

ACTIVITY WEEK 2019

Dear Parent/Caregiver,

An activities period for students will be held at the end of Term 4 from 16th December until 18^h December 2019.

The aim of Activity Week is to provide an opportunity for students to broaden their educational and leisure experiences and to build positive relationships, in a less formal setting with each other and their teachers. These opportunities do not always occur within normal school routine.

Activity Week is a component of the school curriculum and students in all years are expected to participate.

It is a requirement of the Department of Education that students MUST attend school everyday. Students that DO NOT participate in an activity are required to be at school. Classes will be run for students that do not wish to take part in an activity.

Your child is asked to make 2 selections from the activities outlined in the booklet. We will endeavour to place your child into their selection, however, you will appreciate this may not always be possible. The following criteria will be used to determine placement into an activity:-

- Prompt return of the student preference sheet ensures entry into the ballot;
- Payment of the non-refundable deposit
- The school year of the child

Payment of a **NON refundable deposit** of approximately **one half of the total cost** paid on the date below will secure their position in the activity.

Term 2

Week 9 Activity Week information booklets distributed.

Term 3

Week 2 Return Student Preference sheet to Finance Office.

Week 3 Monday Students informed preference.

Week 3 **PAY non-refundable deposit** to the Finance Office to secure your place.

Tues and Wed – 6-7 August Camping & Overnight Stay Activities

Thurs, Fri – 8-9 August All other activities

NO CHANGES and NO REFUNDS*

Week 6 2nd Instalment due (25% or more of total cost)

Week 10 Final payment due (balance of total cost)

NOTE: Students selecting water-based activities will need to pass an appropriate water proficiency test before being allowed to participate. Because of the need to book transport and accommodation refunds will only be given under VERY EXCEPTIONAL circumstances.

Bowral High School - Activity Week 2019

CAMPING & OVERNIGHT STAY ACTIVITIES (Select one only)				
No.	Activity	Teacher in charge	Approx. Total Cost*	Non-refundable Deposit
1	Snorkeling: Yrs 8,9,10 & 11 only	Mr Flaus	\$180	\$70
2	Kangaroo Valley Safari	Mr Y Cox	\$220	\$75
3	Le Tour / Cycle Touring	Mr Langdon	\$300	\$100
4	Waterskiing and Wakeboarding	Mr Hawker	\$260	\$100
5	Novotel Wollongong	Mrs Reay	\$300	\$100
FULL-DAY ACTIVITIES (Select one only – no overnight stays)				
6	Golf in the Southern Highlands	Mr Davey	\$50	\$20
7	Surfing Safari	Mr Fisher	\$150	\$50
8	Warhammer, Gaming and XBox	Mr Kolednik	Nil	Nil
9	Parkour	Mr Murray	\$150	\$50
10	HSC Body of Work	Mr Pearce	\$50	\$20
11	Creative Writers workshop	Mrs Hearfield	\$50	\$20
12a	RSA - can be selected with RCG and/or First Aid	Mrs Beasley	\$120	\$50
12b	RSG - can be selected with RCA and/or First Aid	Mrs Beasley	\$80	\$50
12c	First Aid - can be selected with RCG and/or RSA	Mrs Beasley	\$140	\$50
13	Ladies that Lunch	Mrs Hook	\$140	\$50
14	Anime Fest 2019	Ms MacDonald	\$30	\$10
15	Scale Modelling	Mr Andrews	\$10	\$10
16	Fun and Go	Ms Roscoe	\$100	\$30
17	Art at your own Pace	Mrs Planting	\$50	\$20
18	Clever Crafters	Mrs Kelly	Nil	Nil
19	Disney Movie Marathon	Ms Forsyth	Nil	Nil
20	Introduction to Jewellery Making	Mrs Peachey	\$50	\$20
HALF-DAY ACTIVITIES (you can select the same or a different am and pm activity for the four days)				
21am	Morning Sport and Swim	Various	Pool Entry	Nil
21pm	Afternoon Sport and Swim	Various	Pool entry	Nil
22pm	Afternoon Yoga	Mrs Kaulfline	Nil	Nil
23am	Classroom Learning	Various	Nil	Nil
23pm	Classroom Learning	Various	Nil	Nil

*All costs are indicative of the final cost. Cost may change due to circumstances beyond the school's control. Final costs will be published in the Parent Permission Notes distributed in Term 3.

