

*St Alban's Catholic  
High School*

*Activity  
Days*

*17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> July 2012*

Activity Days Organiser - Mrs Green  
Email any queries to [hgreen@st-albans.suffolk.sch.uk](mailto:hgreen@st-albans.suffolk.sch.uk)

## INTRODUCTION

Here at St Alban's, we like to enjoy and celebrate all aspects of education, not just those that take place within the classroom. So, what better way to embrace this ethos than trying your hand at a new activity?

At the end of another successful academic year, St Alban's offers pupils in years 7, 8, 9 and 10 the opportunity to spend three days taking part in an activity. Members of staff work tirelessly to organise and run a vast array of events, ranging from residential trips to school-based activities such as card making, chess, wood-turning and art. For the more active pupils, we also offer watersports, golf and football, whilst those seeking more cultural pursuits can enjoy theatre, dance and film; there really is something for everyone.

In a budget-conscious climate, we offer something for all purses, with a number of activities being free of charge or very low cost. If you can stretch your finances for that once in a lifetime school trip, then we allow plenty of time for budgeting and clear guidelines on payment procedures. If parents are concerned they may not be able to finance the activity their child would like to do, there may be help available from the Northgate Foundation, an Educational Charitable Trust (proof of income is required and forms are available from the school office).

Historically, pupils thoroughly enjoy the freedom to try something new, relax, make new friends and spend time with teachers outside the confines of the classroom. In short, Activity Days are the best way to end the school year: exciting, enlightening and exhausting (but in a good way!).

**ACTIVITY DAYS BOOKING FORM: 17<sup>TH</sup>, 18<sup>TH</sup>, 19<sup>TH</sup> JULY 2012**

Please **choose three activities that you would be happy to take part in**. Whilst every attempt will be made to allocate your first choice, this may not always be possible. Return your form to the school office (no envelope needed) as soon as possible and by **Friday 13th January at the latest**.

No money is required at this stage but please be aware that **you are making a financial commitment and the costs quoted are a guide until numbers are confirmed**. Once places are offered, a 50% deposit will be required to secure that place. The activities on offer represent a menu of costs which we feel should be within the scope of the broad range of family incomes represented at the school.

**STUDENT NAME** \_\_\_\_\_

**FORM GROUP** \_\_\_\_\_

1<sup>st</sup> CHOICE \_\_\_\_\_ ACTIVITY No \_\_\_\_\_

2<sup>nd</sup> CHOICE \_\_\_\_\_ ACTIVITY No \_\_\_\_\_

3<sup>rd</sup> CHOICE \_\_\_\_\_ ACTIVITY No \_\_\_\_\_

**PARENT/GUARDIAN SIGNATURE** \_\_\_\_\_

**DATE** \_\_\_\_\_

I have read the Activity Days booklet and understand the financial commitments regarding the choices my child has made. I also note that participation in these days is subject to my child's good behaviour, both in school and whilst travelling to and from school, in the period leading up to the Activity Days.

Please note that parents/guardians have previously signed a PC/03-07 regarding school trips, which states :

"I undertake to pay the required sums by whatever date(s) are specified to me and accept that, in respect of my withdrawal from the visit(s) for whatever reason, there can be no refund of the whole or any part of the payment(s) made unless the circumstances are covered by travel insurance or otherwise at the discretion of the school governors."

## ST ALBAN'S ACTIVITY DAYS - 17<sup>TH</sup>, 18<sup>TH</sup>, 19<sup>TH</sup> JULY 2012

PLEASE CHOOSE FROM THE FOLLOWING LIST OF ACTIVITIES, THEN COMPLETE THE BOOKING FORM OVERLEAF

FURTHER DETAILS OF ALL ACTIVITIES ARE AVAILABLE ON OUR WEBSITE, IN ALL FORM ROOMS OR FROM THE SCHOOL OFFICE - PLEASE CHECK THESE BEFORE MAKING CHOICES AND NOTE SOME ACTIVITIES ARE ONLY AVAILABLE TO CERTAIN YEAR GROUPS

