

Activities 2018



General Information

Please use the information provided in this booklet about the activities on offer to make your selection. The range of activities is vast, both in nature and cost.

Deadlines

Please note that, for efficient administration of the activities, these deadlines are not flexible.

Booking activities	System opens: 5 pm on Friday 11 May System closes (deadline): midnight on Friday 18 May	Any students who have not booked activities by the deadline will be allocated to a free activity.
Information sheet	Return to reception by: Monday 21 May	Students who do not return their information sheet will be limited to on-site activities only.
Payment	System opens: 5 pm on Friday 25 May System closes (deadline): 3 pm on Tuesday 3 July	Students will be transferred from an activity that has not been paid for by the deadline to a free activity.

Booking activities

The booking system will open at 5 pm on Friday 11 May and closes on midnight at the end of Friday 18 May.

It is the same system used for booking appointments for parents' evenings and is accessed through a link on the Activities 2018 page of our website:

<http://www.thespirescollege.com/students/activities-2018>

Submitting a booking for an activity indicates agreement, consent and commitment for the student to take part in the activities chosen, a commitment to pay for those activities and a commitment by students to behave in the manner that is required (as detailed in the behaviour and safety information detailed below).

Free activities for students who qualify for Pupil Premium.

Students who qualify for Pupil Premium may, if they wish, select one of the following activities free of charge:

Beach art	The Spires' Sweet Bakery
Creaty	Splashdown
Electronics	Sports Crazy
Fishing	Woodlands
Pizza Parlour	Craft of writing

It is not compulsory for students who qualify for Pupil Premium to select one of these options. However, the free claim cannot be transferred to any other activity. The cost of these activities will show on the booking system but will automatically be subtracted on the payment system.

Making payment

Payment can be made between 5 pm on Friday 25 May and 3 pm on Tuesday 3 July.

The options for making payment are:

- ▲ Via ParentPay (using a credit or debit card);
- ▲ By cheque* made payable to The Spires College (with 'Activities 2018' and the name of the student written on the reverse);
- ▲ By cash* (see below).

The quickest, easiest and most efficient way of making payments is by ParentPay. If you have not activated a ParentPay account or experience difficulties with it, please email enquiries@thespirescollege.com to request activation or with details of the issues you are having.

*Payment by cash or cheque should be brought into school by students and handed into our Finance Office (room 1108) at morning break, lunchtime or after college, but not before the start of school when the office is very busy.

***Please do not bring cash payments to the main college reception without an appointment with the Finance Office, as the Reception Office does not have the facility to process them.**

No internet access to book activities?

Our reception staff are able to book activities for families without access to the internet between 9.30 am and 2.30 pm on college days, whilst the booking system is open. Please telephone the main college number between these times if you need assistance with this.

Behaviour prior to Activities 2018

Taking part in Activities 2018 is dependent on an appropriate behavioural record within the normal college environment. The College may identify students for whom taking part in Activities 2018 is not appropriate and they will have alternative arrangements made for them.

Behaviour and safety during Activities 2018

Whilst we always expect our students to behave in an exemplary manner, given the nature and potential hazards of some activities it is particularly important that students behave appropriately.

Students must:

- ▲ Listen carefully to the instructors / activity leaders and follow their instructions carefully.
- ▲ Treat instructors, activity leaders and fellow students with respect.
- ▲ Be supportive to those who may struggle with an activity.
- ▲ Bring a positive attitude to all activities.
- ▲ Remember they have a responsibility to ensure the safety of themselves and those around them.

Any student who does not behave in accordance with college expectations will be collected from their activity to spend the rest of the day in a leadership team detention in college, where they can reflect upon their behaviour choices.

Attendance and punctuality

Attendance for all three days during Activities 2018 is compulsory. Absence due to sickness must be reported as normal. Please note that the college is not able to authorise absence during term time unless there are extraordinary circumstances.

The start and end times for off-site activities vary and specific information will be provided by the activity leaders in due course. All college based activities start 8.45 am and finish at 2.50 pm. Activity leaders will record attendance so there will be no tutor period at the start of the day.

