ACTIVITIES WEEK BOOKLET 2015

Wednesday 9th December until Tuesday 15th December
**ALL DAY ACTIVITIES**

**Activity:** 1  
**Bushwalking / Trekking (5 days)**

*This Activity Contributes To – Silver Award*

**Description:**  
Year 9 Georges Trail  
Year 10 Macleay Magic  
Year 11 Kunderang

Various treks are available to suit each Year. Students must carry all equipment for overnight camping and must be fit. They must be competent swimmers, have access to camping equipment and attend mandatory weekly meetings at school to prepare for the trip. The bushwalks can be used for the Adventurous Journey component for the Duke of Edinburgh Award Scheme.

**Venue:** Aspley / Macleay / Georges River wilderness areas  
**Cost:** Approximately $40- transport and camping fees  
**Limit:** 18 students from each Year 9, Year 10 & Year 11  
**Requirements:** Access to camping and bushwalking gear. Must attend meetings and be a competent swimmer.  
**Co-ordinators:** Mr Channon, Mr Polson, Mr Curry, Mr Lord, Mr Laffan, Mrs Garvey

**Activity:** 2  
**Gold Coast / Ballina (4 days)**

*This Activity Contributes To – Silver Award*

**Description:** This activity involves a number of sessions. Students will have the opportunity to learn how to surf at Byron Bay. We will spend a day at Dreamworld on the Gold Coast. Accommodation is in self contained cabins at Ballina

**Venue:** Ballina/Byron Bay/ Gold Coast  
**Cost:** Approx. $250  
This activity requires prepayment at the top office as a booking.  
**Limit:** 25  
**Co-ordinators:** Mr Bartolo, Miss Kelly, Miss Kelly
Activity: 3 Day Walks - Hiking
This Activity Contributes To – Silver Award
Description: A series of day walks at various locations within the New England area. Students will need to have access to a small backpack.
Venue: Various (Mt Duval, Salisbury Waters, Mt Yarrowyck, Majors Point, Chandlers Pt)
Cost: TBA
This activity will require prepayment at the top office as a booking.
Limit: 10
Co-ordinators: TBA

Activity: 4 ART and PHOTOGRAPHY in the BUSH
KWIAMBAL NATIONAL PARK
This Activity Contributes To – Silver Award
Description: 3 nights and 4 days at 2 homesteads in the glorious Kwambiul National Park. Students will immerse themselves in creative activities, designed to extend their talents and introduce exciting new options to their repertoires. There will be swimming and floating in natural rock pools, long bush walks, sculpture making, drawing, ‘en plein aire’ painting, photography, morning yoga, film making, long conversations, story-telling and great cooking.
Creative and healthy activities to fill your days!
Venue: Kwambiul National Park– Bat House/Girls 18 and Joey House/Boys 7
Cost: $190 this includes: 3 gourmet meals a day, transport, accommodation and fresh air.
This activity requires PREPAYMENT at top office as a booking.
Limit: 18 girls and 7 boys
Co-ordinators: Ms Xeros, Mr McKenzie and Mr Willis
**Activity: 5 Horse Riding (All day)**

**This Activity Contributes To – Silver Award**

**Description:** This activity will be conducted at Harlow Park, Uralla. Travel will be by teachers’ cars. The host is Mrs Jan Upjohn (ph 67784631) who is a very experienced and well-qualified instructor. Mrs Upjohn will be in charge of two riding sessions per day. Safety helmets can be provided but it is recommended to bring your own if you have one. Long trousers, long sleeved shirts, sun cream and solid soled shoes or riding boots must be worn.

A morning and afternoon riding session will be conducted. The activities will normally run during wet weather (except in the event of prolonged wet periods). Only travel costs can be refunded in the event of rain.

This is the last year that horse riding will operate at Harlow Park.

**Venue:** Harlow Park, Uralla

**Cost:** $200 riding $25 transport
Total = $225

This activity requires prepayment at the top office as a booking

**Limit:** 6 students who need to borrow horses. More students can participate if they bring their own horse.

**Co-ordinators:** Mrs Upton, Mrs Lewis

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**Activity: 6 Fishing - All day**

**This Activity Contributes To – Silver Award**

**Description:** Trout and native fresh water fishing. It will include lure/fly only fishing for trout and bait and lure fishing for native fresh water fish. The first 3 days (Wednesday to Friday) will involve a 2 night camp and next 2 days (Monday to Tuesday) will include an overnight camp. Fishing skills will be taught if needed and advice provided concerning the gear needed. Own camping and fishing equipment required.

