



Learning for Life Activities Week 2015

6th-10th July 2015

Please remember to:

- * *Return your Activity Form and Parent Consent Form by Friday 30th January 2015*
- * *Make payment in full by Friday 5th June 2015*
- * *Use **ParentPay** or barcodes via **PayPoint** (no cash or cheque payments to be brought into College please).*

General Information

Introduction.....	3
Health and Safety	3
Arrangements for the Week	3

Activities In College

Boxing Fitness and Martial Arts	4
Ceramics Workshop	4
Chess	4
Computer Programming	4
Drama Workshop	5
Dyes and Dyeing	5
Gardens for Life	5
Gym Fitness	5
Health, Fitness and Nutritional Wellbeing	6
Knit Wits	6
Mixed Sports Day	6
Photography Workshop	7
Photoshop Workshop	7
Rotoscoping (Computer Animation) Workshop	7

Activities Out of College

Climbing	8
Cycling the Camel Trail	8
Discovery Surf School	8
Fishing at Bake Lakes	9
Forestry School Monday	9
Forestry School Tuesday	9
Forestry School Wednesday	10
Golf	10
Go-Karting	10
Horse Riding	10
Isles of Scilly	13
Lanhydrock Cycling	11
Mountbatten Watersports & Activities Centre	11
Paignton Zoo	12
Skiing	12
Tree Surfing and Archery at Tamar Trails	12

Planning and Forms

Important Information	14
Activity Days	16
Activity Form	17
Parental Consent Form	19

Introduction

Each year we designate a calendar week of term time for students in Years 7, 8 and 9 to explore, create, experience and / or learn new skills and achieve.

The week is part of the College's enrichment curriculum and this year it is linked to our Learning for Life days, when the regular timetable is collapsed and specialist activities take place: UNICEF's Rights Respecting Schools, our international links, sustainable green education.

It is important that all students attend College during Learning for Life (LfL) Activities Week; it is NOT optional. It is part of the College term and so normal attendance must be maintained.

As well as having fun and enjoying the activities, the aim is for you to learn about new ideas and develop new skills so approaching the week with a "growth" and not a "fixed" mindset is important.

The task of arranging a broad range of activities is not easy. It is important that second choice activities are selected in case activities are either overbooked or do not have sufficient numbers to allow them to go ahead.

If you have any issues relating to booking activities please contact Mrs Stone at the College on 01752 812511 ext 259.

Health and Safety

In the process of organising the activities in this booklet, staff have paid great attention to health and safety. Where activities take place in potentially hazardous situations, tuition and supervision by properly trained and qualified instructors is provided. To this end it is very important the Parental Consent form is completed and returned to the College by Friday 30th January 2015.

Arrangements for the Week

The school transport will operate as normal.

Some of the activities will have start and finish times beyond College hours and you need to make your own arrangements for getting to and from College in such circumstances.

The canteen will be open during the week. If entitled to free school meals the student is to book a packed lunch through the Catering Manager at least 24 hours before a planned external activity (i.e. any activity not taking place within College), which the student must collect from the canteen.

During Activities Learning Week students do not have to wear College uniform for any of the activities.

Naturally we have high expectations of our students behaviour and we often receive compliments on their conduct. However, please note any unacceptable behaviour will result in students being withdrawn from activities. In such cases a **refund will not be given** as most bookings for visits will have been paid for in advance.



Boxing Fitness and Martial Arts

Monday

Spend the day getting boxing fit with a chance to sample the fun of Tae-kwon-do and kickboxing! We will spend the morning taking part in a mixture of circuit training and fitness and boxing exercises. After lunch we will have Mark Bishop, a fully qualified martial arts instructor, coming in to share his expertise and skills with a session that is always fun and exciting. How fit do you think you are? You will soon find out! You will need loose sports clothing, drinks and a snack to keep those energy levels up.

Cost: £3

Available Places 20

Ceramics Workshop

Monday, Tuesday, Wednesday, Thursday or Friday

Come and learn how to model with clay using a variety of hand-building techniques and decorate your craft work using traditional ceramic methods.

Cost: £4

Available Places 15



Chess

Monday, Wednesday or Friday

A day long tournament and workshop for experienced chess players and beginners alike.

Prizes for winners.

Cost: No Charge

Available Places 10

Computer Programming

Wednesday, Thursday or Friday

Learn and experiment with setting up your own computer games and mobile apps.