Start times refer to the time that the activity starts, or the time by which students must be at the meeting point for off-site activities. Students must not be late and the late detention system will continue as normal. If students arrive late for off-site activities and miss transport provided they must report to college reception.

Travel

For some activities that take place locally, students will convene at and/or be dismissed from an off-site place. In these cases students must walk or make their own travel arrangements to and from the activity, as they would for getting to and from college. Specific information will be provided by the activity leaders in due course.

Food

On-site activities

Our dining hall will be open at the usual times before college, at break and at lunch to provide hot and cold food for students taking part in on-site activities, but will have a reduced menu. Students entitled to free school meals will receive these as normal. Students may also chose to bring a packed lunch.

Off-site activities

Students must bring a packed lunch plenty of drinks (or money for food and drinks, if appropriate to the activity). The free school meals section on the information sheet must be completed for students who require a free school meals packed lunch for off-site activities, as we need to give the kitchen advanced notice.

Clothing and equipment

Students are not required to wear college uniform for Activities 2018, however the normal rules regarding make-up and jewellery apply. Students should wear appropriate clothing and footwear for the college environment, paying particular attention to any essential items required for their activities, and bring any equipment requested. If they will be outdoors during the activity, students should also bring items that are relevant to the weather conditions, such as a waterproof jacket, sun hat and sun cream.

Cancellation of activities

Some activities in this booklet may not go ahead if too few students wish to take part in them. Also, in very rare cases, an activity may need to be cancelled closer to the time, for instance because of adverse weather conditions or unforeseen staffing issues on the day. If this happens we will talk to the students affected and arrange for them to take part in alternative activities. If the cost of the alternative activity is lower, the difference will be refunded.

Restrictions

Some activities may have height or age restrictions. The website details for venues where this may apply have been provided in the activity information.

Supervision

Students may not always be under direct supervision for some activities. However, for these activities, a member of staff will be available at a central point at all times. After dismissal from activities at the end of the day, students and their families are responsible for arranging their safe return home.

End times

The end times shown for off-site activities for which transport is provided are the estimated times that the students will return to college. This is variable due to traffic conditions on the day. Other activities may slightly run over the estimated end time.

Meetings

There will be final meetings about activities that all students must attend during period 5 on Friday 13 July. Activity leaders may call other meetings before this time to share and gather information.

Information sheet

Please complete the information sheet at the back of this booklet and return it to reception by Monday 14 May. Students who do not return their Activities 2018 information sheet will be limited to take part in on-site activities only.

Risk assessments

All activities have been fully risk assessed in compliance with Devon County Council's policies.

Questions and queries

If you have any questions please email Mr Kay: nkay@thespirescollege.com. Students will find Mr Kay in our Sixth Form Centre.

Residential activities with places remaining

Mountaineering in Snowdonia, Wales

Cost: £120	This is the perfect trip for students who aspire to take part in Ten Tors Challenges, The Duke of Edinburgh Award, or anyone who fancies climbing some of the highest mountains in England and Wales.
Duration: Tuesday to Friday	Whilst staying in a bunkhouse in the Ogwen Valley, we'll have access to some of the most spectacular mountains the UK has to offer, right on our doorstep. We'll spend three days scrambling, trekking and learning skills required to be self-sufficient in a mountain environment. For those who love a challenge, we'll of course attempt to climb Mount Snowdon!
Leader: Mr Kay	
Places: 12	We'll travel from Torquay by minibus on Tuesday evening to maximise the amount of time in the National Park. All food, accommodation and transport is included, and students will need at least a pair of walking boots, water proof trousers and a waterproof jacket. This is a fantastic opportunity to experience the Welsh mountains and experience some true adventure.

Adventure at Heatree House, Dartmoor

Cost: £165	Heatree Activity Centre, in the heart of Dartmoor, is the location for three days and two nights of outdoor pursuits, games, competitions, adventures and fun.
Duration: Wednesday - Friday	The three days will be spent enjoying kayaking, gorge scrambling, rock climbing and a 'Mission Impossible' as well as other outdoor activities.
Leader: Mr Blacklock	Food and accommodation is included in the price, along with transport to and from the college.
Places: 20	No previous experience is needed, just a sense of fun and adventure and a willingness to try!

