

Activities Week 2017

S2/3 Package Choices

Knox Academy

Activity	Activity Leader(s)	Cost
1. Build A Band/ Songwriting	Mr Johnston and Mr Murdoch	Free
2. Mountain Biking	Mr Easton, S. Marnoch,	£90.00
3. Explore Exciting Edinburgh	Mr Rice & Mrs McInnes	£45.00
4. Masterchef	Ms Leighton	£20.00 (max.)
5. Film Club	Mr Fyvie	Free
6. Model Making	Mr McGeehan	£10.00 (max.)
7. Get Creative	Miss Reynolds	£3.00
8. Yoga	Ms Montgomery	£50.00 (max.)
9. Sailing	Mr Watson/Mr Gilholm	£ 150

Activities will only go ahead if there is a large enough uptake by pupils. Pupils may be allocated their second choice or asked to make a further choice if their chosen activity cannot go ahead.

Dear Parent/Carer,

During week commencing 29th May 2017, a programme of activities and trips will run in place of the normal timetable. This programme has been arranged to give pupils a choice of experiences in a broad range of activities.

Now that Curriculum for Excellence is well established at Knox Academy we want Activities Week to add value to the experiences that pupils gain in the classroom. This can be through residential trips, which many pupils have already signed up for, or through home-based activities.

For those pupils not taking part in a residential trip we have organised a series of home-based activities which will hopefully suit a wide variation in interest. Some of the activities are selected due to the interests of the staff who are organising them and some due to requests from pupils over previous years. This is an ideal opportunity for pupils to choose something outside their comfort zone and perhaps develop new skills and interests.

Whatever activity your child chooses to participate in, the main aim of the week is to help them build confidence, develop new skills and make new friends.

Some of the activities are free or of minimal cost and only those that require transport or help from outside specialists or instructors will require a larger payment.

It is expected that all pupils in S2/3 will take part in these activities unless they have already signed up for a residential trip.

Each pupil must choose 4 activities from the list in order of preference and we will endeavour to give them one of these. They should ensure that their choice form, which is at the back of this booklet, is returned by Wednesday the 19th April 2017. No payment is required at this time.

Please note that pupils below -15 points will not be allowed to take part in activities that take place out with the school.

Alex Redford

Activities Week Coordinator.

1. Build A Band/Songwriting

Activity Leaders: Mr K Johnston & Mr A Murdoch

What's Included:

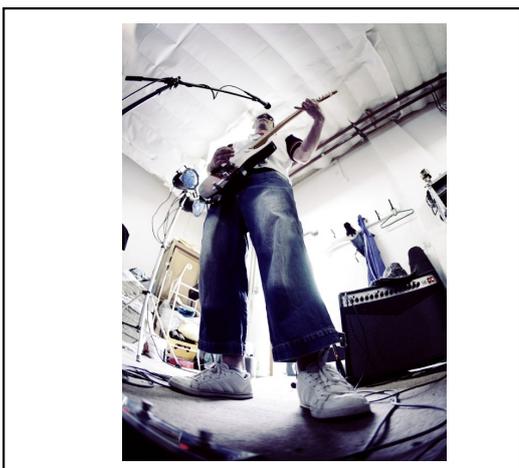
This project is geared towards pupils who would like to play in a pop/rock band, or who perhaps already play in a band together.

Included will be opportunities for those who want to write their own songs.

Pupils form bands and have access to the music department's instruments, amplifiers and practice rooms for the duration of activities week.

The teachers will assist pupils in performing songs of their own choice and will also help pupils who wish to write their own original songs.

By the end of the week, each band will have learned and performed a few songs.



Cost: £ Free

Maximum No Places : 15

Please note that this project cannot run with fewer than 10 pupils

Special Requirements:

Pupils do not necessarily need to be in a band already, but should have some basic skills on an instrument, eg. guitar, bass guitar, keyboard, drum kit, saxophone , vocals etc.

2. Mountain Biking

Activity Leaders: Mr Easton & Mr Marnoch

What's Included:

For all you mountain bikers and curious about mountain biking. We are planning to run a full week of mountain biking trips that will let you see what East Lothian has to offer from your doorstep and what is possible further afield.

We'll kick off with a couple of days (Monday and Tuesday) working on basic skills and visiting local trails at Tynningham, Binning Wood and maybe Pressmennan Woods. We'll then load you all on a bus and take you to Comrie Croft in Perthshire where there are some world class trails and fantastic accommodation. We'll ride the trails all day Wednesday, stay in the Scandinavian kata tents overnight, have a big barbecue, then get up early, hit the café for bacon rolls and coffee and do the same again on the Thursday. There are miles of trails there for all abilities. We'll be hiring good quality bikes at Comrie Croft and using all their facilities. You can check these out here: <http://www.comriecroftbikes.co.uk/>

On the Friday we'll go for a warm down ride locally and see how our skills have developed.



The cost is £90 - this covers the transport, evening barbecue, bike hire and accommodation for one night.

Maximum No Places : 28

Special Requirements:

Mountain/hybrid bike and helmet. If you don't have a bike but really fancy it, come and see Mr Easton and we'll see if we can borrow one for you.