Cost: No Charge

Available Places 20





Drama Workshop

Tuesday or Thursday

Students will be working with a stimulus as the basis for a piece of Drama which they will devise, working in groups to plan, create and perform a piece of Drama.

This will be a skills based learning activity - but also a whole load of fun!

Cost: No Charge
Available Places 20

Dyes and Dyeing

Thursday

We will be experimenting with natural and synthetic dyes on a range of different fabrics before getting more creative with wax resist (or batik) techniques. We will also try making marbling effects on paper, decorating eggs and tie-dye.

Students can borrow aprons but wearing old clothes would be sensible to avoid damage by splashes of dye.

Cost: £5
Available Places 15



Gardens for Life

Tuesday

You will be working on the quad areas and other areas of the College that need a little TLC by designing and planting a garden.

There may be some digging involved.

Cost: £3
Available Places 8

Gym Fitness

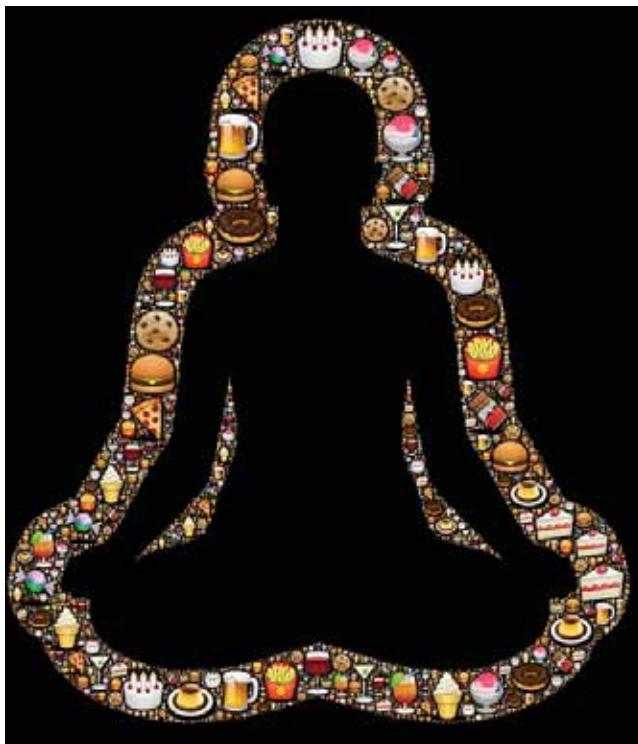
Monday

Using the Fitness Suite in the Torpoint and Rame Sports Centre, you will have a full Gym induction, which will explain how to use the Gym equipment safely.

There will be a Gym workout and Kettlebells sessions and an afternoon session of sporting activities.

Cost: £4
Available Places 20





Health, Fitness and Nutritional Wellbeing

Thursday

A day of learning the importance of keeping fit and eating healthily.

You will have the opportunity to try step aerobics, yoga, and body conditioning and use some of the gym equipment in the Fitness Suite.

The day will be interspersed with talks on nutrition, training and the importance of leading a healthy lifestyle.

This activity is aimed at Years 8 and 9.

Cost: No Charge

Available Places 18

Knit Wits

Monday, Tuesday, Wednesday, Thursday

Are you interested in Knitting?

If so, come and learn this fashionable craft.

By the end of the day you will be well on the way to making a statement scarf whether for yourself or in House colours.

A small sum of £6 will pay for needles and yarn which you take home at the end of the day.

Cost: £6

Available Places 6 (minimum 4)



Mixed Sports Day

Tuesday or Thursday

A day full of sporting activities. Depending on the weather, you will be taking part in the following sports:

- Tennis
- Softball
- Ultimate Frisbee
- Dodgeball and more ...

Cost: No Charge

Available Places 32

Photography Workshop

Monday, Tuesday, Wednesday, Thursday or Friday

This is not just about taking a few photos and hoping for the best!

Explore how you can create dramatic moments and beautiful photographs, which you can then present in a variety of ways.

Cost: £2

Available Places 10 (minimum of 2)



Photoshop Workshop

Monday

Learn to manipulate your photographs using Adobe Photoshop.

Cost: No Charge or £3 for USB stick

Available Places 15

Rotoscoping (Computer Animation) Workshop

Friday

A day where you will learn camera techniques, directing and creating your own bespoke short piece of animation.

You will develop your knowledge of the industry standard web animation software Adobe Flash and Photoshop, whilst exploring 'Rotoscoping' as a technique to create personalised, eye catching digital animation.

