

Activities - Unit 2 2021

For Unit 2 the following dates are important:

Tuesday 16 March:	Online ballot opens at 12:30pm. Students emailed login details
Thursday 18 March:	Initial online ballot closes at 4:00pm
Monday 22 March:	Restricted balloting closes at 9:00am
Unit 2 Dates:	April 26, 28, 30 May 3, 5, 7, 10, 12, 14

Students who do not complete an initial online ballot (by 4:00pm March 18), will have to complete a restricted online ballot. This will mean that students will have reduced choices or may need to complete a further restricted paper ballot if most of the Activities are full. **Students who do not complete a ballot after the final date will be placed into an Activity. Please choose carefully as you can be placed into any of your six selections.**

To Students in Years 7 - 11

An outline of each Activity is given in the following pages. You should read the details carefully, be aware of any special requirements such as cost, equipment or materials and discuss your choice with your parents. If you need more information, you should contact the teacher in charge of the Activity, or the Director of Activities, Ms Morgan. When you ballot for an Activity, you must be prepared to accept the Activity of your choice. **Please choose carefully as you can be placed into any of your six selections.**

To Parents

Some Activities may incur a cost (\$) where individual coaching or special equipment is required. Costs are shown within this pamphlet and will be charged to the term's account. If your child undertakes an Activity where there is a cost, you will be notified via Operoo.

Reminders

Over the school year you are encouraged to select Activities from a minimum of **three** of the following categories: Academic Enrichment/Challenge; Leadership; Visual and Performing Arts; Sport and Physical Development; Health, Lifestyle and Practical Skills; Technology and ICT; Community Partnerships.

Practical Activities and Sunsmart

In sporting Activities you will need your **sports uniform and appropriate footwear**. Students involved in outdoor activities need to supply their own **hat and sunscreen**. Sunscreen is also available in each Homestead, the Sustainability Centre, with staff at outdoor venues and at the Gym in case you forget. Students must wear clothing that covers their shoulders, e.g. Woodleigh Polo Sports Shirt.

Non-Participants

If you miss a bus or you do not have your correct gear, you will need to attend the non-participants room. During this time you will have to complete written tasks (no ICT), quiet reading or undertake school service around the grounds or in the Reserve. If you are ill or injured and unable to take part in your Activity, you must bring a note of explanation for the teacher in charge of the Activity.

Activities Leaving School Grounds

Some Activities may run during lunchtime, particularly those where students are leaving the school. Students need to consider this when balloting and be aware that they may need to take and eat their lunch on the journey from school or back to school.

Additional Health and Safety Information

The health and safety of all in our community remains foremost in our planning. We are establishing ongoing protocols to ensure the physical safety of our community. For this reason some of our Activities will be adapted to provide reasonable precautions and a safe learning environment over the Unit.

Important Notes for Adventure-Based Activities (as indicated by a ★).

Some Activities are regarded as adventure-based. **Being involved may have some higher elements of risk and the possibility of injury, both of a minor and serious nature.** It is important that both students and parents are aware of this fact. It is also important that you have an understanding of the nature of the Activity, if you have any questions in regard to a specific Activity please contact the teacher in charge of the Activity or the Director of Activities, Ms Morgan. If a student undertakes an adventure-based Activity, they may need approval from a parent via Operoo.

Academic Enrichment / Challenge

★\$ Aviation (Pre-book Yrs 7-11)

Students wishing to either start or continue with their training can ballot for this unit. **Please contact Mr Scott (mScott@woodleigh.vic.edu.au)** before balloting for more information. New students are welcome as are students who have already started and wish to advance to the next stage of training. Basic Aeronautical theory taught during this unit will depend on group needs. Practical flying lessons will be tailored to the individual. Students may also have the opportunity to be involved in peer mentoring Minimbah Aviation Club students. Transport via Budget Rosa Bus or Woodleigh HiAce Van driven by a Woodleigh School staff member or via Driver Coastal Bus Lines.

Cost: Costs associated with this Activity depend on the number of flying hours

Mr Scott

da Vinci Decathlon - Challenge Program (Yr 7 Only) Ms Pope

If you enjoy an academic challenge and would like to work with like-minded classmates, then this is the Activity for you! The da Vinci Decathlon is a competition that challenges groups of students against each other in a battle of wits and intelligence. You will work in a team of eight against teams from other schools in ten different academia areas. All strengths are catered, including Mathematics, English, Science, Code Breaking, Engineering, Problem Solving (Ideation), Art and Poetry, Cartography and General Knowledge. All the tasks place an emphasis on high ordered thinking skills and the Activity will culminate with a one-day competition against teams from surrounding schools. The winner progresses to the State Competition.

Philosophy in The Changing World (Yrs 10-11) Mr Neumann

Join a small group as we set about discussing the big issues of life. This is a rare opportunity to engage in discussion, to question, to debate and to contemplate issues that we face. Is eating animals immoral? Are murderers evil? How can we be happy? Is there a God? Is there life after death? Is Artificial Intelligence possible? Is time travel possible? In what circumstances you would fight in a war? Are there more than two genders? Are all humans equal? No question is too controversial for this Activity. We will also view videos and discuss relevant texts associated with the topic in discussion.