CAMPING & OVERNIGHT STAY ACTIVITIES

Select one only

Activity No. 1 Snorkeling



\$180

Mr Flaus

Years 8, 9, 10 & 11 only

This course will be conducted by “Deep6 Diving” of Huskisson. It will involve three half-days of instruction and practice at recognised snorkeling sites within Booderee National Park. On the 3rd morning we will be transported by boat to the “Nursery” off Bowen Island where our final dive will be conducted. We will camp for 2 nights at Bristol Point, therefore camping, cooking equipment and food is essential. Additional activities such as bushwalking, sightseeing, fishing, beach games & swimming will be organised.

Numbers in this activity are limited. Preference given, but not limited, to older students.

Activity No. 2 Kangaroo Valley and Jervis Bay Safari



\$220

Mr Cox

Spend three days exploring the natural beauty of Kangaroo Valley and Jervis Bay. Adventure activities including a day trip to Jamberoo Action Park, a guided bush walk, and a guided cycle tour around the shores of Jervis Bay. Accommodation will be in air-conditioned cabins at Glenmack Tourist Park.

Activity No. 3 Le Tour - The Tour of Champions



\$300

Mr Langdon

Numbers in this activity are limited.

This activity encompasses all the splendor and effort associated with four days cycling from Bowral to the nation’s capital, Canberra. “The tour” takes place in four stages including memorable venues such as Wombeyan Caves, Taralga, Crookwell, Gunning and Gundaroo. A reasonable level of training and fitness is expected of the riders. Each day requires cyclists to ride between 70-80km. Mountain bikes only; a support vehicle will accompany the riders. Years 9, 10 & 11 girls and boys welcome. Students will need to provide their own meals (carried by the support vehicle). All riders will have to satisfy requirements including – reliable conduct and suitable preparation. Students must be prepared to camp overnight. Cost includes a custom cycling top.

Activity No. 4
**Shoalhaven River
Adventure**



\$260

Price based on 20 students

Mr Hawker

Waterskiing and wakeboarding is back at Bowral High School! Students will be camping at Shoalhaven Ski Park in Nowra on the banks of the Shoalhaven River. Students will spend the next 3 days waterskiing and wakeboarding while under the instruction of Shoalhaven Ski and Wake. Students will need to organise their own way to and from the venue as well as breakfast and dinner (it is recommended this is organised in groups). This activity is open to all year groups.

Activity No. 5
Novotel Wollongong






\$300

Mrs Reay

Year 10 and 11 students only

Overnight Hospitality course based excursion for current year 11 students and any year 10 student who has selected Hospitality for 2020. The students will be participating in training workshops including barista and food service. All meals and snacks included in the price except for the second day lunch. Transport is with Robertson buses.

FULL-DAY ACTIVITIES
Select one only – no overnight stays

<p><u>Activity No. 6</u> Golf in the Southern Highlands</p>  <p style="text-align: center;">\$50</p> <p style="text-align: center;">Mr Davey</p>	<p>This activity involves four days of golf to be played at local courses. All green fees will be paid on the day. It is estimated that the 3 days should cost no more than a total of \$50. However, this cost may change slightly depending on the need to hire clubs or green fees changing prior to playing. Students will need to have their own transport to and from the courses, details of which will be advised later. Please note that there is a minimum dress requirement. Tailored shorts, collared shirt and socks above the ankle are required. Students will be required to follow all the rules of the golf course and will be expected to follow golf etiquette.</p>
<p><u>Activity No.7</u> Surfing Safari - Learn to Surf</p>  <p style="text-align: center;">\$150</p> <p style="text-align: center;">Mr Fisher</p>	<p>Learn or improve your surfing. This is a surfing program for all abilities. Students are provided with all necessary equipment and qualified instruction to learn surfing skills for the first time or improve existing surfing skills. You will be up and surfing in three days!! Transport daily by teachers cars using private vehicles.</p> <p style="text-align: center;">Numbers in this activity are limited.</p>
<p><u>Activity No. 8</u> Warhammer Games and Xbox Gaming</p>  <p style="text-align: center;">Mr Kolednik</p>	<p>Warhammer involves students and teachers with any models of an army or armies that will battle each other in various battle scenarios. Students who wish to learn about this are welcome to join. Xbox involves using Xbox machines and games. Students will be in separate rooms depending on the rating of the games. Students interact between each other depending on the interest of their games.</p>

Activity No. 9

Parkour

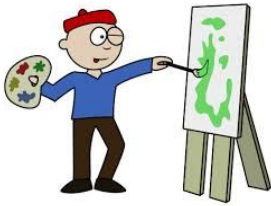


\$150

Mr Murray

Participants will attend three days of workshops at the Australian Academy of Parkour, Exercise and Self-Defense (AAPES). Activities will include training in basic parkour skills, training bails and spacial awareness for safety, as well as lots of fun games and competitions. Trained professionals who regularly work with students from other schools will teach you the parkour philosophy of altruism and useful strength, longevity, self-improvement and self-understanding. Parkour is as much a mental discipline as it is a physical one.