There is an optional charge of £3 for a 4Gb USB stick if you wish to take your work home with you.

Cost: No Charge or £3 for USB stick

Available Places 15



There will be an additional free activity to be arranged for Monday, Wednesday and Friday.

Please write 'Free Activity TBA' on your Activities Form if you are interested.

Climbing

Tuesday, Wednesday or Friday

A day activity of indoor climbing on a wall built and modified by climbers.

Professional instructors and equipment will be provided. It is good for beginner climbers although there will be challenges for any ability level.

Comfortable sports trousers and tops should be worn and trainers will be suitable, although climbing boots can be hired on the day for £2 for extra grip.

Bring your own lunch and drinks.

Cost: £15

Available Places 15 (minimum 10)



Cycle the Camel Trail

Tuesday or Thursday

Cycle from Wadebridge to Padstow and back, with a stop off at Padstow for lunch.

Bikes and safety equipment will be provided.

Cost: £15

Available Places 14
(minimum 10)

Discovery Surf School

2 day activity - Monday and Tuesday

Learn to Surf at Whitsand Bay with Discovery Surf School, an ASI (Academy of Surf Instructors) accredited Surf School who are regarded as one of the top centres in the UK. The emphasis is on quality coaching in small groups - students will always be in a group with a maximum size of 6 pupils to 1 coach.

You will get a total of 6 hours of lessons over two days. By the end of the two days you'll be catching waves, standing up and feeling 'stoked'! You will learn important sea safety and receive a BSA junior surfer log book and certificate.

In-between lessons there will be beach games and a beach clean up.

You must be capable of swimming 50m.

Cost: £65 + bus fare

Available Places 15 (minimum 6)





Fishing at Bake Lakes

Monday or Wednesday

Enjoy a day of fishing at Bake Lakes.

Students will have access to two qualified coaches, equipment and lake hire and the necessary environmental licences to fish.

No experience necessary!!

The site has a small shop and there is hot and cold food available if required.

Cost £25

Available Places 15 (minimum 9)

Forestry School Monday

Monday

This activity is held in the grounds of Antony House, which is in close proximity to the College.

Activities include:

- Bows and Arrows - You will create a bow and some arrows, with an competition to find the furthest fired.
- Foraging - You will forage for small items to go into a matchbox with a prize for the most unusual.
- Tower Building - In groups, you will build a tower using sticks found in the area.

Cost: No Charge

Available Places 15



Forestry School Tuesday

Tuesday

This activity is held in the grounds of Antony House, which is in close proximity to the College.

Activities include:

- Fire Making Skills (weather permitting)
- Making Dream Catchers (weather permitting)
- Foraging for materials for painting, create your own brushes and then paint with them.
- Leaf Hunt - you will learn which leaves come from which trees on the grounds.

Cost: No Charge

Available Places 15

Forestry School Wednesday

Wednesday

This activity is held in the grounds of Antony House, which is in close proximity to the College.

Activities include:

- Shelter Building
- Raft Building - using materials foraged in the park you will build a small raft with a prize for the best one.

Cost: No Charge

Available Places 15



Golf

Monday, Tuesday, or Wednesday

Have a great day at the golf course. All abilities welcome. You will be instructed by a professional coach.

Cost: £20

Available Places 12 (minimum 6)



Go-Karting

Monday, Wednesday or Friday

Kartworld offers the most exhilarating go kart racing circuit in Cornwall. They've got the fastest single-engine karts in the South West and an exemplary safety record.

The 800 metre circuit is designed for all types of karting and consists of a long straight heading into a chicane followed by fast flowing twists and turns with plenty of width for overtaking.

Cost: £26

Available Places 40 (minimum 25)



Horse Riding

All Week

Horse riding at Polmartin Riding Centre. Available to all students with any riding ability, from complete beginner to regular rider. Those with no previous riding experience should manage Stage 1 by the end of the week. Those with experience would be assessed for Stage 1 early on in the week and then work towards Stage 2.

Cost: £175 for the week

Available Places 15 (minimum 7)

Lanhydrock Cycling

Wednesday or Friday

Lanhydrock cycle trail is the perfect place to start your off-road cycling adventure, allowing you to practice and progress your skills.

With the help of 2 instructors you will start in the skills area where you will find rollers, rocks and jumps. The skills area also includes a balance bike track, designed to control speed and improve the confidence of young cyclists.