Overview of **Three-Day** and **Single-Day** Activities

Three-Day Activities	Places	Cost
Drama	30	£30
Film-makers	16	£25
Football	60	free
Mountain Biking	15	£30
Leisure and culture mix-up (Aztec)	30	£21
Science and Fossils	30	£30
Writing	40	£12

Single-Day Activities

Wednesday	Places	Cost	Thursday	Places	Cost	Friday	Places	Cost
Beach art	30	£5	Beach art	30	£5	Beach art	30	£5
Console crazy	35	free	Crealy	120	£18	The Bear Trail	30	£23
Drum and Guitar workshop	20	free	Drum and Guitar workshop	20	free	Bristol Zoo and Cribbs Causeway	44	£21
Electronics	20	£4	Film Club	60	free	Console crazy	35	free
Film club	60	free	Fishing	15	£20	Drum and Guitar workshop	20	free
Splashdown	50	£17	Longleat Safari Park	44	£22	Electronics	20	£4
Sports Crazy	30	£10	Museum of Computing	40	£32	Film Club	60	free
Surfing	14	£21	National Trust volunteering	10	free	Pizza Parlour and Italian food	16	£6
#ThisGirlCan	30	free	Paddle-boarding	14	£21	Sports Crazy	30	£10
Woodlands	120	£18	Sports Crazy	30	£10	#This Girl Can	30	free
			The Spires' Sweet Bakery	16	£7	Woodlands	120	£18

Details of all activities are on the following pages:

Three-Day Activities - Details

These are three day inclusive activities. When booking, you will need to select your chosen three-day activity once and it will automatically be booked for three days. These activities cannot be selected for only one or two days.

Drama workshops and trip to Theatre Royal, Plymouth

Cost:

£30

Unleash your inner lovey by taking part in workshops led by actor, director, lecturer and founder member of Symbiotic Theatre Company, Kev Johnson. Mr Johnson runs the acting and musical theatre courses at Plymouth Marjon University and also works for the Theatre Royal, Plymouth as a freelance artist. He has a lot of knowledge and is a very skilled workshop leader.

Duration:

All three days

On Wednesday and Thursday the workshops will take place in the Drama spaces at the college. On Friday we will travel to the Theatre Royal Plymouth, for a workshop at TR2, the theatre's educational space, followed by a backstage tour of the theatre. The day will finish off with an hour to browse the main shopping area of the city.

Leader:

Ms Deekes

The workshops will explore physical approaches to storytelling and stage combat in pairs and small groups. It will be active, fun and creative. If you enjoy drama and dance, like being inventive and imaginative and want to try something new and different, this is the activity for you!

Places:

30

Football with TUFC

Cost:

Free

Have you ever wanted to know what it might be like to be a professional football player? We can't give you the money or the fame but we can improve your football ability.

Duration:

All three days

Spend a day under the expert tuition of Torquay United coaching staff at Quinta fields and learn the craft of the beautiful game. In the afternoons, there will be an ultimate football competition.

Leader:

TBC

Students will need football boots, shin pads, drinks, a packed lunch and snacks as well as sun protection and waterproof clothing to play in, if it rains.

Places:

60

Film-makers

Cost:
£25

This is an exciting opportunity to make your own stop-motion film: just like Wallace and Gromit! Are you the next Nick Parks?

Duration:
All three days

Wednesday:

- Discover examples of and research stop motion;
- Design a storyboard/script;
- Design the set and characters (with plasticise);
- Begin filming.

Thursday:

- Complete filming;
- Trip to the cinema (to check out the opposition!).

Leader:
Mrs Collman

Friday

- Add sound to the movies;
- Watch everyone's movies – with popcorn, of course.

Places:
16

Sensible footwear and clothing for the weather conditions are required on Thursday. Lunch can be purchased in Exeter or students can bring a packed lunch with enough for the whole day.

Leisure and culture mix-up

Cost:
£21

Wednesday - Aztec Spa and Games

Enjoy a day of fun and games at the Aztec Spa!