Activity No. 10
Visual Arts Body of Work Workshop



\$50

Mr Pearce

HSC Visual Arts students are invited to attend a 3 day workshop.

Students will have the opportunity to explore unique art materials and practices in order to expand their skill set to complete their Body of Work for HSC.

Activity No. 11
Creative Writers Workshop



\$50

Ms Hearfield

Here is an opportunity to immerse yourself in a world of your own creation! Over the three days, students will partake in a number of opportunities to write about themselves and the world around them, further developing their skills as creative writers. Students will also be given the chance to find inspiration in the world around them, participating in activities like people watching at a local café.





Activity No. 12
RSA, RCG, First Aid



**\$120 RSA, \$80 RCG,
\$140 First Aid**

Mrs Beasley

An accredited course will be run each day during Activity Week to assist students gain qualifications to improve their employability.
Responsible Service of Alcohol (RSA) - required when working in establishments where alcohol is served.
Responsible Conduct of Gambling (RCG) - required when working where gambling is conducted.
First Aid may be required for some occupations and can also be used to gain additional payment as a Safety Officer in some workplaces.

<p><u>Activity No. 13</u> Ladies that Lunch</p>  <p>\$140</p> <p>Mrs Hook</p>	<p>This activity involves three days of pampering and relaxation including manicures, pedicures, high tea, skincare and makeup workshop, movies, Christmas cooking including cupcake decorating and gingerbread houses. What's not to like.</p>
<p><u>Activity No. 14</u> Anime Fest 2019</p>  <p>\$30</p> <p>Ms MacDonald</p>	<p>It's back for 2019! Love anime and Japanese food? Join us for Anime Fest.</p> <p>Day 1: Manga comic session, make an Obentou lunchbox and eat, watch The Cat Returns (PG).</p> <p>Day 2: It's a Studio Ghibli day. View the classic Nausicaä of the Valley of the Wind (PG), make Okonomiyaki + Yakisoba + Teriyaki + Gyoza dumpling snack dishes, Finish with Spirited Away (PG)</p> <p>Day 3: View the 2018 hit Mirai (PG), and walk down/back to the Sushi Train in Bowral.</p>
<p><u>Activity No. 15</u> Scale Model Making</p>  <p>\$10 Plus BYO model.</p> <p>Mr Andrews</p>	<p>Build our own scale models in what every genre you are into. Military machines, Warhammer, Sci Fi, Fantasy</p> <p>Some equipment for modeling will be provided and instruction and guidance provided by an experienced model builder.</p>
<p><u>Activity No. 16</u> Fun & Go</p>  <p>\$100</p> <p>Ms Roscoe</p>	<p>3 days of fun activities.</p> <p>Day 1 - Travel in coach comfort to Macarthur Square to spend a day out with friends. A perfect opportunity to finalise your Christmas shopping!</p> <p>Day 2 - Start with a leisurely stroll into town to see a new release movie at the Empire cinema. Afterwards, beat the heat with a swim in the pool a short walk away. What a great way to spend a day - movie and pool!</p> <p>Day 3 - Jamberoo action park!! Need we say more? Cap off activity week with a thrilling ride on The Perfect Storm and The Funnel Web or cool off in the rapid river. Take a chairlift up to the bobsled or just hang out with friends. You control the action!</p>

Activity No. 17
Art at your own pace



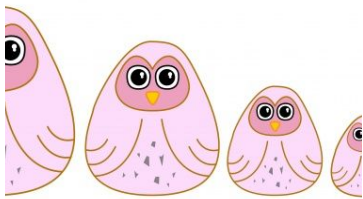
\$50

Mrs Planting

Art at your own pace

Sit in a room and relax, listening to great music with other students who love making artworks. In this activity, you will be introduced to the work of Shaun Tan and will watch a series of quirky short films. You will be able to choose the art activity which most suits your interest. You will be able to choose from a 2D mixed media personal creation, a series of realistic paintings from photographs or you have the opportunity to create a concertina book, using art papers and to create a series of works within it using your choice of materials (collage, drawing, mono-printing, paint or mixed media). We will go on a walking excursion to look at work at the Milk Factory and the BDAS on one of the days. There will be opportunities for breaks with artistic films, board games and 'just dance'. On the last day, bring your own ingredients to make your own pizza.