Cost: £24

Available Places 15 (minimum 10)



Mountbatten Watersports & Activities Centre

All week.

The centre provides an ideal learning and development environment for all abilities.

Each day will comprise of a different activity and your week will include the following:-

- Hawk 20 Sailing
- Kayaking
- Stand Up Paddleboarding/Kayaking
- Climbing and Abseiling
- Canoeing

You will be taught by qualified instructors throughout.



You will be provided with a wetsuit, a buoyancy aid, a windproof coat and trousers - you may bring your own if you have them.

You will need to wear suitable clothing (list will be provided) but NO JEANS please.

You will also need a sunhat, sunglasses, sun cream and a towel.



It is important that you bring plenty of food and drink each day and some warm clothing.

Cost: £175 - a £25 deposit will be required by Friday 13th February 2015

Available Places 24 (minimum 20)



Paignton Zoo

Tuesday or Friday

Travel around the world in just one day!

Paignton Zoo is home to thousands of amazing animals and plants. Walk through a world of wonder – visit the desert, cross the savannah, explore the forest and trek through the tropics. Use your senses to discover the wild world: look around, listen out – you'll even need your sense of smell! Find out about conservation and the world's endangered species.

Cost: £20

Available Places 44 (minimum 25)



Skiing

Wednesday

Enjoy a range of skiing activities.

All levels are catered for, whether you are new to the slopes or have some experience.

Qualified instructors will be on hand to guide you through the day.

Cost: £28

Available Places 15 (minimum 10)

Tree Surfing and Archery at Tamar Trails

Monday, Tuesday or Thursday

Enjoy a fun day of adventure and discovery in the beautiful Tamar valley on this action packed trip out. We will be heading off to Tavistock in Devon to try out a range of exhilarating activities. We will start with Tree Surfing as we tackle the premier high ropes course: this is a challenging tree top adventure designed to test your nerve and awaken your senses. You will also experience the thrill and exhilaration of flying through the air on a zip line stretching all the way from the tree canopy to the forest floor. Finally, you will test your archery skills and work with trained instructors to see if you have got the skill, poise and nerve to be a truly good shot.

This will be a busy and action packed day so you will need to ensure you wear sensible footwear and clothing that is suitable for being outdoors all day. It is not suitable for anyone that is afraid of heights, but perfect for everyone with a sense of adventure...

Cost: £45

Available Places 25 (minimum 20)



Stop Press...

There are a few spaces left on the following activity.

Isles of Scilly Trip

All Week - Residential

We are currently planning and offering places for the 2015 Learning for Life Activities Week Isles of Scilly residential trip.

The trip will be taking place during Learning for Life Activities Week during the Summer Term. The students will leave on Saturday 4th July and return to school on Friday 10th July 2015. For most students this trip will offer a once in a lifetime opportunity to visit an area of outstanding natural beauty and take part in outdoor activities as well as sleeping under canvas for a week. The activities available to the students will include sailing, wind surfing, kayaking, snorkelling with seals, horse riding, beach games, visiting the smaller islands and team building tasks. For some of the activities students will need to be able to swim 100 metres.

The cost of the trip is **£385**, which includes transport to and from the Islands, accommodation and food for the week and all activities. To secure your child's place on the trip please return the attached slip, confirming your permission, to student reception. You will need to pay a non-refundable **£60** deposit via ParentPay to secure your child's booking. Places are limited and will be offered on a first come first served basis.

Once the deposit has been received to secure the booking, you will then be required to pay the remaining balance of £325 via ParentPay either as a lump sum or in five monthly instalments of **£65** by Friday 29th May 2015 at the latest. In the spring term there will be a parents evening which will cover all aspects of the trip.

Cost: £385

What to do next...

If you have already chosen this activity and paid your deposit before this book went out then you do not need to do anything.

If you have chosen this activity from this book and you have handed in your form please see Mr Doogan immediately and he will inform you what you need to do next.