Year 9 City Bound (Compulsory Activity for Yr 9 students)

Ms Somkiat, Mr Young

For the first 6 sessions of this unit students will be participating in the City Bound program in Melbourne. On their return they will be involved in the Family Presentation Evening for two sessions, as well as a debriefing of City Bound for one session. Year 9 students do not need to ballot for this Activity as they will automatically be placed.

Visual & Performing Arts

\$ Design and Make Your Own Jewellery (Yrs 10-11) Ms Alderton

During this Activity you will have the chance to make a piece of jewellery for yourself or to give a unique present to someone special. The unit will be delivered by an external professional jeweller. You can choose to make a pair of earrings, a ring or a pendant (necklace). You will learn various other techniques to make your own personalised piece of jewellery. For students who have previously participated in this Activity, soldering will further enhance their skill set and provide scope for producing a wider variety of jewellery pieces. **Parents please note; there is a cost for this Activity. The cost covers materials and instruction from an external professional jeweller.**

Cost: \$50

Macramé - The Art of Tying Knots (Yrs 7-10) Ms Macdonald

Macramé is an ancient craft of knotting in geometric patterns to create many items from jewellery and home decorations to plant holders and wall hangers. This ancient form of craft, largely popular in the 70's, has been resurrected and can be found in the most exclusive home decoration stores today. In this Activity you will learn the skills to create your own plant holder, tealight decoration or small wall decoration. Beginner's welcome.

Visual & Performing Arts

Making Marionettes (Yrs 7-10)

Mx Wearne

Ever wanted to learn how to make your own fabulous bird marionette puppet? Maybe the thought has never occurred to you, but now that it has, let's get sewing! This hands-on series of classes will equip you with the knowledge and experience to design, create and operate your very own four stringed marionette, and will culminate in a group puppetry performance.

Production Rehearsal (Yrs 7-11)

Mr Donaldson, Mr Bingham, Ms Fletcher, Ms Wharington

This is for students participating in the school production, Urine Town. **If you are in the Urine Town Cast for the production, you MUST ballot for this Activity first.** We will be rehearsing throughout this unit.

T-Shirt and Poster Creation for Woodleigh Eco-Warriors (Yrs 7-11)

Ms Ward

This Activity is a call to action. Use your creative skills to help support the Woodleigh Eco-Warriors and show your care for the environment by creating awareness through Art and Design. There may be the opportunity, as a group, to screen-print the designs onto T-Shirts.

Year 7 & 8 Junior Theatre Production 2021 (Yrs 7-8)

Ms Saunders

If you like performing be a part of the Year 7/8 production - you will work together to make your own theatre performance which will be performed to Penbank and Minimbah students. This is a chance to make and perform an original work and to learn the skills of theatre making. Please note, involvement in this production will continue in Unit 3 so you must be prepared to participate in both Activity units.

Sport & Physical Development

Ball Games in the Gym (Yrs 7-10)

Do you enjoy playing sport and working as a team? Then this is the Activity for you. You will get the chance to participate in a wide range of sports which may include basketball, volleyball, netball, soccer, badminton and many more. Sports will be played in the Woodleigh Gymnasium. Group interaction, team and individual competitions and challenges will be the order of the day. Students must have their sports gear and runners for every session.

★ Cross Country Running and Training (Yrs 7-11)

Mr Higgins

Do you enjoy your running, or do you want to improve your general fitness? You will learn how to train and prepare for the many running events throughout the year. Sessions will be at various locations depending on weather, date and type of training. Venues may include school XC course, Frankston foreshore, Ballam and Baxter Parks, George Pentland Gardens, Langwarrin Fauna and Flora Park, Bunarrong Reserve, Jubilee Park and Seaford Foreshore. You will need your running gear, towel, cap, sunscreen and water bottle. Runners of all abilities are encouraged and supported. Transport via Budget Rosa Bus or Driver Coastal Bus Lines. **Sunsmart applies.**

\$ Golf - Beginners to Intermediate (Yrs 7-10)

Mr Mills

Do you want to improve your golf and develop your interest and skills further? This Activity caters for novices to intermediate players. Sessions will be held with a Professional at a local Golf Club in the Frankston and Mornington region. Golf clubs and balls are provided, however students should supply their own hat, glove and wear suitable footwear. Transport via Budget Rosa Bus or Driver Coastal Bus Lines. **Parents please note; there is a cost for this Activity. The cost covers transport, hire of facility and coach. Sunsmart applies.**
Cost: \$50

★ Strength & Conditioning Fitness (Yrs 10-11)

Mr Paxino

If you are interested in working on an individual program to develop muscular endurance, strength and improve your overall muscle tone and fitness then this is the Activity for you. Throughout the unit you will develop your own personal fitness program focusing on your specific needs such as improved sporting performance, rehabilitation or specific fitness components.

