIS Swim Comp). The focus of the training will be preparation for competition. Students will need to have bathers and well fitting goggles. Training will occur at the YMCA Somerville Aquatic Centre or PARC, Frankston. **Note:** that this is a water-based Activity and therefore has some element of risk. **Sports gear required. Transport provided.**

# SPORT & PHYSICAL DEVELOPMENT

## TEAM SPORTS

### Ball Sports (Yrs 7–11)

Rotate through a series of sports and activities. You will play on the Woodleigh Multi Purpose Courts, the Gymnasium and possibly off campus at selected venues, including Mornington Indoor Sports Centre and Frankston Beach. A fun way to get active and release energy. You will engage in a range of games with the focus on fun, teamwork and group interaction and have a chance to share some of your own games and learn some new ones. **Sports gear required. Transport provided. Sunsmart applies.**

### Beach Fun (Yrs 7–11)

Sessions will include games, circuits, relays, team challenges, treasure hunts and will be based at Frankston, Seaford and Mornington Beaches (weather dependent). Students will need a sense of adventure, an ability to work in a team and a good dose of wits to outsmart the other teams. **Sports gear required. Transport provided. Sunsmart applies.**

### \*Indoor Hockey / Floorball (Yrs 7–9)

Floorball or Indoor Hockey is 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. Sessions will be held at Somerville Recreation Centre and at Woodleigh. **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. **Sports gear required. Transport provided. Sunsmart applies.**

### Net Games Galore (Yrs 7–10)

You will play on the Woodleigh Multi Purpose Courts and in the Gymnasium and you will engage in a range of net games with the focus on fun, teamwork and group interaction. You will have a chance to play Netball, Volleyball, Badminton and more. Games will be decided by the group. **Sports gear required. Sunsmart applies.**

### Soccer (Yrs 7–10)

Use this time to come and explore the international game of Soccer. Play for fitness and enjoyment. This Activity involves basic soccer training and skills. This Activity will be undertaken on the soccer oval at Woodleigh. **Sports gear required. Sunsmart applies.**

### \*Underwater Hockey and Waterpolo (Yrs 7–10)

Underwater Hockey is a wacky and fun sport that is developing a real following at Woodleigh. Waterpolo is an above water alternative that is equally fast and furious. Sign up for exciting aquatic action! Transport via Peninsula Bus Lines. You should be able to swim confidently and snorkelling skills will help. Beginners are more than welcome. **Note:** This is a water-based Activity and therefore has some element of risk. **Sports gear required. Transport provided.**

## SPORT

*“Involvement in sport is one way young people can develop self-confidence and higher self-esteem. Participating in sport and other forms of physical activity can assist in building your child’s confidence as well as allowing them to gain a sense of achievement”.*

AUSTRALIAN  
SPORTS COMMISSION



# SPORT & PHYSICAL DEVELOPMENT

## INDIVIDUAL AND SMALL TEAM SPORTS

### \*Arthurs Seat Challenge and Summer Running Preparation (Yrs 7–10)

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. Develop 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. **Sports gear required** plus a towel and water bottle. **Transport provided. Sunsmart applies.**

### Bowls and Croquet (Yrs 7–11)

During this Activity you will get the chance to play a number of Bowling games, exploring Tenpin, Bocce, Carpet Bowls, Lawn Bowls and also Croquet. You will learn about techniques, rules, scoring and equipment selection. Each session there will be a 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 held at school and at local bowl and croquet clubs. **Transport provided. Sunsmart applies.**

### Fencing (Yrs 7–10)

You will be given instruction by the Peninsula Fencing Academy. Fitted out in all of the Fencing attire, you will develop an understanding of the skills and tactics of this great sport. These sessions will be undertaken at Woodleigh. **Safety gear provided.**

### Golf – Beginners to Intermediate (Yrs 7–11)

Improve your Golf and develop your interest and skills further. Catering from novices to intermediate players. Sessions will be held at local golf clubs with instruction from a qualified coach. Students should provide their own clubs and balls but assistance can be given to students who have no gear. Remember to bring your own hat, glove, clubs as required. **Sports gear required. Transport provided. Sunsmart applies. Cost: There are costs associated with this Activity. (approx. \$50). Permission required.**

### \*Indoor Climbing (Yrs 7–11)

Climbing at the Bayside Rock Indoor Climbing and Adventure Centre in Carrum Downs, this is a great chance to try out rock climbing. Students will be involved in climbing a range of indoor rock faces at the centre whilst being belayed by other students. **Note:** Rockclimbing is an adventure-based activity and has some element of risk and therefore the possibility of injury. Parents will be expected to complete an additional permission form for this Activity and read detailed paperwork. **Safety gear provided. Transport provided. Cost: There are costs associated with this Activity. (approx. \$50). Permission required.**

### Table Tennis (Yrs 7–10)

During these sessions you will participate in Table Tennis. Get to know members of your team and train for singles and doubles games. Group interaction, team and individual challenges will be the focus whilst learning tactics, having fun and competing.

### Tennis - Beginners to Experienced Players (Yrs 7–11)

A local professional tennis coach will tutor students during this Activity. Experienced and inexperienced players are welcome. You will develop your skills, rotate through a round robin series of matches and play for fun. A tennis racquet can be provided. **Sports gear required. Sunsmart applies.**

### \*Triathlon – Beginners to Advanced (Yrs 7–11)

This Activity is for students who are keen to learn training and racing techniques specific to the sport of Triathlon and want to push themselves to improve their fitness. It is also suitable for students simply willing to improve their fitness through distance running, cycling and swimming. Sessions will include some run/swim sessions at Frankston Beach, bike spin classes at the YMCA Somerville or Core Fitness, Input or PARC in Frankston. Running and fitness sessions will be held at School or local parks, including Langwarrin Flora and Fauna Reserve. Note: it is not necessary to have a bike for this Activity. Parents should note that components of this Activity may be water based and therefore has some element of risk. **Sports gear required** plus a towel and water bottle. **Transport provided. Sunsmart applies.**