Start the day with a leisurely swim in the relaxing Aztec Falls swimming pool, followed by a delicious buffet lunch in the café area overlooking the pool. Spend the afternoon ten pin bowling, indoor archery and playing on the arcade machines.

You will need to bring swimwear and a towel. There is a café where you will be able to purchase additional food and drinks if necessary.

Thursday – Exeter City Centre

Travel by train from Torquay station to embark on a day out in historic Exeter City Centre.

Duration:
All three days

Students can visit the Royal Albert Memorial Museum and for free, and enjoy the mix of ancient and modern architecture that the city is made up of. For additional entry fee costs, students can visit the Cathedral or underground passages found on Paris Street. Students who don't mind a bit of a walk can wander to the vibrant and interesting Quayside where they will find many arts and crafts on display and for sale. There are also many shops and department stores to explore.

Leader:
Mrs Faulkner
Mrs Veale
Miss Steer

Students may buy and each lunch in one of Exeter's many eateries or meet up on Cathedral Green to enjoy their packed lunch or takeaway with staff and other students on the trip. They will get the train back to Torquay station at the end of the day.

Friday – Dance and Gymnastics

Start the day with a dance workshop exploring lyrical dance techniques, followed by gymnastics with a professional coach, Emily Gomez, who will work on acro techniques such as aerial cartwheels, contemporary floor work and forwards and backwards walkovers.

Places:
30

After lunch you will have the opportunity to showcase the pieces you have worked on during the day in by performing in the main hall.

Mountain Biking

Cost:
£30

Do you enjoy the wind on your face and mud on your back? Well, mountain biking might be the activity for you!

Duration:
All three days

We are offering three full days of varied off-road mountain biking. This will include:

- Endurance trail riding along the Plym Valley.
- Skills practice and off-road trails at Haldon Forest.
- Cross-country route on Dartmoor / Woodbury Common.

Leader:
Mr Toorneini

Participants must be competent at riding a bike off-road and be able to bring their own mountain bike, helmet and bike lock, all of which must be in good working order.

Places:
15

Transport to and from the venues will be provided. Sensible footwear and clothing, suitable for riding in and appropriate for the weather conditions must be worn. There will not be an opportunity to buy food so a packed lunch (or packed free school meal) is essential. However, there may be an opportunity to purchase an ice cream!

Science and fossils

Cost:
£30

Duration:
All three days

Day 1 – Trip to @Bristol science museum, stopping off at Cribbs Causeway on the way home.

Day 2 – Trip to Chalmouth or Lyme Regis for fossil hunting.

Day 3 – Fossil workshop at college.

Leader:
TBC

Places:
30

The craft of writing

Cost:
£12

Join us for all three days on a creative journey.

You will take inspiration from the natural world to produce impressive writing pieces and personalised craft items.

Duration:
All three days

We will be heading outside to gain inspiration and collect resources and so it is essential that you arrive appropriately dressed. Sensible footwear is necessary, especially for Wednesday, and it is essential that you come dressed appropriately for the weather conditions, e.g. a rain coat/sun cream.

A packed lunch and water will be necessary for all three days. However, on days 1 and 2, there will be the opportunity to stop for an ice-cream, a warming hot chocolate or a refreshing iced-drink. For this reason, students might want to bring a few pounds for spending money.

Leader:
Miss Perkins

Day 1- Writing inspiration day at Dartmoor National Park.

Day 2- Writing morning at school and then a craft resources collection afternoon at a local beach.

Places:
40

Day 3- Craft day in college.

Single-Day Activities - Details

Recycled beach-art workshop

Cost:

£5 Students will take part in beach clean at Oddicombe / Babbacombe beach and use their finds to create unique pieces of recycled beach art.

Day:

Wednesday

Thursday

Friday

The art work will be created within a box frame or on a canvas that students will be able to take home at the end of the day. This is also an opportunity to learn about our impact on the environment and how creating eco-friendly art work can help us to combat plastic waste.

Leader:

Miss Roberts

We will be walking to the beach and students must wear sensible footwear, clothes appropriate to the weather conditions and use sun protection if necessary.