**Venue:** Native freshwater fishing at Copeton Dam for 3 days. Trout fishing at Lochlorian, a property near Niangala, for 2 days.

**Cost:** $100 - Prepayment is required for this activity.

**Limit:** 10 students

**Co-ordinators:** Mr Fisher, Mr Pringle
1st Session Activities
MORNING 9AM TILL 11.45AM

Activity: 7 Board Games / video – morning
This Activity Contributes To – Silver Award

Description: Bring along your favourite game or enjoy some of the games provided. Play chess against the “Grandmaster”, and then watch a video. Some computer games may be available.

Session: 1
Venue: L11 and L14
Limit: 50
Cost: Nil
Co-ordinators: TBA

Activity: 8 Water Polo, Swimming Fun & Fitness
This Activity Contributes To – Silver Award

Description: An intensive program is organised for students who enjoy swimming for fun and fitness. The program consists of modified water polo matches, lap swimming and stroke correction activities and water games. It is fun socially, and rewarding personally, as improvement in skills and fitness can be made in an enjoyable, relaxed atmosphere. Comfortable swim wear and sunscreen are required, goggles are highly recommended.

Session: 1
Venue: Meet at the town pool car park at 9.00am for roll call.
Cost: Pool entry fee - $3.00 per day.
Limit: 25
Co-ordinators: Mr Bugden, Miss Turner
Activity: 9 Hip Hop, Dance and Street Art

This Activity Contributes To – Silver Award

Description: This activity will consist of 5 workshops listed below. Note that the workshops will run from Monday to Friday. Students may select another activity for Monday 14th and Tuesday 15th December.

Hip hop: Nick Lupi (Spit Syndicate), Nate Weatherall (Koorified) and Liana Simmons (Sneaky El) will lead workshops in hip hop (spoken word and movement) alongside Matt Griffin (Terra Firma) who will also share his songwriting talents with the group! During this workshop, students will develop their creative skills, record their music and be a part of a video clip to be filmed during the week. Creative work will be performed at No Shame Day.

Fusion / Contemporary Dance: BBoy Yogi will work with talented local dancers Carmel Vale and Steve Quinlan to lead workshops in fusion / contemporary dance. Creative work will be performed at No Shame Day.

Poi and fire performance: Performing artist Brodie Loren will lead students in a workshop that will develop their skills in poi, staff and double staff fire performance (simulated fire!) – for up to 10 students. Creative work will be performed at No Shame Day.

Street Art / Graffiti Wall: Sydney-based aerosol artist Jimmy Boserio will lead students in a workshop that will create a street art / graffiti wall. Students will have an opportunity to develop creative skills, learn more about legislation around graffiti and aerosol art while making a mark on the local community! The wall will be installed in a public space in Armidale – and will be used a the backdrop to a video clip being created during the hip hop workshop.

Drumming: Drummer Kai Tipping and ‘Capoeira Professor’ Melq will lead drumming workshops. Creative work will be performed at No Shame Day.

Monday and Tuesday   11.05am until 12.45pm (periods 3 and 4)
Wednesday to Friday   9am until 11.45am

All materials and equipment will be provided. There is no cost for any of these workshops.

Session: 1
Venue: Auditorium
Cost: Nil
Limit: 20
Co-ordinators: Bob Kirk
Activity: **10 Christmas Cooking**

**This Activity Contributes To** – Silver Award

**Description:**
Prepare for your Christmas celebrations by learning to cook scrumptious Christmas goodies!
Surprise your family and friends with delicious sweet and savoury Christmas fare such as:

- Gingerbread
- Stained glass biscuits
- Fancy Christmas cupcakes
- Rocky road
- Christmas tree pizzas
- Chocolate balls
- Popcorn balls
- Christmas star trees
- Cheesy pastry puffs

Your ideas are welcome too.