### \*Trampolining and Gymnastics (Yrs 7–10)

Students will undertake trampolining at Gravity Zone Indoor Trampolining Centre in Seaford and gymnastics at Dolphin Gymnastics Club, Carrum or Mornington Youth Club. Instruction will be provided by staff from the centre and the students will be supervised by a Woodleigh Physical Education Teacher. Parents will be expected to complete an additional permission form for this Activity and read detailed paperwork. **Transport provided. Cost: There are costs associated with this Activity. (approx. \$50). Permission required.**

### \* Unicycle Basketball (Yrs 7–10)

You will spend the first few sessions learning to ride the unicycle. The remainder of the sessions will be spent playing unicycle basketball and other games. We will provide you with all of the safety gear required including wrist guards, knee and elbow pads and a helmet. Parents should note that components of this Activity have some element of risk. **Safety gear required. Cost: There may be costs associated with this Activity (this depends upon unicycles used, permission required). Sunsmart applies.**

# SPORT & PHYSICAL DEVELOPMENT

## MIND, BODY AND STRENGTH

### Archery (Yrs 7–11)

You will be given instruction by qualified coaches and develop an understanding of the skills of this great sport. These sessions will be undertaken at Woodleigh. **Gear provided. Cost: There are costs associated with this Activity. (approx. \$50). Permission required.**

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

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 Rising Generations Group.

### \*Mixed Martial Arts (Yrs 7–11)

Learn different techniques of Mixed Martial Arts and then go on to practise and refine these skills working with a partner. Students will also participate in one on one competition. **Note:** this Activity is conducted by instructors from Southern Self Defence at their purpose built venue in Somerville. 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. **Sports gear required. Transport provided. Cost: There are costs associated with this Activity. (approx. \$50). Permission required.**

### Pilates (Yrs 7–11)

This Activity will focus on the core and postures associated with the pilates technique. Classes will be taken by a qualified Pilates teacher and will be undertaken at Woodleigh or a local Fitness Centre, including YMCA Somerville or PARC Frankston. **Sports gear required. Transport provided.**

### \*Self Defence (Yrs 7–11)

During these sessions you will be instructed by a qualified and experienced instructor. You will cover the basic fundamental concepts of self defence training, whilst developing self-esteem and self-confidence. A variety of different techniques will be demonstrated and participants will then go on to practise and refine these skills working with a partner. Students will pair up with others of the same gender and similar size and ability. Sessions will take place at Woodleigh and off campus at Somerville and will be highly active, so if you have lots of energy this is the Activity for you. Students must have their sports gear for every session. **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. **Sports gear required. Transport provided. Cost: There are costs associated with this Activity. (approx. \$50). Permission required.**

### Yoga (Yrs 7–11)

This Activity will focus on postures, breathing, relaxation, movements and stretching whilst aiming to develop an awareness of the mind-body connection. You will have the opportunity to relax using self-chosen imagery, music and muscle tensing. Classes will be taken by a qualified Yoga teacher. **Sports gear required.**



# HEALTH, LIFESTYLE & PRACTICAL SKILLS

THESE ACTIVITIES PROVIDE A RANGE OF PERSONAL CHALLENGES AND SOCIAL EXPERIENCES FOR THE STUDENT TO DISCOVER WHILST LEARNING AND DEVELOPING EVERYDAY SKILLS.

## “WOODLEIGH”

BY MICHAEL  
NORMAN

*“We learned from the beginning that a good many young people are deeply in need of quiet patches built into the school timetable for stress-free encounters with adults and with peers.”*



*“We must, I believe, learn to pause in our schools. We must set aside the precious taxonomies of syllabus objectives which blanket our days, and cease sometimes from our gung-ho bell-ringing and note-taking and ball-kicking, and drop our professional status and just be with each other as people - teachers as people and children as people. Listening”*

M. NORMAN (1982) WOODLEIGH

## ARTS AND CRAFTS

### Christmas Crafts (Yrs 7–10)

You will have the chance to make some unique Christmas themed items for yourself or to give to someone special. There will be a range of projects that include decorations for the home, Xmas table and tree. This will include using a variety of materials and craft techniques.

### Craft Club - Create and Blog (Yrs 7–10)

Research crafty blogs, make your own items and write a blog of the trials and tribulations of crafting. You will be given the chance to learn to make those things you rarely get time for, including polymer clay jewellery, recovering old lamps, designing and/or altering recycled clothing, the possibilities are endless.

### The Latest Craze (Yrs 7–10)

The offerings will depend on staff and student interest, the latest craze and the only limitation will be how far the imagination can travel. Using a variety of materials we can find around the school or local recycled materials. You can design and make your own products.

## COOKING

### Christmas Gifts from the Kitchen (Yrs 7–10)

Make a number of different items that you can give as Christmas gifts, including biscuits, shortbreads, chocolates, mini Christmas puddings and other Christmas themed treats. You will have the opportunity to wrap and gift pack these items for beautiful presentation.

### Cooking Around the World (Yrs 8–10)

Come and share ideas and recipes for interesting, appetising and creative international dishes. We will explore a different style of multicultural cooking and look at food presentation methods unique to cultures other than our own.

### Cooking for the Red Hill Show (Yrs 8–11)

Develop your skills in food preparation, decoration and presentation for this year's Red Hill Show. A selection of your work will be entered into the show and you will also have some excellent products to take home. The products will include a range of chocolates, confectionary, preserves and baked items.

### Cooking Outdoors (Yrs 7–11)

Come and share ideas and recipes for interesting, appetising and creative camp dishes. Each lesson we will explore a different style of camp cooking skills using a Trangia stove, cooking with minimum pots and ingredients that don't need refrigeration. We will also include using the dehydrator. This Activity will be beneficial to Year 8 students in preparation for the Baw Baw hike.

### Gourmet Gifts for Giving (Yrs 9–11)

Join us in the kitchen to make some beautifully presented gourmet treats to eat yourself or give as gifts. We will produce, package and label an assortment of delectable delights including chocolates, biscuits, confectionary, condiments, preserves and sauces.