Places:

30 Students will need to bring a packed lunch to eat at the beach.

Trip to The Bear Trail, Cullompton

Cost:

£23 Do you want to do something different? Do you enjoy being outdoors and getting down in the dirt?

Day:

Friday

Come for a fun day out at The Bear Train in Cullompton. This activity packed trip will involve you exploring a fun (and very, very muddy) obstacle course; fly down zip-wires; swing over hay bales; crawl through tunnels and over commando-style nets, the aim being to get as muddy as possible, of course!

Students will need to wear old clothes and trainers and must bring a spare outfit and shoes to change into, as well as a towel and shampoo/shower gel. A plastic bag to bring home very dirty clothes is also required.

Leader:

Miss Cox

Students should bring a packed lunch, drinks and snacks, although there is a small café / kiosk selling snacks and pizzas on-site.

This trip is not weather dependent; if it is raining you will just get even muddier. As the owners of The Bear Trail say, "Mud washes off...experiences stay forever!"

Places:

30 <http://www.thebeartrail.co.uk/>

Trip to Bristol Zoo and Cribbs Causeway

Cost:

£21 If you like fashion and fur (preferably not together!), then this is the day for you!

Day:

Friday

We will travel to Cribbs Causeway, a large indoor shopping centre on the outskirts of Bristol, where we will spend a few hours in the shops and have time for lunch.

Leader:

Mrs Ware

We will then travel into the city where we will spend some time with the animals at Bristol Zoo, the home of many rare and endangered species.

Places:

44 Students will need to bring either money for lunch or a packed lunch.

Console crazy

Cost:

Free

Get together with old and new friends and challenge them in a gaming extravaganza!

Day:

Wednesday

Friday

Play Xbox, PS3, Wii and more on big screen projectors. Bring in your own games and consoles and start a gaming revolution.

Leader:

Mr Jones

Students are advised to bring drinks and snacks and all games must be age appropriate.

Places:

35

Please note that this activity cannot be booked for both days.

Trip to Crealy Adventure Park

Cost:

£18

Set within 100 acres of stunning East Devon countryside, Crealy Adventure Park is a multi-award-winning theme park.

Day:

Thursday

With an amazing selection of things to do, Crealy is the perfect day out in Devon whatever the weather! There are 60 rides and attractions including rollercoasters, water rides, and indoor soft play, and over 200 zoo and farm animals waiting to meet you!

Leader:

Mrs Agnew

Students must wear suitable footwear and clothing for the weather conditions. Packed lunches may be brought or food purchased on site. Please bring a drink to last the whole day.

Places:

100

<https://www.crealy.co.uk/theme-park>

Drum and Guitar Workshop

Cost:

Free

Day:

Wednesday

Thursday

Friday

Let your inner rock-star, pop-master or classical genius free with a day of drumming and guitar workshops led by the music department, along with specialist teachers, Glenn Jones and Duncan Searle.

You will experience a range of instruments from samba and drum-kit to ukuleles and electric guitar. Learn instrumental techniques and develop rhythmic skills through a range of fun games and group performances.

Leader:

Mr Birtles

Students can use college equipment or bring their own.

Places:

20

Design and build an electronic amplifier

Cost:

£3

Day:

Wednesday

Friday

Develop your electronics skills by assembling your own amplifier using a printed circuit board kit then create a personalised vacuum formed and laser cut container for it.

Leader:

Mr Evans

This activity is more suited to Year 7 and 8 students who will learn how to use various electronic components , including a loud-speaker, capacitors, resistors, integrated circuits and switches, etc.

Places:

20

Film club

Cost:

Free

Day:

Wednesday

Thursday

Friday

Leader:

BTY

TBC

TBC

Do you love film? You can enjoy a day chilling with your friends, savouring a variety of film genres, everything from horror and action to romance and sci-fi.

Watch some familiar favourites and be introduced to films you may not have seen.

Discuss your favourite films and take the film quiz challenge to win a prize!

Please bring in age appropriate films only.

Please note that this activity cannot be booked for all three days.

Places:

60

Freshwater Fishing, Newbarn Farm, Paignton

Cost:

£20

Day:

Thursday

This course-fishing trip to New Barn is suitable for all students, from novices to experience anglers.