**Session:** 1

**Venue:** H 13

**Cost:** $30

*This activity requires prepayment at the top office as a booking.*

**Requirements:** Covered shoes, an apron & containers to take goodies home.

**Limit:** 24

**Co-ordinators** Ms L Cameron. Mrs Teege, Mrs Tibbs

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Activity: **11 Lawn Bowls**

**This Activity Contributes To** – Silver Award

**Description:** Enjoy the challenge of one of our oldest sports…not just for the retirees like Mr Hemmings. Students will need neat and tidy clothes, sun protection (hat and sunscreen) and water. The club will supply bowls if you don’t have your own.

**Session:** 1

**Venue:** Armidale Bowling Club

**Cost:** $10 (includes finger food on the last day)

**Limit:** 24

**Co-ordinators:** Mr Partridge, Mr White
Activity: 12 Fitness 4 Summer
This Activity Contributes To – Silver Award
Description: Quick start your summer fitness program and join us for a morning of invigorating exercise. We will walk down to the gym, join in a class of Zumba, circuit, pump or fit ball or you can just work out on the equipment to tone your muscles. Each 1 hour class will be followed by a gentle walk back to school after a coffee or cool drink in the Armidale CBD.

Session: 1
Venue: Feelgood Fitness
Cost: $25
Limit: 15
Co-ordinators: Mrs B. Smith

Activity: 13 Ten Pin/Skating
This Activity Contributes To – Silver Award
Description: Students can play Ten Pin bowling and/or skate each day

Session: 1
Venue: Armidale Sports and Recreation Centre
Cost: $50 including shoe hire

Limit: 60
Co-ordinators: TBA

Activity: 14 Japanese Craft
This Activity Contributes To – Silver Award
Description: In this activity students will be using authentic Japanese paper to make cards, pictures, origami, Christmas decorations, bookmarks and mobiles. We may also make sushi if the group would like to (additional cost $3).

Session: 1
Venue: School
Cost: $10

Limit: 20
Co-ordinators: Mrs Moore, Mrs Evans
Activity: 15 Tree Planting at AHS
This Activity Contributes To – Silver Award
Description: Working around the school planting selected trees to help beautify the school grounds and provide shade and shelter for wildlife and students.

Session: 1
Venue: AHS
Limit: 5
Cost: Nil
Co-ordinators: Mr Worley

Activity: 16 Yoga
This Activity Contributes To – Silver Award
Description: Relax, recharge, rejuvenate. Yoga is an internationally renowned system of relaxation and meditation that is suitable for everyone, from beginners to adepts. It is grounded in tradition, yet adaptable to the needs of today. Come and participate in a series of lessons run by a visiting qualified Yoga teacher. Activities include yoga postures, breathing exercises, meditation and yoga nidra, as well as Mandala Creation as a meditation process.

Session: 1
Venue: School
Cost: $50-70 depending on numbers
This activity requires prepayment at the top office as a booking. Only students who have paid can participate.
Requirements: Loose comfortable clothing, a towel or yoga mat.
Limit: 24
Co-ordinators: Mrs E. Smith
Activity: 17 African Rhythms – The Music and Dance of Africa
This Activity Contributes To – Silver Award
Description: Learn a range of different African drum rhythms and songs. Come to play, sing, stomp, clap and dance.

Session: 2  
Venue: Music Room  
Limit: 30  
Cost: Nil  
Co-ordinators: Miss McInerney

Activity: 18 Indoor Sports in the Den
This Activity Contributes To – Silver Award
Description: Play your favourite indoor games such as Volleyball, Soccer, Badminton etc games with others in the Den.

Session: 2  
Venue: The DEN  
Cost: Nil  
Limit: 24  
Co-ordinators: James and Bruce

Activity: 19 Summer Sewing
This Activity Contributes To – Silver Award
Description: Students will get to complete textile projects of their own choice according to their level of skill. Students are required to bring their own fabric and patterns.

Session: 2  
Venue: H11  
Cost: $5 for thread, bobbins etc
This activity requires prepayment at the top office as a booking.
Limit: 20  
Co-ordinators: Mrs Dyall, Miss Pearce
Activity:  20  Golf

**This Activity Contributes To – Silver Award**

**Description:** Students have the opportunity to improve their knowledge of and skills in golf. Many aspects of the game will be covered such as grip, stance, swing, putting and golf etiquette. Each player will have a one hour coaching session with beginners on the first day and advanced players on the second day. Students can hire golf clubs for $5 per day with one set between 2 players.