### Lunchtime Treats (Yrs 8–11)

Use a range of fresh produce and pantry ingredients to make some fantastic treats suitable for school lunch. Foods made will include a range of salads and snack items. A range of cooking and food presentation techniques will transform boring lunches into something spectacular.

### Summertime Salads and More (Yrs 7–11)

Fresh seasonal fruit and vegetables look and taste great while providing us with all the nutrients to make us healthy. Make tasty, glamorous, mouthwatering salads that can be served for snacks, main courses, side dishes and even sweets.

### Sweet Treats (Yrs 8–11)

Develop your skills in food preparation, decoration and presentation including a range of chocolates, confectionary and other sweet delights.

# HEALTH, LIFESTYLE & PRACTICAL SKILLS

## TEXTILES AND FASHION

### **Fur and Fleece Frenzy (Yrs 7–11)**

Make and create a variety of items using fabulous faux fur. Anything from colourful cushions, beanbags, stars, moons and hearts, shoulder bags or even the traditional teddy and beanbags. Also available – soft toys, dogs, cats, pigs etc. No prior sewing experience required.

### **Knitting (Yrs 7–10)**

Come and knit yourself a scarf, using big needles. This is a unique process and a range of wools and textures can be chosen to keep you warm and cosy. Feel free to bring a project along to complete or have a practice on the supplied materials. Great for beginners.

### **Patchwork (Yrs 7–10)**

Create your own cushion or wall-hanging. You will cut your own templates, sew the fabric shapes together and applique the finished tumbling blocks or star to a background fabric. You will hand quilt the block and then you may choose to make it into a cushion or wall-hanging.

### **Sewing Galore (Yrs 8–11)**

During this Activity, you will work on a selected project as decided by the group. A great Activity and the chance to wear what you make at the weekend. During one of the early sessions we will journey to Spotlight in Frankston so that you can purchase the material for your project. **Transport provided.**

### **Sew Your Own Self-Designed Bag (Yrs 8–11)**

Learn how to sew and decorate a self-designed shoulder bag, useful for books, gym equipment, personal effects or simply a great bag to take with you everywhere. You will learn how to use a basic pattern to craft your own bag and decorate it according to your own taste. During one of the early sessions we will journey to Spotlight in Frankston so that you can purchase the material for your bag. **Transport provided.**

### **Sew your Own Hoodie, Dress or PJ's (Yrs 8–11)**

Sew a garment for yourself or a family member. You will require basic sewing machine skills to complete. We will use a sewing machine and the overlocker for a professional finish. During one of the early sessions we will journey to Spotlight in Frankston so that you can purchase the material for your garment. **Transport provided.**

### **Sew your Own Onesie (Yrs 8–11)**

Design and sew a onesie for yourself or a family member. You will require basic sewing machine skills to complete. We will use a sewing machine and the overlocker for a professional finish. During one of the early sessions we will journey to Spotlight in Frankston so that you can purchase the material for your garment. **Transport provided.**

### **Shibori, Tie-Dye (Yrs 7–11)**

Shibori is what is commonly thought of in the West as tie-dye. You will learn about creative fabric dyeing such as rust and ice dyeing and follow a simple pattern. You will then use the remaining time to sew and create your own bag, cushion cover and/or pencil case.

# HEALTH, LIFESTYLE & PRACTICAL SKILLS

## LIFESTYLE

### Build your own Fishing Rod (Yrs 7–11)

You will learn the craft of custom rod building. Sizing your rod for the task, lining up and spacing the runners, securing the runners with silk and finally designing your rod end and reel seat.

### Come and Learn Surfboard Shaping (Yrs 7–11)

During this Activity students will research, design and produce a fiberglass surfboard. 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, fiberglass and polyester resin. At the culmination of the unit, the students will have constructed and decorated a fiberglass surfboard. **There are cost associated with this Activity.**

### \*Fishing (Yrs 7–11)

This Activity is suitable for absolute beginners through to the expert angler. Each session we will travel to a nearby location for an hour of land based fishing. These will include Cannons Creek, Frankston Pier, Hastings Pier, Patterson River, Tooradin and Stony Point Pier. Students will need to supply their own rod and tackle. Bait will be provided by the school. This is a 'catch and release' activity and fish will not be kept. Parents should note that components of this Activity have some element of risk. **Transport provided. Sunsmart applies.**



### Circus Skills (Yrs 7–10)

This may be your first big chance to learn how to juggle, balance and even ride a unicycle. Tightrope, Balloon Modelling, Devil Sticks, Diablo and Stiling will also be included. Sessions will take place at Woodleigh and most activities will be held outside. **Sunsmart applies.**

### Strategy Board Games (Yrs 7–10)

Challenge your brain with a variety of old and new games. Come and play classic strategy board games such as Scrabble, Chess, Backgammon and Diplomacy, and prize winning modern board games such as Settlers of Catan and Dungeons and Dragons. Develop your team work, thinking strategies and enhance your rational thought processes.

### Survivor at Woodleigh (Yrs 7–10)

Come and battle for survival against rival teams and pit your wits, ingenuity, and teamwork against all comers. You will be stranded in the remote village community of Woodleigh. Rival teams will compete in a range of challenges – sporting, problem solving, cultural, intellectual, and personally confronting. There will be no evictions from your team, but handicaps will apply. Some of the contests will take part off-campus at mystery destinations. Teams will be cross-age. **Transport provided. Sunsmart applies.**

### Wellness and Sustainability – Cooking, Sewing and More (Yrs 7–11)

Come and explore what wellness and sustainability is through a combination of activities that enhance the wellness of self, others and the environment from a sustainable view point. You will be involved in park or beach walks. You will be introduced to relaxation and mindfulness, essential oil candle making, cooking, sewing fruit and veg bags. Some of our goods will be available for us to sell at lunchtime and possibly at a stall in Mornington. We will plant seeds in the kitchen garden and indulge in worm farm maintenance. During the Activity, you will be encouraged to keep a recycled paper journal and we will also address concepts such as basic positive psychology, energy consumption and expenditure on a personal, local and global level. **Transport provided. Sunsmart applies.**

# HEALTH, LIFESTYLE & PRACTICAL SKILLS

## GARDEN AND AG HORT

### Animals, Gardens and More (Yrs 7–11)

Plant out a garden or work with the animals, including our sheep. There are lots of possibilities. If you are into plants, you can plant herbs, vegies and flowers. Perhaps you may like to make a garden sculpture or do some constructing. You might like to work with the sheep team and prepare the sheep for lambing. You are bound to have heaps of fun, with like-minded people. You will need suitable clothing and closed-toe sturdy shoes. Sunsmart applies.