The lakes are well stocked with Rudd, Roach, Tench and Carp and will provide a great day of sport, if we are lucky!

Leader:

Mr Evans

Equipment and bait will be provided but you can bring your own tackle if it is suitable for a course-fishing venue. You will need to bring a packed lunch with enough to eat and drink for the whole day and wear clothing suitable for the activity and weather conditions of the day. Please note that open sandal type footwear is not allowed.

Places:

15

Trip to Longleat Safari Park, Wiltshire

Cost:
£22

Enter a land of adventure, where lions roam, tigers stalk and monkeys swing. Travel through time in a grand stately home. Lose yourself in one of the magical mazes and see exotic creatures from the ends of the Earth. You can experience all of this and more on a visit to Longleat.

Day:
Thursday

We will have access to Longleat House and gardens as well as the Main Square including Jungle Kingdom, Monkey Temple, Longleat Hedge Maze and Adventure Castle, as well as entry into the Safari Park, including Cheetah Kingdom and the famous lions of Longleat.

Leader:
Mrs Ware

For an additional cost of £5, payable on the day, you can book a place on Longleat's Safari Bus for the Monkey Drive Through (subject to availability).

Places:
44

You must wear sensible footwear and clothes that are appropriate to the weather conditions on the day. There is a café where you can purchase food and drinks. However, as there will be other school groups visiting, you may prefer to bring a packed lunch large enough for the whole day.

Trip to the National Museum of Computing, Milton Keynes

Cost:
£32

The National Museum of Computing, houses the world's largest collection of functional historic computers, including the rebuilt Colossus, the world's first electronic computer, and the WITCH, the world's oldest working digital computer.

Day:
Thursday

This trip would suit students who follow Computer Science, and those who have an interest in learning more about computers and computing.

Leader:
Miss Cox

During the visit students will be shown early computers in operation, and in several cases be able to interact with them. We have arranged for students to have a 'hands-on' learning programme to include a cipher / coding activity, a guided tour of the museum and two workshops. One workshop will involve students programming the game 'Snake' on original BBC Micros and then attempting to hack the programme they have written. The second workshop will involve creating their own version of Siri, based on the Turing Test.

Places:
40

There are no on-site facilities for food and drink, so it is essential that students bring a packed lunch and enough drinks and snacks to see them through the day.

National Trust – Volunteer for a day

Cost:
free

Do you have the enthusiasm to achieve something brilliant? Do you want to give something back to the local community? Then spend an activity day volunteering with the National Trust.

Day:
Thursday

Working at a local National Trust Properties and along the South West Coast Path, you will help maintain and develop a special place through hands-on activities like bracken raking, footpath maintenance, and beach cleaning.

Leader:
Mr Hayden

Places:
10

Sensible footwear and appropriate clothing is a must, as is the desire to get involved and make a difference.

Paddle-boarding, Bigbury

Cost:
£21

Do you want to try something new? Do you want to learn to stand up paddleboard? Come to Bigbury and Discovery Surf School will get you exploring Burgh Island and the surrounding coastline as you never have before!

Day:
Thursday

The one and a half hour lesson will cover water safety and flat water basics (standing up/turning/getting in safely/etc.), then either some small wave catching or an exploration paddle. Instructors will be in the water ensuring everyone is safe, having a good time and giving you tips on how to get the most out of your session.

Leader:
Mr Tanner

Places:
14

Wetsuits and boards will be supplied for the session but suitable clothing for the day should be worn and sun cream applied. There is a café at Bigbury where drinks and food can be purchased, or you may wish to bring a packed lunch.

Pizza Parlour and Italian Food

Cost:
£6

Cook up an Italian treat from start to finish with pizza, pasta and other mouth-watering Italian dishes.

Day:
Friday

Leader:
Miss Knight

After you have sampled your dishes, maybe there will even be enough left over to take home for tea!

Places:
16

The Spires' Sweet Bakery

Cost:
£7

Day:
Thursday

A baking frenzy of mini sweet delicacies! Inspired by European patisseries these recipes will have your taste-buds buzzing.

Leader:
Miss Knight

You'll have to use all your will power to leave some delicious bakes to take home to share!

