

Monkseaton High School

Activities Day

Wednesday 20th July 2011



Welcome to the Activities Day booklet 2011

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We have organised an action packed day full of exciting trips and activities that we hope will appeal to your child.

The purpose of the day is to offer students experiences not usually available during a traditional school day. Although the activities are outside the normal curriculum there is an expectation that every single student will sign up for one activity. With a wide variety of choice, including a 3 day residential activity, we hope to provide our students with a valuable social and educational experience. We have found that students return from these activities with increased self confidence, greater motivation to learn new and challenging skills, better communication skills and the development of new friendships and a great sense of pride, responsibility and achievement.

For those students opting for the residential trip there will be an information evening explaining the content and requirements. Students choosing the In-School activities are not expected to wear school uniform although dress needs to be appropriate for the chosen activity.

Organisation of the selection process is simple. It is on a first come first served basis. I am the sole person for the return of forms. Communication of confirmation of places will be immediate, as will the notification of full events. Please complete the relevant section on the tear off page at the back of this booklet and return to Mr Davies (room 122) as soon as possible.

I hope you find this booklet easy to read and the structure easy to follow. Please do not hesitate to contact me should you have any questions. I look forward to seeing your child enjoy Activities Day

Chris Davies (Activities Day Coordinator)

Overview of programme

Activity	Cost	Deposit needed	No. Of places	Staff leader
Kingswood Outdoor activity centre (3 day residential)	£140	£50	15 boys	Mr Davies
Adventure Day at Gibside	£30	£15	15	Mr Purdy
Cycling	Free		24	Mr P Thompson
Day trip to Leeds	£20	£10	32	Mrs L Robinson / Mrs L Hutchinson
Xscape (ski centre)	£60	£30	40	Mrs C Shorting
Masterchefs	£5	£5	10	Mrs S Bower
London in a day	£60	£30	30	Mr L Allen
Go Creative	£3	£3	20	Miss K Furness
Stadium tour	£15	£15	20	Mrs S Graham
A taste of China	£5	£5	20	Miss L Sidney
Chill like a princess	£5	£5	20	Miss J Parish
Warhammer	Free		12	Mr G Siilvanus
Golf	£15	£15	12	Mr A Sutton
Zumba at Waves	£5	£5	20	Mrs S Thompson
Brunch-time	£3	£3	10	Mrs P Hedley
Belsay Hall, Castle and gardens	£10	£10	26	Mrs R Coxon
Ten pin bowling	£10	£10	30	Miss Bradley
Survival in the Outback	£20	£10	24	Mrs D White

All money paid is **NON-REFUNDABLE**

Kingswood Outdoor Activity Centre

Trip leader : Mr C Davies
Staff : Mr J Baldwin
Cost : £140 (£50 deposit)
Places : 15 Boys

3 day residential activity taking in a range of activities. The Activity Park houses many challenges including a new quad bike track, zip wire, outdoor laser, Jacob's ladder, an outdoor climbing and abseiling tower and leap of faith.

Follow link for more details: <http://www.kingswood.co.uk/centres/dukeshouse-wood/>

Adventure Day at Gibside

Trip leader : Mr G Purdy
Staff : Miss Dickson
Cost : £30 (£15 deposit)
Places : 15

The day will include a orienteering course in the woods around Gibside Chapel. Students will compete in teams as they navigate around the woods and take part in various team building tasks, a low rope obstacle course amongst other things. Prize for winning team!

Cycling

Trip leader : Mr P Thompson

Staff : Mr I Jackson, Mr D Birch,

Cost : bring packed lunch or money to buy lunch

Places : 24

30 mile circular route around North Tyneside and the Coast. Rider must bring own bike and helmet. Start and finish from school. Lunch will be taken en route.

Day trip to Leeds

Trip leader : Mrs L Robinson / Mrs L Hutchinson

Staff : Miss E Milner, Mrs M Sample

Cost : £20 (£10 deposit)

Places : 32

A day of shopping and sightseeing in historical Leeds. Browse the Victorian shopping arcades or the many large stores and quirky boutiques. Enjoy a coffee at one of the many pavement cafes and enjoy a day out in a new city with your friends.

Xscape

Trip leader : Mrs C Shorting

Staff : Mr P Johnson, Mr S Hay, Miss K Davison, Ms J Lavery,
Mr P Hall

Cost : £60 (£30 deposit)

Places : 40

A day at one of Yorkshire's best kept secrets. The days activity will consist of Skiing/ Snow boarding, Sledging, Ice run and a Laser Quest. For more details follow the link: <http://www.xscape.co.uk/castleford>

Masterchefs in the Hospitality suite

Activity leader : Mrs S Bower

Staff : Mrs V Luckley

Cost : £5

Places : 10

Student cooks will meet with Ms Bower before activities day to design a lunch menu that the group will cook. The meal will be three courses, with a choice of starter, main course and deserts. It could be Italian, Indian, Chinese, a 'Sunday dinner'

The cooks will work in teams to prepare all the dishes, and then sit down to enjoy the feast. The cost of £5 will cover the ingredients of the meal, and pay for drinks throughout the day.

Day trip to top 5 retail outlets in London

Trip leader : Mr L Allen

Staff : Mrs K Winder, Mr G Thompson, Miss L Hall

Cost : £60 (£30 deposit)

Places : 30

One day to cram in the best retail has to offer. Take in the best names that Oxford Street and Knightsbridge has. Shop til you drop as you take in the sights and sounds of the capital.

Go Creative

Activity leader : Miss K Furness

Staff : Mrs J Nichol

Cost : £3

Places : 20

Let your mind be as creative as possible. A no holds bar day of creativity including reading and writing. Bringing the best elements of 7 stories into our school.