To help us run the Learning for Life Activities Week safely and fairly please be aware of the following:-

- No student will be allowed on an activity without a Parental Consent Form being signed and returned to the College's reception.
- When you return your 'Choosing an Activity Form' it will be numbered. Forms which are returned to reception the soonest are more likely to get their first options (*but this is not a guarantee*). Please return your form by Friday 30th January 2015.
- Please do not attach any money with your form. All payments will need to be made online via **ParentPay** once your activities have been finalised. Please see the website, or ask at reception, for information on **ParentPay**. If you haven't received your activation code please contact the College.
- It is important that there is a balance of activities which support the aims of the week. Students may not always get the options they have selected.
- It is important that students give a second option. If you put the same activities again, or leave this blank, you may miss out if an activity becomes oversubscribed or is cancelled.
- You will be issued a card with a list of your activities. If we are unable to allocate your first or second choice on any of the days, your card will have '*to be arranged*' in place of the activity.
- You will have the opportunity to make changes to your activities up until Friday 22nd May 2015 - *No Change Day*.
- If you still haven't picked any activities before No Change Day you will be seen by Mrs Stone and she will help you plan your week.
- The No Change Day will also trigger the no refunds policy.
- Changes can only be authorised by Mrs Stone.
- Payments to be made in full by Friday 5th June 2015 via ParentPay.
- If you require additional copies of the Activities Learning Week booklet, or any of the forms, please go to the College website, www.torpoint.cornwall.sch.uk, or ask at main reception.
- Should you have any queries or concerns regarding Learning for Life Activities Week (Lfl AW) please contact Mrs Goodman, Lfl AW Coordinator, or Mrs Stone on 01752 812511.

Please complete the following
Activity and Parental Consent Forms
and return to Reception by
Friday 30th January 2015.

Activity Forms will be numbered in the
order they are received and activities
allocated on a first come first served basis.

Some activities are popular or subject to
cancellation so please give a second choice.

If we do not receive your
Parental Consent Form
you will not be allowed off the
College site.

Truancy call will still be active during
Learning for Life Activities Week.

Activity Days

Monday

In College for 1 Day

Boxing Fitness & MA - £3
 Ceramics - £4
 Chess - £0
 Gym Fitness - £4
 Knit Wits - £6
 Photography Workshop - £2
 Photoshop - £0 or £3 USB
 Free Activity TBA

Out of College for 1 Day

Fishing - £25
 Golf - £20
 Go-Karting - £26
 Forestry School - £0
 Tree Surfing - £45

Out of College for 2 Days

Discovery Surf School - £65 + bus fare

Tuesday

In College for 1 Day

Ceramics - £4
 Drama Workshop - £0
 Gardens for Life - £3
 Knit Wits - £6
 Mixed Sports - £0
 Photography Workshop - £2

Out of College for 1 Day

Climbing - £15
 Cycle the Camel Trail - £15
 Forestry School - £0
 Golf - £20
 Paignton Zoo - £20
 Tree Surfing - £45

Wednesday

In College for 1 Day

Ceramics - £4
 Chess - £0
 Computer Programming - £0
 Knit Wits - £6
 Photography Workshop - £2
 Free Activity TBA

Out of College for 1 Day

Climbing - £15
 Fishing - £25
 Forestry School - £0
 Golf - £20
 Go-Karting - £26
 Lanhydrock Cycling - £24
 Skiing - £28

Thursday

In College for 1 Day

Ceramics - £4
 Computer Programming - £0
 Drama Workshop - £0
 Dyes and Dyeing - £5
 Health, Fitness & Well - £0
 Knit Wits - £6
 Mixed Sports - £0
 Photography Workshop - £2

Out of College for 1 Day

Cycle the Camel Trail - £15
 Tree Surfing - £45

Friday

In College for 1 Day

Ceramics - £4
 Chess - £0
 Computer Programming - £0
 Photography Workshop - £2
 Rotoscoping - £0 or £3 USB
 Free Activity TBA

Out of College for 1 Day

Climbing - £15
 Go-Karting - £26
 Lanhydrock Cycling - £24
 Paignton Zoo - £20

Out of College All Week

Horse Riding - £175 ❖ Isles of Scilly - £385 ❖ Watersports at Mount Batten - £175

Other Activities Taking Place During LfL Activities Week (places already allocated)

Mosaics Project with Torpoint Council ❖ French Trip ❖ Torpette's Trip to Dublin

AT THE TIME OF PRINTING THERE WERE A COUPLE OF ACTIVITIES AWAITING APPROVAL. THESE MAY BE AVAILABLE AT A LATER DATE.

Activity Form

Please complete and return along with the Parental Consent Form to Reception by **Friday 30th January 2015.**

Name _____ Tutor Group _____ Year _____

Day	First Choice	Cost	Official Use
Mon			
Tues			
Wed			
Thurs			
Fri			
Total Cost			

Activities are allocated on a first come, first served basis and from past experience it may be necessary to change more than one activity.