**Session:**  2  
**Venue:** Armidale Golf Course  
**Cost:** 9 Holes = $30 for members & non-members, payable to the Top Office. 
This activity requires prepayment at the top office as a booking.  
**Co-ordinators:** Mr Gaukroger

Activity:  21  Movie Mania

**This Activity Contributes To – Silver Award**

**Description:** Five fun filled sessions soaking up the cultural icons and images from the big screen. Relax and be swept up into the action and intrigue. Students will meet on the school quadrangle, have the roll marked, and then be escorted done to the Belgrave theatre or in the case of an early film, students will need to make their own way to the theatre. Students will be dismissed from Belgrave at the end of the picture show. Movies to be confirmed later.

**Session:**  2  
**Venue:** Belgrave cinema  
**Cost:** Approx: $11 / day Pay at the door  
**Limit:** 100  
**Co-ordinators:** Ms McLeod, Mrs Chapman, Mrs Rolfe

Activity:  22  Recreational Reading

**This Activity Contributes To – Silver Award**

**Description:** Students will spend the afternoon with a book of their choice, reading & relaxing.

**Session:**  2  
**Venue:** S24  
**Cost:** Nil  
**Limit:** 15  
**Co-ordinators:** TBA
Activity: 23 Board Games / video – afternoon
This Activity Contributes To – Silver Award
Description: Bring along your favourite game or enjoy some of the games provided. Competitions can be run and prizes awarded.
Session: 2
Venue: C23 and C24
Limit: 25
Cost: Nil
Co-ordinators: Mr Cain

Activity: 24 Investigative Science
This Activity Contributes To – Silver Award
Description: Work in small groups to design investigations to find answers to questions such as how can we make the best diet coke and mentos eruptions, who can make the best balloon powered car or who can build the best catapult to launch a marshmallow?
Session: 2
Venue: L12
Limit: 20
Cost: Nil
Co-ordinators: Mrs Williams

Activity: 25 Cycling
This Activity Contributes To – Silver Award
Description: Get fit for summer in a low impact type of exercise. You will be cycling both in and outside the town boundaries exploring some of the region's most scenic roads. Students will need their own roadworthy bicycle, helmet and water bottle
Session: 2
Venue: Various
Cost: Nil
Limit: 10
Co-ordinators: TBA
Activity: 26 Metal Fabrication
This Activity Contributes To – Silver Award
Description: Rod Day for “Welding Rod Fabrications” is offering a taster course in Metal Fabrication. Build your own metal project

Session: 2
Venue: Welding Rod Fabrications
Cost: $65 plus materials for your project
Limit: Minimum of 6, maximum of 8
Co-ordinators: TBA
# Activity SUMMARY

Wednesday 9th December

Till
Tuesday 15th December

<table>
<thead>
<tr>
<th>Activity number</th>
<th>All day Name</th>
<th>Staff</th>
<th>Cost</th>
<th>Prepayment</th>
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<tr>
<td>1</td>
<td>All day Bushwalking / Trekking</td>
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<td>2</td>
<td>All day Coastal Culture- Ballina</td>
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<td>All day Day Walks</td>
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<td>All day Art Camp</td>
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<td>All day Horse Riding</td>
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<td>All day Fishing</td>
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Session 1 = 9am till 11.45am

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<tr>
<td>7</td>
<td>1 Board Games /video</td>
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<td>8</td>
<td>1 Swimming Fun &amp; Fit</td>
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<td>9</td>
<td>1 Hip Hop Song/Dance</td>
<td>HHS</td>
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<td>1 Christmas Cooking</td>
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<td>11</td>
<td>1 Lawn Bowls</td>
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<td>1 Fitness for Summer</td>
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<td>1 Ten pin/skating</td>
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<td>14</td>
<td>1 Japanese Crafts</td>
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<td>15</td>
<td>1 Tree Planting</td>
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Session 2 = 12.45pm till 3.30pm

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<td>2 Drumming</td>
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<td>2 Indoor Sports (Den)</td>
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<td>2 Movie Mania</td>
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<td>2 Rec Reading</td>
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<td>2 Board Games /video</td>
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