Activity Number	Activity Name	Activity Leader	Guide Cost	Year Groups
1	The King is Dead	Mr Grace	£0	All
2	Creative Catch-up	Mrs Wright	£0	9 and 10
3	Film School	Mr Bolton	£0	All
4	Woodturning and Pyrography	Mr Corker	£10	All
5	Videogame Concept Design	Mr Hammond	£10	All
6	Italian Experience	Mrs Yelland	£15	10
7	Football	Mrs K Thomas	£25	All
8	Crafty Stuff	Ms Matthew	£25	All
9	Grow It!	Ms E Thomas	£30	All
10	Sign Language	Mrs Gerry	£30	All
11	Eco-Scrapping	Mrs Nichols	£35	All
12	Discover East Anglia	Miss Drage	£45	9 and 10
13	Golf	Mr Magotte	£45	All
14	Duke of Edinburgh	Mr Coles	£40-£80	All involved in scheme
15	Stomp	Ms Templeman	£60	All
16	Pampered Ladies	Miss Dowe	£63	7, 8, 9 girls only
17	Karting/Playstation	Mr Weale	£65	All
18	Watersports	Mr Gardner	£85	All
19	Wintersports	Mr Horne	£100	All
20	North Norfolk	Ms Sullivan	£135	All

Activity Days Organiser - Mrs Green

Email any queries to [hgreen@st-albans.suffolk.sch.uk](mailto:hgreen@st-albans.suffolk.sch.uk)

Activity 1

**THE KING IS DEAD!!! Long live CHESS!**



**BLITZ TOURNAMENTS**

**SIMULTANEOUS DISPLAYS**

**MATE IN ???**

**CHESS FILMS**

**STRATEGY**

**PRIZES**



**Free Activity Mr Grace**

## Activity 2

### Creative Catch-Up

This class is ideally for current yr10 Art or Technology students who want the opportunity to extend their GCSE coursework OR need to complete any outstanding coursework in preparation for yr11 OR simply want to be creative for a week. It is also open to yr 9 students who have opted for Art next year.

All work will be self directed and you will have lots of flexibility to choose the materials that you work with and your final outcomes. You may work in sketchbooks or on final pieces.

You just need to be creative!

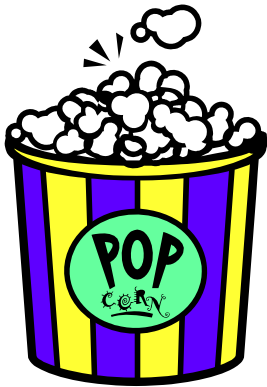


Years 9 and 10 only

Free activity Mrs Wright and Mrs Pirkle

### Activity 3

#### Film Festival



3 days, 9 films, a lot of fun!

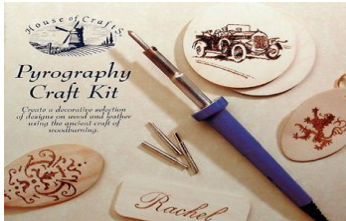
For those who take going to the movies **very, very seriously**, the second annual St Alban's Film Festival is a must.

Hosted by the school's FILMCLUB, The 3-day event will be a feast of films, from classics to modern, high art to high camp. The 3 days will be a great opportunity to see some different films and share your thoughts on them with other enthusiastic film-lovers.

**Free Activity Mr Bolton**

## Activity 4

### Woodturning and Pyrography



Come and get involved in a range of practical workshop activities.

Learn how to woodturn from visiting professionals, or develop your woodturning skills further. Individualise what you've made through the use of pyrography, stains, paints and colour.

These activities will suit any practically-minded people wanting to learn new skills through a range of exciting practical projects. Everything you make you take home at the end of the three days and all for a very low cost.

**Guide cost £10 Mr Corker**

## Activity 5

### Videogame Concept Design

Got a creative streak? Love videogames, art and design? Then come and get involved in all aspects of videogame concept design!

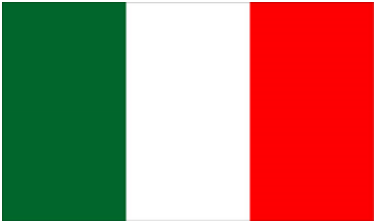
- Design characters (both main/villains and supporting)
- Design gadgets/vehicles
- Concept locations/levels/environments/game world
- Design the game itself
- Design packaging/press releases/posters/screenshots

Once finalized, present your ideas to the group for the chance of winning a Game voucher prize!

**Guide cost £10 Mr Hammond**

## Activity 6

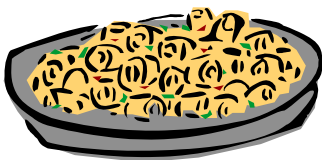
### Italian Experience



Ciao! Volete imparare un po' d'italiano?  
Hello! Do you want to learn some Italian?

This activity will give you the chance to learn some basic Italian language and to experience the culture and food of this wonderful nation.

- Learn how to greet people and to order food and drinks in Italian.
- Sample the tastes of Italian cuisine.
- Explore Italian culture and ideas.
- Watch Italian films.



**Year 10 only**

**Guide Cost £15 Mrs Yelland**

## Activity 7

## Football



Join us for football training, a Tour and match practise, with academy coaches from Ipswich town football club.