3. Explore Exciting Edinburgh

Activity Leaders: Dr, Rice & Mrs McInnes

What's Included:

Fancy exploring Edinburgh and all its hidden treasures? Take the ultimate thrill ride through Scotland's murky past, see £1 million pounds up close, journey back through time with state of the art technology and 4D experience and visit up to 11 of Scotland's top award winning visitor attractions.

Four days of fun filled exploring with a variety of activities, experiences and opportunities. Conquer Arthurs Seat, relax in Princess Street Gardens and have a chance to solve one of Edinburgh's longest running mysteries.

Attractions include Edinburgh Dungeons, Dynamic Earth, the National Museum of Scotland and the Bank Museum on the Mound. Cost will be approximately £45 and will include all travel and entry to all the attractions. Places are limited so register your interest now! "



The cost is £45 - this covers the transport and entry to all activities.

Maximum No. Places : 20

4. Masterchef

Activity Leaders: Ms Leighton

What's Included:

Fancy yourself as a future winner of the Bake-Off or Masterchef? This is the option for you. Four days of learning to prepare, cook and present the perfect meal. During a week of visits to Coulston House you will get expert tuition and coaching from the in-house staff.

Participants will also spend time outdoors learning about the process of rearing chickens and growing your own fresh vegetables; all of which will be used in the cooking process.

An exciting opportunity for a future Masterchef champion!



Cost £20 (max.)

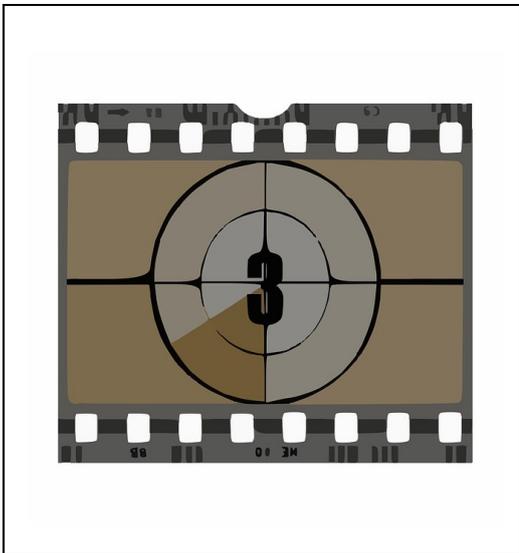
5. Film Club

Activity Leader: Mr Fyvie

What's Included:

The aim is to look at how films are put together and how they are promoted. Pupils will learn aspects of production and promotion. They will then work in small groups to create a product, or film; they will then design means to promote it: either by poster, trailer, web ad, or other means.

The aim is for the course to be fun and interactive while finding out and gaining some insight into contemporary approaches in a commercial setting.



Cost: Free

Maximum No Places : 20

6. Model Making

Activity Leader: Mr McGeehan, Ms DM & Mrs Devonald

What's Included:

This will be a week of creativity. Activities will include: collage, drawing, sewing, papier mache, model making, wood craft and peg dolls.

The aim is to create a character(s) around which we will develop a short story or film.



Cost: £10.00 (max.) to cover paints.

Special Requirements:

Bring old jumper, shirt or overall to protect school uniform.

7. Get Creative

Activity Leader: Miss Reynolds

What's Included:

Do you enjoy making, drawing or painting? Come along and take part in a variety of Art Activities during the week. On offer is a range of activities including clay, large scale painting, paper mache and model making. We will do a different activity each day! There will be a small charge of £3 each for materials.



Cost: £3 to cover materials

8. YOGA

Activity Leader: Mrs Montgomery

What's Included:

This would involve a series of Yoga & Mindfulness sessions held in school led by Mrs Montgomery and a local yoga instructor. There will be an opportunity to visit a local yoga studio or perhaps one in Edinburgh.



Cost: £50.00 (maximum)

Maximum No Places : 20

Special Requirements:

Comfortable clothing to wear.

9. Sailing Adventure

Activity Leader: Mr G Watson/Mr P Gilholm

What's Included:

We will spend 4 days learning to sail at the Whiteadder reservoir. This is a Royal Yachting Association (RYA) Training Centre located in the Lammermuir Hills. It offers a safe sailing area with fresh, constant winds - it is the ideal place to learn to sail. We will all be working towards a Stage 1 RYA qualification, which will see us learning to sail in picos, then gaining experience on larger dinghys.



Cost: £ 150.

Maximum No Places : 10

Special Requirements:

Although life vests will be used at all times it will be beneficial if pupils are confident swimmers.

Knox Academy Activities Week 2017

S2/3 Package Choice Form

Instructions:

1. Choose **four** activities which you would like to do, and list them in order of preference. Your favourite choice first.
2. You should then sign this form.
3. If your parent/carer agrees with your choices and costs, ask them to sign the form.

Name: _____

Class: _____

1st Choice: _____

2nd Choice: _____

3rd Choice: _____

4th Choice: _____

Pupil Signature _____

Parent / Carer Signature : _____

Please tear off and return this completed form to the box at Reception by Wednesday 19th April 2017.