Places:
16

Trip to Splashdown at Quaywest, Goodrington

Cost:

£17

Slide into the great outdoors at Britain's largest outdoor waterpark.

Day:

Wednesday

Splashdown at Quaywest has something for everyone. For thrill seekers we've the heart stopping plummet the Devil's Drop and terrifically tumbling tyre rides and the Wild Kamikaze - well the name says it all! If that sounds a bit too much like hard work and a quick dip in the swimming pool and a laze on a sun-bed might be more to your liking then you can do that too, with views over South Devon's beautiful Tor Bay.

Leader:

Mr Sutherland

Places:

50

<http://quaywest.splashdownwaterparks.co.uk/>

Surfing, Bigbury

Cost:

£21

Do you want to learn to surf? Do you already surf and want to improve? Come to Bigbury and Discovery Surf School will get you riding waves like Kelly Slater!

Day:

Wednesday

The one and a half hour lesson will cover water safety and how to catch waves before paddling out to surf. Instructors will be in the water ensuring everyone is safe, having a good time and giving you tips on how to ride the waves.

Leader:

Mr Tanner

Wetsuits and boards will be supplied for the session but suitable clothing for the day should be worn and sun cream applied.

Places:

14

There is a café at Bigbury where drinks and food can be purchased, or you may wish to bring a packed lunch.

#ThisGirlCan

Cost:

Free

Day:

Wednesday

Friday

Start your morning with a relaxing yoga session where you will learn the basic poses as well as breathing techniques to combat the stresses of everyday life.

Later in the morning is a pamper session where you can have your nails and hair done and you will end the morning feeling fabulous!

Leader:

Miss Fellows

In the afternoon, you will get your blood pumping with an exhilarating Zumba session, taught by an expert Zumba and dance instructor.

Places:

30

Trip to Woodlands, Dartmouth

Cost:

£18

Day:

Wednesday

Spend the day at the largest family theme park in the South West. With over 60 acres, a zoo, and a farm as well as loads of rides you can go wild at Woodlands!

Friday

All facilities within the park are available: <http://www.woodlandspark.com/>

Leader:

Ms Richardson

TBC

Bring a packed lunch and plenty of drinks or money to purchase lunch and treats. Suitable clothing should be worn, especially appropriate footwear and appropriate protection for the weather conditions on the day.

Places:

100

You can use this space to make notes to help you choose your activities and keep track of your bookings:

Activities I may like to do:

Residential Activity:

Three-day Activity:

Wednesday	Thursday	Friday

My final choices:

Residential Activity:

OR

Three-day Activity:

Booked	Paid		Booked	Paid

OR

Wednesday:

Thursday:

Friday:

Booked	Paid	Booked	Paid	Booked	Paid

Please remember:

- The **booking system** is open from 5 pm on Friday 11 May until midnight on Friday 18 May.
- The **payment system** is open from 5 pm on Friday 25 May until 3 pm on Tuesday 3 July (you cannot make any kind of payments before the payment system opens).
- If bookings or payments are not made before the systems close, students will be allocated to a free activity.
- The **information sheet** is to be returned to the reception office by the end of Monday 21 May.

We hope you have a super time during Activities 2018!

Information Sheet



Please use block capitals to complete this form.

To be returned to the reception office by the end of Monday 21 May.

Student Full Name:	DOB:	Tutor Group:
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Contact numbers for parents/carers during the activity days:

Name and relationship with student:	Numbers:
1:	
2:	
3:	

Please give details below if your child suffers, even mildly, from any medical condition, such as epilepsy, asthma, diabetes, heart condition, allergies, blood disorders or physical weakness, has suffered from any contagious or infectious diseases during the past three months, or is taking medication, including when it can be self-administered:

GP Surgery: Surgery Address:	
Surgery Telephone Number:	

This section refers to children registered for free school meals only.

My child is registered for free school meals and will require a packed lunch for offsite trips during activities week. YES / NO

I consent to the giving of any urgent medical treatment to my child (including the use of anaesthetics if necessary) which is considered necessary by a medical professional during activities week.

Name of Parent:	Signature:	Date:
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