If you wish to be with friends, please submit your forms together and put their names on the **back** of this activity form. This will help if we need to make any changes to your choices.

As much as we would like to give every student their first choice this is not always possible. It is very important that you make a **SECOND** choice. This is because:-

- The activity was very popular and the maximum number was reached.
- An activity can be cancelled due to low numbers.
- An activity can be cancelled because the organiser/teacher is unable to proceed with their activity.

Day	Second Choice	Cost	Official Use
Mon			
Tues			
Wed			
Thurs			
Fri			
Total Cost			

- If both **FIRST** and **SECOND** choices are full you will be invited to make an alternative choice with Mrs Stone.
- When organising alternative activities, the cost may increase/decrease subject to those that have been chosen. Please indicate below what the maximum spend is for the week or alternatively please email Mrs Stone - stone.c@torpoint.cornwall.sch.uk.

Maximum spend for the week £ _____

Signed _____ Parent/Carer Date _____

Name _____ (please print)

PLEASE MAKE SURE YOUR PARENTAL CONSENT FORM IS RETURNED

Data protection Act. The information being collected on this form will only be used for the purpose of school administration of visits and journeys under the Department of Education and Skills guidelines. The data will not be disclosed to any external sources other than in an emergency, or to the Local Authority, without your written consent.

1. Details of Activity: **Activities Learning Week** From: **Monday 6th to Friday 10th July 2015 - all day**

2. Name of participant Tutor Group Age.....

3. Address

4. Telephone Number

5. Emergency Address and/or Telephone Number: (if different from above)

6. Personal Information: Please give details requested below and any additional personal information which might be relevant. If you feel that the College should be aware of any new or existing medical conditions concerning your child, please contact their House Leader of Learning.

a) Has your child, to your knowledge, been in contact with any infectious illness in the last three weeks?
Yes No If yes, give details

b) Does he/she suffer from allergies, diabetes, migraines, epilepsy, bad period pains, sleep walking, bed-wetting?
Yes No If yes, give details

c) Is he/she allergic to anything e.g. antibiotics, elastoplast, aspirin or any such medicines, any particular food/drink?
Yes No If yes, give details

d) Is he/she actively sensitive to penicillin?
Yes No If yes, give details

e) Is he/she receiving any medical treatment at present?
Yes No If yes, give details of illness/disability and treatment

f) Does your child have any other illness that the visit leader should be aware of?
Yes No If yes, give details

g) Date of last anti-tenanus injection:

h) Does he/she have any special dietary needs?

i) Can he/she swim 50 metres? Yes No

j) Name, address and telephone number of own doctor:

7. Insurance: Please note that there is a limited amount of cover for personal accident and loss of personal belongings through School Journey Insurance. Participants are covered by Cornwall Council insurance in the event of negligence by one of its employees or agents. Details are available on request.

8. Use of Digital / Video Images. The use of digital / video images plays an important part in learning activities and staff / students may use these to record evidence of activities on trips and visits. These images may then be used in presentations in subsequent lessons, to celebrate success through their publication in newsletters, displays in the College, on the College website or Facebook page and occasionally in the public media. We will ensure that when images are used / published that the young people cannot be identified by the use of their names.

9. PARENTAL CONSENT

(i) I have read the information provided and agree to my son/daughter taking part in the above activities.

(ii) I acknowledge the need for him/her to behave responsibly at all times, in accordance with the College's Behaviour for Learning policy.

(iii) I understand that the staff responsible for the activities will take all reasonable care of participants.

(iv) I consent to any emergency treatment necessary. I therefore authorise the party leader(s) to sign, on my behalf, any written form of consent required by the hospital authorities should medical treatment (a surgical operation or injection) be deemed necessary, provided that the delay required to obtain my signature might be considered, in the opinion of the doctor or surgeon concerned, likely to endanger my child's health or safety.

(v) I consent to my child travelling in a motor vehicle driven by a member of staff or other adult in the event of an emergency and in accordance with associated LA guidance.

(vi) I understand that if my child is returned home after breaching the rules relating to the College's Illegal Drug Use and Misuse policy, I will need to meet the cost of these arrangements.

(vi) **I agree / do not agree*** to the College taking and using digital / video images of my child. I understand the images will only be used to support learning activities or in publicity that reasonably celebrates success and promotes the work of the College.

Signature Print Date
(please print your name alongside your signature)

Please return this form, together with your Activity Form, to Reception by Friday 30th January 2015.