### Growing, Sowing and Showing (Yrs 7–11)

Harvest some vegies, grow some herbs, work with the animals or build something. Design and plant out some raised garden beds. Learn how to prepare our Corriedale Stud for showing at the Berwick, Pakenham and Red Hill Shows. You will need suitable clothing and closed-toe sturdy shoes. Sunsmart applies.

### Spring Gardens and Animals (Yrs 7–11)

You will get the opportunity to work with the Woodleigh animals and gardens on the farm. You can learn how to care for sheep, feed, par, crutch, prepare fleece and lead the sheep for the Geelong and Whittlesea Shows. You can also help to look after the other animals on the farm, including goats, chickens and ducks. You will need suitable clothing and closed-toe sturdy shoes. Sunsmart applies.



### Sustainability & Leadership (Yrs 7–11)

Explore the fundamentals of leadership and the attributes that make good leaders. With Sustainability as a theme, develop skills and resources to lead and empower other members of the community to help make a difference. Working out of the Ag Hort Centre you will learn about the animals and be outdoors. You are bound to have heaps of fun, with likeminded people.

### Lambs and Gardens (Yrs 7–10)

Come and work with the school's lambs to get them ready for some handling and training. There will also be sheep preparation for the Shows. If gardening is your thing it is the perfect time to be preparing for the spring growing season – lots of scope for growing flowers, vegies or herbs. All welcome.

### Kids Teaching Kids (Yrs 7–10)

The Kids Teaching Kids (KTK) concept raises awareness and drives action on local and global environmental issues, bringing communities together to solve common challenges and help the next generation of leaders who will take collective responsibility for our future. KTK connects and challenges students with real world issues and gives them tools to manage their own learning and become confident, caring and informed citizens ready to take on new challenges. This Activity will be exploring themes for the workshop and developing hands-on activities to run for students from other schools.

## CULTURE

### Bush Foods (Yrs 8–11)

Familiarise ourselves with a range of Australian Ingredients and use them in preparing a range of sweet and savoury foods. Such ingredients will include kangaroo, mountain pepper, macadamia nuts, lemon myrtle and wattleseed. Students will also have the opportunity to take one of their favourite recipes and adapt it using these ingredients.

### Japanese (Yrs 7–11)

Be transported to the mysterious world of Gion in Kyoto and experience some of the Geisha arts from times past - the tea ceremony, flower arranging and calligraphy. Try on a Yukata and learn about the Ninja. Travel with Astro boy and Ponyo on their adventures and spend time making Origami with exquisite Japanese designs. Learn basic Japanese business etiquette and how to order a meal in Japanese.

### A Glimpse of Spanish (Yrs 7–11)

Learn some simple language skills of counting, common expressions and basic vocabulary. Explore the basic history, linking it with styles of art, and create simple mosaics reflecting the influence of the Moors, using glass or tiles. Explore the development of Flamenco in the Andalusian region of Spain, including learning some basic dance steps and the Compas. Finally, there will be an introduction to the unique practice of tapas - small portions of food to be eaten with friends. Ole!

# HEALTH, LIFESTYLE & PRACTICAL SKILLS

## MIND BODY AND SPIRIT

### Aromatherapy and Natural Remedies (Yrs 7–11)

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 a herbal bath sachet. In addition, you can try your skills at candlemaking 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.

### Book Sculpture (Yrs 7–9)

Try your hand at making a creative use of old books and photographs. This Activity is a cross between art and scrapbooking. We will use paper in all forms to make useful and decorative projects.

### Freestyle Nunchakus Tricks (Yrs 7–10)

You will be introduced to training using Nunchakus and develop some tricks. Freestyle nunchaku is a modern style of performance art. The use of nunchaku can help students improve their reflexes, hand control and other skills since it allows the development of quicker hand movements and improves posture.

### Girls Health and Wellbeing (Yrs 7–11)

Come and learn about your health and wellbeing. You will explore wellbeing and wellness, different types of health and fitness methods and healthy options. Sessions will include practical lessons based on individual set goals, exploring women in different cultures and discussing health alternatives to lead a balanced lifestyle. Includes visits and instruction with external fitness practitioners and wellbeing professionals, either at Woodleigh or off campus at a local Gymnasium or Fitness Centre. **Transport provided.**

### Mindfulness, Basic Meditation and Visual Reflection (Yrs 7–11)

Be guided through basic body movements and postures, whilst focusing on your breathing. You will have the opportunity to learn some basic meditation and relaxation techniques that can be applied to everyday activities and studies whilst developing an awareness of your habits of mind. You will reflect through a visual diary.

### \*Russian Systema (Yrs 7–11)

Systema is the Russian word for 'The System' and is a martial art combining both body and mind. Systema is constantly evolving relying on the simple principles of breathing, movement, relaxation and correct body structure. During these sessions you will be instructed by a qualified and experienced instructor. You will cover the basic fundamental concepts of Systema training, whilst developing self-esteem and self-confidence. **Note:** this Activity is conducted by instructors from Southern Self Defence at their purpose-built venue in Somerville. 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. **Sports gear required. Transport provided. Cost: There are costs associated with this Activity. (approx. \$50). Permission required.**

### \*Skating at the Shed (Yrs 7–11)

Skateboard at 'The Shed', Cranbourne. 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. Parents should note that components of this Activity have some element of risk. **Safety gear required. Transport provided. Cost: There are costs associated with this Activity. (approx. \$50). Permission required.**

### Tai Chi Exercise (Yrs 7–11)

Tai Chi promotes good health, improved concentration and overall wellbeing. It uses moving postures and forms to exercise the joints and muscles of the body. The health benefits are derived from these slow, gentle and tranquil movements which enable harmony in mind and body. Loose, comfortable clothing and flat shoes should be worn.