Two days will be based at St Alban's working with an Ipswich coach and the 3<sup>rd</sup> day at Portman Road where you will Tour the stadium, take part in a Station Challenge and a mini tournament will be organised by the Ipswich coaches on the practice pitch alongside the stadium.

**Guide cost £25 Mrs K Thomas**

## Activity 8

### Crafty Stuff


Would you like to try your hand at the very popular hobby of card making, plus other crafts such as scrap-booking, beading, working with fimo, making memory books, shrinkies? Come and enjoy tuition sessions each day from an expert, then have the opportunity to try out your new skills. You will take home all the items you make over the three days.

All basic equipment is available and included.




**Guide cost £25 Ms Matthew**

## Activity 9




Come and get involved in this fantastic new activity

Everybody is welcome



We will spend 3 days in the great outdoors planting, tending to and harvesting fruits and vegetables on the school allotment.



We will also be taking a daytrip to a local pick your own farm

You will also be cooking your own lunch and a selection of baked goods each day. We will be making jams and chutneys to sell at the School Harvest Festival.

£25.00

**Guide cost £30 Ms E Thomas**

## Activity 10

### British Sign Language Experience



British Sign Language is the first language of over 150 000 people in the UK. Many hearing people also learn to sign so that they can communicate with deaf family members or friends. Some parents even teach their young babies to sign so that they can communicate before they learn to speak!

During this activity a qualified instructor will teach you the basics of BSL. Learn how to introduce yourself and sign about family, hobbies and much more. We will have two full days of tuition followed by conversation practice, BSL bingo, sign language challenge, stories, jokes and songs in sign. This experience should be 'Vee!' (BSL for fantastic.)

**Guide cost £30 Mrs Gerry**

## Activity 11

### Eco-Scrapping



- Are you interested in how alternative energy sources work?
- Do you want to have a go at making your own wind turbine?
- Want some ideas on how to reuse and recycle?
- What could you make out of all those odd socks you have, and those worn-out clothes?
- How many food miles did your dinner travel?
- The RED list - do you know how many creatures became extinct last year?

The 3 days will include a range of activities, depending on numbers and what people want to do! For example:

- Visit to an alternative energy centre, to climb a wind turbine and make your own models
- Design and build your ideas using recycled materials
- Turn lonely socks into lovely pets, old clothes into new accessories
- Find out about food supply and reducing food miles
- Research global environmental issues such as extinction and conservation



**Guide cost £35 + bring in recycled materials Mrs Nichols**

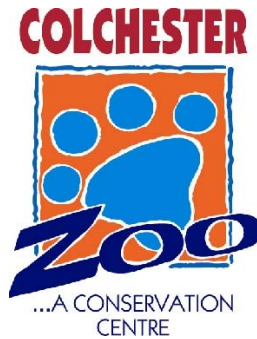
## Activity 12

### Discover East Anglia



Enjoy three fascinating day trips to different parts of the region! Spend a day at the exhilarating Pleasurewood Hills, enjoy the fabulous Colchester Zoo, then round it all off with a day in historic Cambridge.

- Day 1: Pleasurewood Hills
- Day 2: Colchester Zoo
- Day 3: Cambridge



**Years 9 and 10 only**  
**Guide cost £45 Miss Drage**

## Activity 13

### Golf at Fynn Valley

Professional tuition from beginner level up! Learn how to swing, chip and play from the bunkers, plus plenty of time to practise and perfect the art of putting. Enjoy the fantastic facilities of Fynn Valley and enjoy both their 9 and 18 hole courses.

All equipment is provided plus prizes for a host of competitions. If you're already a golfer or want a fresh challenge, this activity is for you!



**Guide cost £45 Mr Magotte**

## Activity 14

### Duke of Edinburgh's Award



#### **Bronze Expedition Assessment - Limited entry**

This is the second year that we have run the Duke of Edinburgh Award here at St Alban's. In activities week we will be taking **21 students** aged **14+** to do their bronze expedition at Thetford Forest, following one day's training at St Alban's. The 3 days will work like this:

- ❖ Day 1 - Training at St Alban's
- ❖ Day 2 - Travel to Thetford, 6 hour expedition, set up camp and sleep overnight in Thetford Forest at a camp site
- ❖ Day 3 - Wake up early, dismantle camp, 6 hour expedition, travel back to St Alban's in the evening

Only the 21 pupils who have signed up with Mr Coles to do the award at St Alban's can participate.