Activity No. 18
Clever Crafters



nil

Mrs Krafty Kelly

Inviting all Clever Crafters

Bring your current project(s) along to school so you get things finished ready for Christmas presents.

Have an idea but not sure how to get started - bring your equipment and let's make it happen.

Always wondered how to do a particular craft - then this activity is for you
Crafts on offer include:

knitting, crochet, spinning, weaving, book making, card making, felting, needle felting, sketching

Activity No. 19
Disney Movie Marathon



Snack contribution
Mrs Forsyth

When too much Disney is barely enough...

Watch all of the Disney movies we can.

How about some Disney trivia

And of course a constant supply of popcorn and choc tops.

Activity No. 20
Introduction to Jewelry Making






\$50

Mrs Peachey

Learn to design and create at least two jewellery items; a silver ring and a pendant. Silver soldering, metal bending and hammering techniques will be used to create the jewellery pieces. What a great gift for someone special at Christmas.

The jewellery course will be held at school in the metal workshop and participants will be required to wear fully enclosed leather shoes every day.

HALF-DAY ACTIVITIES

<p><u>Activity No. 21</u> Sports & Swimming</p>  <p>Various</p>	<p>Spend your mornings or afternoons playing a variety of sports. Sports may include tennis, basketball, table tennis Frisbee etc. Enjoy a cooling swim at Bowral Public Pools. Sports on offer will depend on the interests and abilities of the students participating. Choose either or both the morning or afternoon offerings.</p>
<p><u>Activity No. 22</u> Afternoon Yoga</p>  <p>\$35</p> <p>Mrs Kauflin</p>	<p>90 minute session of yoga at a Bowral yoga studio.</p>
<p><u>Activity No. 23</u> Classroom Learning</p> 	<p>A special program of lessons provided for students who would like to continue with classroom based learning activities. Lessons will be provided in each key learning area over the three days of activity week.</p>

Bowral High School
Activity Week 2019
Student Preference Sheet

Return this sheet to the FINANCE OFFICE from **WEEK 1 TERM 3**

1. Indicate in order two preferences for your Activity Week
2. Enter the number of the activity and the name of the activity
3. Read the requirements, condition and costs for the activity before signing.
4. Students will be notified of their selection in **WEEK 3**. For oversubscribed activities a selection process or ballot may be required.
5. Use the separate **Student DEPOSIT Sheet** to pay the non refundable deposit in **week 3**. Payments will be accepted from **Tuesday 6th August** for Overnight activities and **Thursday 8th of August** for all other payments.
6. Some activities may be oversubscribed. A student's position in an activity will be held until the end of **week 3**. If payment of the non refundable deposit is not received by the end of **week 3** the students position in the activity may be offered to other students.
7. Contact the specific activity organiser if you have any questions.

Surname: _____ **First Name:** _____ **Year:** _____ **Roll:** _____

Choice	Activity Number	Name of Activity
First		
Second		

I acknowledge that my child may attend one of the above. I am aware of the costs involved and understand that a non refundable deposit will need to be paid in order to secure my child's place in the activity.

Parent / Caregiver Signature

**Bowral High School
Activity Week 2019
Student DEPOSIT Sheet**

Return this sheet along with your payment of the deposit to the
FINANCE OFFICE in WEEK 3 TERM 3

Surname: _____ First Name: _____ Year: _____ Roll: _____

★ CAMPING & OVERNIGHT STAY ACTIVITIES OR FULL DAY ACTIVITIES

Return this completed form, along with the non-refundable deposit, to the Finance Office from **Tuesday 6th August for camping and overnight activities** and from **Thursday 8th August for all other activities**.
BE QUICK ACTIVITIES FILL FAST.

Activity No: _____ Name of activity _____ **Total Cost: \$** _____
Deposit: \$ _____

★ HALF-DAY ACTIVITIES

non-refundable deposit, to the Finance Office as soon as possible from Thursday 8th August

Choose an am AND a pm activity. To work out the cost add the am activity cost to the pm activity cost.

AM Activity No: _____ Name: _____ Cost \$ _____
PM Activity No: _____ Name: _____ Cost \$ _____

Total Cost: \$ _____
Deposit included: \$ _____

Permission Notes and other information will be sent home closer to the activity.

⬆ I have read and accept the refund policy as outlined in this information booklet. My child has permission to make this Activity Week selection.

Parent / Caregiver