### The Model Club (Yrs 7–10)

This Activity is for those students who love to build model planes/cars etc from kits or have a passion for painting Warhammer figures. You can continue projects begun at home, or start something new. For 'beginners' there will be plenty of 'experts' around to guide you.

### \*Wing Chun Kung Fu for Self-Defence – Boys and Girls (Yrs 7–10)

Developed by a Buddhist nun, Wing Chun does not use superior strength against an opponent, but instead relies on deflection of force and direct strikes. Like all Kung Fu, Wing Chun promotes self-confidence, self-discipline and an understanding of the philosophies behind Chinese Martial Arts. The Activity is undertaken at Woodleigh and is conducted by an external instructor 'Master Joe Sayah' who has worked with famed Kung Fu practitioners including Jackie Chan, Jet Li and Robert Downey Jr. **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. **Sports gear required. Cost: There are costs associated with this Activity. (approx. \$50). Permission required.**

### Yoga and Basic Meditation (Yrs 7–11)

This Activity will focus on postures, breathing, relaxation, movements and stretching whilst aiming to develop an awareness of the mind-body connection. You will have the opportunity to relax using self-chosen imagery, music and muscle tensing. Classes will be taken by a qualified Yoga teacher.

# INFORMATION & COMMUNICATION TECHNOLOGY

THESE ACTIVITIES INTRODUCE, DEVELOP AND FURTHER PREPARE OUR STUDENTS IN INFORMATION AND COMMUNICATION TECHNOLOGY.

## ADOBE

### Animating Using Adobe Flash (Yrs 7–11)

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

### Photoshop for the Beginner (Yrs 7–11)

Capture images and learn to manipulate them in Photoshop – a great software package. We will start from the very basics and develop your skills in the industry standard photo manipulation program. Change faces, do animations, put yourself with others in different images, fix old photos or make your digital photos come to life.

## MAC

### How Do I Do it on MAC (Yr 7 Only)

This Activity is an introduction to the Mac computer, for those who have little or no experience with Macs. You will learn about; loading Mac programmes, connecting to home wireless, working with the dock, backing up and synchronising to skydrive or iCloud. All your questions will be answered, including ‘Where’s that programme hiding? How do I change the look of things? Where are my files?’ And lots more...

### iMovie Making - Stop Motion Video (Yrs 7–11)

Calling all Lego fanatics or Wallace and Grommit movie makers. Join this Activity and write, produce, direct, shoot and edit your very own short animation film or commercial. Using stop-motion techniques of video animation, you will go through all of the tasks associated with this media format, including storyboarding. We will also look at the work of animators. This is a great chance to pick up skills whilst having some fun working in small groups.

### Mac Attack (Yrs 7–11)

Want to get to know your MacBook better? Join others in exploring some of the many features, programmes and applications of your laptop including: AirDrop, iMessage, FaceTime, Reminders, iCal, iTunes, iPhoto, iMovie, Photo Booth, QuickTime, Pages, Numbers, Keynote and many more. Each lesson we will also spend time on improving our Keyboarding Skills via some games and tutorials.

## EXPLORING TECHNOLOGY

### Create your own Blog with Wordpress (Yrs 7–10)

Come and create your own blog on a topic of your choice. The blog can be used as a full web site or just a tool for conversations and comments. You’ll be shown how to launch it publicly after making sure it’s secure.

### Coding (Yrs 7–10)

In these sessions you will learn to use blocks and written code to complete tasks, program sensors and create your own virtual dress designs or Star Wars game in a galaxy far away. Come and gain a practical understanding of basic coding concepts through experimenting. Students will work together to discover new skills in coding and computer science.

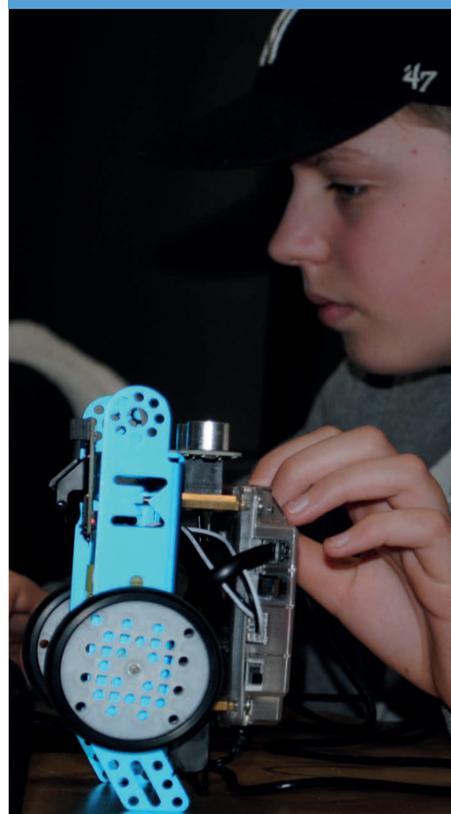
### GameMaker - Make Computer Games (Yrs 7–10)

Learn to use GameMaker 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.

### Google SketchUp (Yrs 7–10)

Come and design a house or a piece of furniture to build. Install it on your MacBook and draw with Google SketchUp. Learn to create illustrative drawing, plans, 3D render and much more. Save, print or publish to the web.

**ICT** enables the student to explore opportunities creatively, using the technology that has been provided to you. We endeavour to allow you to experience, understand and control the digital world that you live in.



Students can study a range of software tools and their applications, including Photoshop, making software games, 3D printing and scanning, animation, CAD, robotics and a number of others. The nature of the Activities offered will continue to evolve as technology grows to ensure our students’ skills remain current.

# INFORMATION & COMMUNICATION TECHNOLOGY

## **Geocaching (Yrs 7–11)**

Geocaching is an outdoor recreational activity in which participants use a GPS receiver and other navigational techniques to hide and seek containers, called 'geocaches', anywhere in the world. Throughout this unit, you'll look at the history of geocaching, make personal 'swaps' (trinkets that are left in caches), decipher clues to hunt down local geocaches, and plant your own caches for others to find.