This activity will take place in school

Stadium tour + Spanish lunch

Trip leader : Mrs S Graham

Staff : Mr J Dixon, Miss L Mullan

Cost : £15

Places : 20

A full morning at St James' with a stadium tour which will take you on an amazing journey through the history of Newcastle United. Includes a look inside the changing rooms, dugouts and media suite. All this followed by some authentic Spanish tapas in a central Newcastle restaurant.

A Taste of China

Activity leader : Miss L Sidney

Staff : Mrs P Claydon, Jie Qi, Xiuping Li

Cost : £5

Places : 20

Immerse yourself in the Chinese culture. You will spend the day at school taking part in a variety of activities including learning Mandarin; mastering Chinese paper crafts; relaxing with some Tai Chai and enjoying a tasty Chinese buffet for lunch – a perfect introduction to a different way of life and for anyone who has an interest in this fascinating culture. We will also be joined by Jie Qi and Xiuping Li who have an extensive knowledge of China.

Chill like a princess day

Trip leader : Miss J Parish

Staff : Mrs F Douds, Miss K Early

Cost : £5

Places : 20

Looking for something a little bit more relaxing on activities day? Interested in fashion design? Instead of spending a fortune on flower hairbands, corsages and bag charms- why not learn to make them yourself and personalize them using gorgeous vintage fabrics and jewellery pieces? This relaxed activity day will involve a morning learning to make your own beautiful accessories using three really straightforward and effective techniques, whilst enjoying tea and cakes! In the afternoon, we'll enjoy delicious picnic food and then relax in front of a movie. All for the incredibly reasonable cost of £5, which entitles you to lots of food and drink as well as the opportunity to take your own hand-made accessories home."

Warhammer

Activity leader : Mr G Silvanus

Staff :

Cost : free

Places : 12

Battle lines are drawn! Warhammer, Warhammer 40,000, Space Hulk, Uncharted Seas, Magic the Gathering (card game) along with paints and brushes for any who wish to paint some models.

This activity is aimed equally at pupils who already have whole armies/some models for Warhammer and Warhammer 40000 and total beginners who express an interest.

Golf

Trip leader : Mr A Sutton

Staff :

Cost : £15

Places : 12

Play a round of golf at Parklands Gosforth. You must dress to the clubs code and have your own clubs and balls. You'll have a chance to hit a few from the range before playing a full 18 holes with the winner receiving a prize.

Zumba at Waves

Activity leader : Mrs S Thompson

Staff : Mrs D Bondi, Mrs A Thompson

Cost : £5

Places : 30

Have a great day down at Waves. Zumba is a mix of Latin/ Brazilian dancing and is definitely one of the most popular exercises at the moment and you will get the chance to experience a Zumba Class. Time in the fully refurbished pool with the popular wave machine and 3 fast water slides or in the fully equipped gym. A day to work out how much fun you can have!

Making an ideal brunch

Trip leader : Mrs P Hedley

Staff : Mrs D McLaughlin

Cost : £3

Places : 10

Come along to the Food Technology room and learn how to create and eat the perfect breakfast- hash browns, fried bread, eggs, bacon, sausage etc!! You'll be the envy of your friends with these skills

Then learn the skills required when creating healthier recipes for dinner- chicken fajitas and pasta dishes.

Belsay Hall Castle and Gardens

Trip leader : Mrs R Coxon

Staff : Miss L. Holburn, Miss P. Haynes, Mrs L Chandler, Mrs C Jenkins, Mr G. Currie, Mrs J. Henry

Cost : £10

Places : 26

A chance to see the inspiring and magnificent Gardens, Hall and Medieval Castle at Belsay. Activities will include photography, sketching, walking and film making.

Bowling and Arcade games

Trip leader : Miss A Bradley

Staff : Miss B Johnson, Mr D Walton

Cost : £10

Places : 30

Spend the day down at Starbowl. Improve your bowling technique with a couple of games with friends. Prizes for the best lane team. Lunch and drink included along with time in the arcade to play pool and air hockey.

Survive in the Outback!

Trip leader : Mrs D White

Staff : Mrs N Malkin, Mr L Nicholson

Cost : £20

Places : 24

In this Bush craft day you will spend some time in a local woodland learning some essentials of surviving in the wild. Make shelters, cook a meal and learn some tracking and trailing skills.

Additional Important Information

Health & Safety

Now, more than ever before, we are extremely aware of the potential hazards involved with activities. It can sometimes be difficult, almost impossible, to create an opportunity for adventure whilst totally eliminating all risks. We sometimes hear of schools withdrawing this type of event because of the risk of some unforeseen danger or threat to the well being of their students.

In the process of organising the wide range of activities listed in this booklet, we have paid great attention to health & safety. Where activities take place in a potentially hazardous environment, supervision by properly qualified instructors has been arranged. Thorough checks are undertaken for all outside companies used.

Every activity included in the programme has been examined for health and safety and adequate staff:student ratios. As a result we can confidently offer a wide range of activities which are within the LEA's strict guidelines.

Booking Form

No places can be confirmed without parental consent. Therefore the return of this completed form is essential. The relevant deposit should be attached to this booking form.

Name of Student : _____
Form : _____

Name of chosen activity: _____

Cheques should be made payable to
'Monkseaton High School'

I agree to pay the full cost of the activity by
Friday 27th May 2011.

SignedParent/carer
Date

Please note that all students are expected to participate in one of the activities and all deposits are non-refundable as they are used as non-refundable deposits to secure the activities at this busy time.