**MANDATORY REQUIREMENT:** You must be able to attend a training weekend, where you will do a 'practice expedition', at the start of the Easter holidays to Rendlesham Forest. Provisional dates: 2<sup>nd</sup> and 3<sup>rd</sup> June 2012.

The **approximate cost for each pupil will be in the region of £40-£80 for both weekends** including transport from St Alban's, campsite fees and insurance. We have access to equipment hire meaning pupils will not need to buy all their expedition equipment.

**Guide Cost £40-£80 Mr Coles (Duke of Edinburgh Co-ordinator)**

## Activity 15

### Stomp



Come and experience two days of dance followed by a visit to see the West end Dance Phenomenon that is **STOMP**.

#### Days One & Two:

Two days of intensive dance tuition, where even beginners can learn to dance:

- Salsa
- Samba
- Jive

#### Day Three:

An exciting opportunity to shop in Covent Garden, London, watch the street performers and then see the amazing and dynamic West End production of **STOMP**

**Guide cost £60 Ms Templeman**

## Activity 16

### Pampered Ladies

***If you think you know the Wicked Witch of the West, think again...***

When Dorothy famously triumphed over the *Wicked Witch*, we only ever heard one side of the story. Gregory Maguire's acclaimed 1995 novel, *Wicked: The Life and Times of the Wicked Witch of the West*, re-imagined the land of Oz, creating a parallel universe to the familiar story.

**WICKED** tells the incredible untold story of an unlikely but profound friendship between two girls who first meet as sorcery students at Shiz University: the blonde and very popular *Glinda* and a misunderstood green girl, *Elphaba*.

Pupils on this activity will get the chance to go and see *WICKED* the Musical at the Apollo Theatre in London. During the other two days we will enjoy a range of activities with relaxing and pampering in mind. Create your own beauty products and make a range of jewellery items that you can take home and keep for yourself or give away as gifts.

**Year 7, 8 and 9 girls only**

**Guide Cost £63**

(Includes: tickets for WICKED, transport to London, activity materials and a picnic on the Tuesday)

**Miss Dowe**

## Activity 17

### Karting and Playstation

To all budding Lewis Hamiltons and Michael Schumachers...an opportunity to show your skill behind a steering wheel. This activity will include:

- Day 1: Meet at Anglia Indoor Karting centre for instruction in kart control and basic racing. This will build your confidence and allow you to practice your skills under the guidance of trained marshalls.
- Day 2: School based activities based around playstation racing games and scalextric. Team building in preparation for...
- Day 3: Meet for coach journey to Ellough Park Raceway in Beccles. This is a fast, 1km outdoor circuit used for professional kart races. You will be driving twin engined karts, capable of speeds of approx. 60 mph. Full training and safety instruction will be given. You will take part in qualification sessions followed by an endurance race. Prizes will be awarded for winners.

**Guide cost £65 Mr Weale**

## **Activity 18**

### **Watersports taster sessions at Alton water**

A great chance to learn how to sail, windsurf and canoe! You will spend the three days learning how to do the above activities with qualified instructors.

After 3 days you will have learnt the basics of each sport, having spent a day on each one.

**You will need to make your own way to and from Alton water.**

All the wetsuit gear will be provided by the instructors except footwear.

A certificate of participation will be issued to each successful student.

**Guide cost £85 Mr Gardner**

## Activity 19

### Winter sports experience

Come and try your hand at some Winter Sport activities, all based in sunny Suffolk.

Day 1: Dry Slope Ski lessons (4 hours)  
Day 2: Dry Slope Snowboard lessons (4 hours)  
Day 3: Real snow experience Skiing or  
Snowboarding at xscape Snowdome (2 hours)  
plus 1 hour shopping



**Guide cost £100 Mr Horne**

## Activity 20

### North Norfolk

As part of our 2012 Activities Week programme we are offering the opportunity to visit the North Norfolk coast and enjoy the many facilities of Sheringham. We will explore the beaches, steam railways and many other sites of interest. We will be staying in Youth Hostel accommodation in Sheringham in comfortable small dormitories and all meals will be provided from dinner on the first evening to a packed lunch on departure.

We will leave school on Tuesday 17<sup>th</sup> July and spend two nights in Sheringham returning on the afternoon of Thursday 19<sup>th</sup> July. We hope to travel by train from Ipswich to Sheringham via Norwich so that we can spend some time exploring the Norfolk Broads on the way.

The cost of the visit will cover all transport to North Norfolk, entrance fees, insurance and meals

Further details of the activities will be issued nearer the time, as bookings for next season's activities are not yet being taken, but we expect to include visits to North Norfolk Steam Railway, Sheringham Park as well as the beaches and amusements and seal spotting!



**Guide cost £135 Ms Sullivan**