## **LAN Gaming Strategy Competition (Yrs 7–11)**

If you have dreamed of ruling an army, or being a noble hero, this Activity will let you practice your strategy and teamwork in a friendly competitive setting. Come and share the need for the strategic challenge that comes with managing an army, an empire and an economy all of your own.

## **Make your own Music DVD (Yrs 7–10)**

Come and learn about some of the sound editing programs that are currently used to create your own sound composition and song. Add this to your own footage to make your own music video.

## **Music Technology and More (Yrs 7–9)**

Learn to manipulate sounds with a computer to create your own music composition, or explore the world of electronic sound and maybe create a Zaney ringtone for your phone. Come and learn about some of the sound editing programs that are currently used to create your own sound composition. No music knowledge is required. Software explored includes Audacity, Audition and Garage Band, with the possibility of an excursion to a Music Studio in Mount Eliza. **Transport provided.**

## **Production Technology and Back Stage Crew (Yrs 7–10)**

Learn about technology and the skills needed for back stage support, including lighting, mixing desk, back stage crew. You will have hands on experience through using all the technology in the Woodleigh School Hall and put this into practice during assemblies, productions and other practical sessions. There is an opening for 12 students mixed age; 4 on lights, 4 mixing desk, 4 back stage hands. Come and get involved in some real learning and a chance to offer a service opportunity for the Mornington Special Development School's production.

## **Raspberry Pi (Yrs 7–10)**

Using this tiny computer, you will develop and personalise your own project depending on your interests. Learn about the model, the operating system and the main programming language as you develop tasks to complete.

## **Robotics (Yrs 7–10)**

You will create robotic models using Lego Robolab. These robots will be given simple tasks to complete e.g. Clear the objects from a space, fastest to climb a ramp, the robot that can climb the steepest ramp and more.

## **Techsploration (Yrs 7–10)**

Become more competent with a new software package or app. Share your skills with others by creating a tutorial video on how to use something. Investigate Aurasma (augmented reality), Adobe Voice (animated video creation on an iPad), Camtasia (screen casting), sign up for an online tech course, get the most out of Outlook, iMovie, iPhoto or even your Mac in general! Take control of your own learning and set your own goals.

## **3D Printing and Scanning (Yrs 7–11)**

This Activity is for those students who love to design and keep in touch with new technology. During the sessions, you will design your own keyring or piece of jewellery and, using up to date software, transfer and print it in 3D.



# COMMUNITY & SCHOOL PARTNERSHIPS

THESE ACTIVITIES GIVE STUDENTS LEARNING ENVIRONMENTS TO RESEARCH, DISCOVER AND DEVELOP PRACTICAL AND CREATIVE WAYS TO SUPPORT OUR LOCAL, NATIONAL AND GLOBAL COMMUNITY.

## SOCIAL

### Catering for a Cause (Yrs 8–10)

Work with others to produce a large quantity of food each session and sell it to the school community at lunchtime to raise money. Please note that you will be required to help out with the selling and cleaning up over the lunch break a couple of times during the unit. Each lesson you will have the opportunity to develop your practical skills, taste your own cooking and feel great that you are helping to raise money for a worthwhile cause. Food items include soup, pasta, curry, cakes, biscuits, slices and preserves for sale to students in Homestead or staff.

### Community Partnerships (Yrs 8–11)

Work within the community at a chosen location. Service Activities may include; Sustainability, IT Teaching, Kankama, Tutoring and others. The type of service Activity will be determined depending on interest, availability and needs of service.

### HPV - RACV Energy Breakthrough (Yrs 7–10)

This unit is compulsory for all students who wish to compete in the RACV Energy Breakthrough at Maryborough. This unit will include preparation for the group presentation, any finishing touches on the HPV's construction and some last minute training.

### Junior Activist (Yrs 7–8)

This Activity aims to inspire students to take action, be it protecting the environment, working for animal rights and welfare, recycling and much more. Find your passion through education activities, direct action, poetry, art or music. Activity sessions will revolve around the specific issues of interests to each student including discussion of ways we can make a difference. Each student is encouraged to run a session in order to educate others about a cause

### Kinglake Community Service (Yr 10)

Students will plan and prepare for a visit from some of the Kinglake students to Woodleigh in November. Students will need to decide on what activities to run with the students of Middle Kinglake Primary and what resources they may require as well as funding for these resources.

### Mornington Special Development School (Yrs 7–10)

Learn about technology and the skills needed for back stage support, including lighting, mixing desk, back stage crew. You will have hands on experience through using all the technology in the Woodleigh School Hall and put this into practice for the Mornington Special Development School's production.

### Social Awareness and Leadership. Do you want to make a difference? (Yrs 9–11)

This Activity will raise awareness of social issues and develop leadership skills. You will have the chance to learn about the effects of different cultural and environmental situations and enhance your appreciation of how knowledge can inspire individuals to actively contribute to improving and implementing social change. There will be an opportunity to attend the World Vision Leadership Convention (an Australia-wide one-day convention at the Melbourne Exhibition Centre) and meet with young leaders from the Oaktree Foundation. You will also be given the chance to work with a coach on your public speaking skills. Armed with the knowledge and skills you will then be encouraged to lead your own activities and awareness campaigns within the school and the wider community.

### Tutoring Activity (Yrs 9–11)

You will prepare students for tutoring at Homework Club on Tuesday evenings at the Brotherhood of St Laurence. The Homework Club specifically caters for refugee students and there will be cultural sessions aimed at helping you to understand the background of many of the students (mainly Sudanese). You will complete a tutoring course to help with tutoring as well as create activities for the primary students.

## THE WOODLEIGH COMMUNITY

Woodleigh's community partnership programs aim to provide mutual benefits to the students and the broader community and are based on sustainable, positive relationships.

Our students gain leadership skills, accountability and an awareness of the wider community while developing positive connections.



# COMMUNITY & SCHOOL PARTNERSHIPS

## WOODLEIGH COMMUNITY AND DEVELOPMENT

### **Brian Henderson Reserve – Investigation, Animal Care and More (Yrs 7–11)**

Come and learn about wildlife and the environment. In this Activity you will support the day to day management of the Brian Henderson Reserve. Feed the animals, contribute to enclosure maintenance and set up, 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, such as pest control, will also be performed outside the boundaries of the Reserve. We'll do lots of interesting scientific monitoring; water testing, plant identification, animal trapping and identification and also help with some of the maintenance; animal feeding, fence and track repairs, pest plant removal and pest animal control. **You will need suitable clothing and closed-toe sturdy shoes. Sunsmart applies.**

### **\*Build and Ride a Mountain Bike Skills Course (Yrs 7–11)**

Come and build Woodleigh's very own mountain bike skills course. This will involve significant manual labour – you will be digging holes. There will be more digging than riding at first until the track gets established. **You will need suitable clothing and closed-toe sturdy shoes. Sunsmart applies.**

### **Field Gnats and Brian Henderson Reserve (Yrs 7–11)**

We will investigate Woodleigh's environment and seek ways to make it more diverse. We'll identify plants and animals that exist on the school property, remove weeds, try to control pest animals such as rabbits, plant new plants, build fences and help with the work of the Field Gnats and the Friends of the Brian Henderson Wildlife Reserve. **You will need suitable clothing and closed-toe sturdy shoes. Sunsmart applies.**

### **Library Apprentices (Yrs 7–11)**

This Activity gives you a chance, not just to do a much appreciated service to the school, but to learn about how the library works, help select new books and DVDs and prepare new library resources for borrowing.

### **Peer Led Activity (Yr 10 Peer Support Leaders only)**

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. The different Activity sessions are planned, prepared and delivered by committed students who have completed training with the Rising Generations Group.

### **Rustic Furniture and Construction (Yrs 7–11)**

Create furniture out of recycled materials from the old Homesteads and found objects like branches. Make large items like picnic tables and bench seats for around the school. **You will need suitable clothing and closed-toe sturdy shoes. Sunsmart applies.**

### **Students: Run or Assist in an Activity (Yrs 9–11)**

Here is a great chance for students in certain year levels to develop some practical skills in leadership by assisting a staff member to run their Activity. You don't need to be an expert, all you need to do is be prepared to have a go.

### **Wood - Build and Construct (Yrs 7–11)**

These Activities will evolve and be designed as we progress through the year. They will be available for selected students who pre-book with the teacher in charge. The units will vary depending on projects that arise and student interest. Examples include; building a boardwalk in the BH Reserve, build a mindfulness garden. **You will need suitable clothing and closed-toe sturdy shoes. Sunsmart applies.**

## WOODLEIGH DEVELOPMENT

Hands on learning, is engaging learning.

Student designed and built projects, allow for the practical application of teamwork, problem solving and initiative skills. Real world skills are best achieved by tackling real world projects. Woodleigh has the land, the passionate staff and the will, to facilitate student led projects as an integral part of the future development of Woodleigh. We recognise that effective learning happens as much out of the classroom, as in the classroom.

In this case, it is the process, not the product, which matters most.



# COMMUNITY & SCHOOL PARTNERSHIPS

## BROADENING HORIZONS

### **Cambodia Preparation (Yr 10)**

For those students who will be travelling to Cambodia on the Broadening Horizons Exchange Program. You will be involved in a variety of preparation activities.

### **International Exchange Preparation – France and India (Yr 10)**

For those students who will be travelling to France or India on the Broadening Horizons Exchange Program. You will be involved in a variety of preparation activities. You will be expected to complete this Activity if you are on the French or Indian Exchange.

### **Round Square Preparation Activity (Yrs 7–10)**

Come and explore and develop leadership, presentation, public speaking and creative engagement skills needed to head the Round Square group activities. A variety of different games, exercises and activities will be explored throughout the unit.

## ABORIGINAL EXCHANGE PROGRAM

### **Ampilatwatja Preparation (Yr 10)**

This Activity will focus on cross-cultural preparation for those students participating in the visit to Ampilatwatja at the end of the year. Ampilatwatja is a remote Aboriginal community, (4 hours north-east of Alice Springs) of Alyawarre-speaking people. Students will learn about Alyawarre people, their history and country, language and culture, and about the particular community we are visiting in desert country in the heart of Australia.

### **Preparation for Miwatj - North East Arnhem Land (Yrs 9–10)**

As part of the Broadening Horizons program, Woodleigh School will offer a unique experience for a small number of students to visit Aboriginal communities in North East Arnhem Land. The trip would involve travelling and staying at Yirrkala, a main Yolngu township, as well as visiting a remote coastal Homelands community. This trip will provide students with a once in a lifetime opportunity to meet and live with Yolngu peoples and to gain an insight into their rich and ancient culture. This Activity will prepare students prior to departure, focusing on Yolngu language and culture, as well as undertaking cross-cultural training.

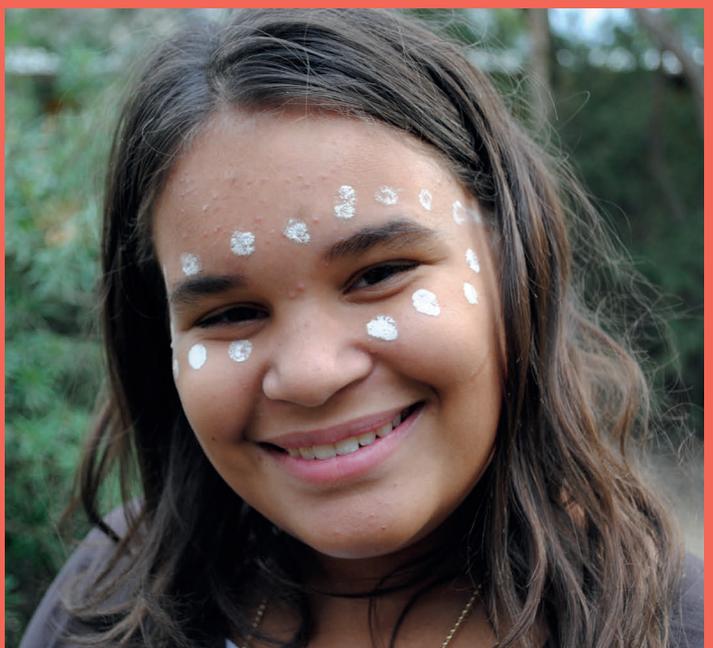
## ABORIGINAL EXCHANGE

*In Alyawarr, the word 'pweyterreyel' means 'come together'.*

'Rrambani' is a concept in Yolngu culture that also means 'to meet together on equal terms', literally, to be 'the same height'.

That is what the exchange program is about, students from Woodleigh and Alyawarr and Yolngu Aboriginal communities, learning 'both ways' from each other.

There is so much to be learnt from the oldest continuous living culture on this planet... and so much to be achieved in terms of reconciliation.



# CAMP PREPARATION ACTIVITIES

THESE ACTIVITIES PROVIDE A RANGE OF PERSONAL CHALLENGES AND SOCIAL EXPERIENCES FOR THE STUDENT TO DISCOVER, WHILST LEARNING AND DEVELOPING OUTDOOR SKILLS.

## TERM 1

### **Hattah Preparation – Compulsory Unit for All Year 10 (Yr 10)**

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, first aid, gear and food requirements and options. Also during the unit gear will be issued for use on camp. Hattah Preparation will run throughout Term 1. All Year 10 students will automatically be placed into this Activity.

## TERM 2

### **City Bound – Compulsory Unit for All Year 9 (Yr 9)**

Year 9 students are involved in City Bound for two weeks during Term 2. During this Activity unit, students will prepare for City Bound during their time at school.

## TERM 3

### **Golf Camp Preparation Activity (Yrs 7–10)**

You will improve your golf and develop your interest and skills further and prepare for camp. Catering from novices to intermediate players. Sessions will be held at Mornington or Frankston Golf Club. Students should provide their own clubs and balls but assistance can be given to students who have no gear. Remember to bring your own hat, glove, clubs as required. **Transport provided.**

### **\*Mountain Bike Trails Camp Preparation (Yrs 7–10)**

This Activity is compulsory for all students attending the Mountain Bike Camp. You will undertake bicycle maintenance and practise your mountain biking skills on the Woodleigh Mountain Bike Track. You will undertake dry land fitness training through spin classes at YMCA Somerville, PARC, Input Fitness or Core Fitness, Frankston. **Sports gear required** plus a towel and water bottle. **Transport provided.**

### **\*Snowboarding and Ski Camp Preparation (Buller, Hotham; Downhill and Cross Country Ski) (Yrs 7–10)**

Come and get into shape, get to know those who you'll be skiing and boarding with and begin to have some fun. This Activity is compulsory for all students attending these camps. Students involved in this Activity will undertake a program that will maintain the muscles, loosen the lungs and get the adrenalin going for what should be an action packed camp. Students will spend one session at school in the Mezzanine, one session out of school at YMCA Somerville. Some of the activities students will participate in will be weight training, task specific fitness training and aerobic training using gym equipment at both Somerville and the Woodleigh Gym. Students will also participate in a minor games session each week, either in the Woodleigh Gym or Multicourts. **Sports gear required** plus a towel and water bottle. **Transport provided.**

### **\*Woodleigh Aviation: Preparation for Camp (Yrs 7–10)**

Camp organisation, flight planning and preparation are all part of this lead up Activity vital to attendees. **Transport provided.**

**Cost: There are costs associated, this depends on the number of flying hours.**



# LOCAL COMMUNITY PROVIDERS & LINKS

The Activities Program builds and develops community service and connects students with external providers, coaches, community centres, gymnasiums, leisure complex's, fitness professionals and creates connections for the future. Below is a list of some of our current providers. This list grows as our program is built each year and as new links and resources emerge. Additions may be added any time through the year.

## LIST OF PLANNED PARTNERS, PROVIDERS AND LOCATIONS.

Asylum Seeker Centre, Dandenong  
Art of Balance Yoga Centre  
City Life, Frankston  
Homework and Learning Club, Frankston  
King Lake Primary School  
Local Personal Trainers  
Mornington Special Developmental School  
New Hope Foundation and Brotherhood of St Laurence

Bayside Rock Climbing Centre  
Dolphin Gymnastics  
Dry Felting - Zetta Kanta  
Eliza Archery - Alec Potts  
Gravity Zone  
Frankston and Mornington Indoor Sports Centres  
Jennie Alderton Designs  
Mornington and Frankston Golf Club  
Mornington and Hastings Yacht Club  
Mornington Croquet Club  
Mornington Civic Centre and Reserve  
Mornington Gymnastics Club  
Peninsula Aero Club  
Peninsula Aquatic and Recreation Centre, Frankston  
Peninsula Fencing Academy  
Peninsula Skateworld  
Somerville Bowls Club  
Somerville Martial Arts Centre  
Somerville Recreation Centre  
Somerville YMCA  
Tennis Tech - Andy Scott, Hirimu Malau  
The Shed Cranbourne  
Zone Bowling Frankston

Baxter & Bunurong Park  
Frankston & Seaford Foreshore and Beach  
Langwarrin Flora Fauna Reserve  
Local Running Tracks and Parks  
Local Beaches and Piers  
Local Gymnasiums and Fitness Centres  
Local Restaurants  
Local Walking and Bike Tracks  
Peninsula and Eastlink Bike Tracks  
Somerville and Frankston Shopping Centre

I LOVE ROCK CLIMBING,  
BUT I'M ALSO A  
LITTLE BIT AFRAID  
OF HEIGHTS.  
THAT'S WHY I CHOSE TO  
DO THIS ACTIVITY.  
IT WAS A GREAT OPPORTUNITY  
TO FACE MY FEAR  
AND CONQUER  
THE BIG WALLS.

YEAR 7 STUDENT