Tennis (Yrs 7-10)

Mr Andy Scott

During this Activity you will be coached by a local professional tennis coach. Experienced and inexperienced players are welcome. You will develop your skills, rotate through a round robin series of matches and just play for fun. The following is essential: sports gear, flat soled sports shoes and hat. A tennis racquet can be provided. **Sunsmart applies.**

★ \$ Waterpolo and Underwater Hockey (Yrs 7-11)

Mr Flanagan

If you love the water, then you will love these two sports. You should be able to swim confidently - and snorkeling skills will help - but beginners are more than welcome. Underwater Hockey is a wacky and fun sport. Waterpolo is an above water alternative that is equally fast and furious. There may be some sessions where we take to Port Phillip Bay for an open water swim or participate in land base training on campus. Transport via Budget Rosa Bus or Driver Coastal Bus Lines. **Parents should note that this is a water-based Activity and therefore has some element of risk. Please refer to the pamphlet for more information.**
Cost: \$50

Health, Lifestyle & Practical Skills

★ \$ Indoor Climbing (Yrs 7-10)

Mr Stephens

In this Activity we will be climbing at the Bayside Rock Indoor Climbing and Adventure Centre in Carrum Downs. This is great chance to try out rock climbing. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines. **Note: Rockclimbing is an adventure-based activity and has some element of risk and therefore the possibility of injury associated with being involved. Students will be involved in climbing a range of indoor rock faces at the centre whilst being belayed by other students. Parents please note; there is a cost associated with this Activity. The cost covers transport, hire of facility, use of safety gear and qualified instructors.**
Cost: \$60

★ \$ Beginners Skating at the Shed (Yrs 7-10) Mr Geisler, Mr Adams
Skateboarding at 'The Shed' in Cranbourne will focus on basic skill development and is for beginners only. The facilities include a range of ramps and sealed surfaces to practice basic skate moves. Cost includes entry fee and transport. We will provide you with all of the safety gear required including wrist guards, knee and elbow pads and a helmet. No gear – No skate! Students will need to bring their own skateboard. Students will need to complete a waiver form before starting the Activity. Transport via Budget Rosa Bus or Driver Coastal Bus Lines. **Parents should note that components of this Activity have some element of risk. Please refer to the front page of the pamphlet for more information. Parents please note; there is a cost associated with this Activity. This covers transport, use of safety gear and hire of facility.**
Cost: \$60

Eco Friendly Paper Making (Yrs 7-10)

Ms Holt

In this Activity you will learn the ancient craft of papermaking from start to finish, using recycled paper and plant fibres. From basic pulp papermaking techniques to pulp production, dying, couching, drying and decorating, you'll learn everything you need to know to create your own stunning and unique hand-made paper. If you enjoy learning new arts and crafts, you will love the process of creating gorgeous, eco-friendly stationary, books or gift cards with unique textures and colours.

★ \$ Mixed Martial Arts (Yrs 7-10)

Mr Ryan

This is a great chance to be introduced to Mixed Martial Arts. A variety of different techniques will be demonstrated, and participants will then go on to practice and refine these skills working with a partner. Sessions will be highly active, so if you have lots of energy this is the Activity for you. Parents should note that this Activity is conducted by instructors from Pro Fitness MMA at their purpose-built venue in Frankston. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines. **Note: We strongly advise that students involved in this Activity should use a mouthguard as the potential for dental injury is reduced if an individually fitted mouthguard is worn. Parents please note: there is a cost associated with this Activity. The cost covers transport and instruction from Pro Fitness MMA.**
Cost: \$60

Tasty Spanish Tapas (Yrs 10-11)

Ms Bolch

Fresh seasonal fruit and vegetables look and taste great while providing us with all the nutrients to make us healthy. Come along and join the group to make tasty, glamorous, mouthwatering salads that can be served for snacks, main courses, side dishes and even sweets. If you have a particular salad you make at home and enjoy, bring along the recipe to share. We will also create some tasty tapas dishes as an alternative eating option.

The Model Club (Yrs 7-10)

This Activity is for those students who love to build model planes, cars, trucks, tanks, ships etc from kits or have a passion for painting Warhammer figures. Projects can be from any era or universe. You can continue projects begun at home or start something new. For 'beginners' there will be plenty of 'experts' around to guide you. BYO kits, or we can source some from a local supplier, and your shared enthusiasm for this craft.

ICT - Technology

Photography, Lightroom and Photoshop (Yrs 7-10) Mr Allsop

The Woodleigh environment is a wonderful place for artistic photo opportunities. We will cover portraiture (people/animals), landscape, weather time lapse and fast-moving sporting action. You will learn about light, photo composition, examine what makes an excellent photo and how to best enhance your pictures using both camera techniques and computer software. We will start from the very basics and develop your skills in industry standard photo manipulation software programs; Adobe Lightroom and Adobe Photoshop. You will need to supply your own digital camera, ideally an SLR, but a phone is a good fall back. Images may be submitted to some photography competitions.

Short Film Production (Yrs 7-11) Ms White

Write, produce, direct, shoot and edit your very own film. If you want to astonish everyone you know with your creative brilliance, this is the Activity for you. During this Activity you will work to develop audio and visual knowledge and hone your contemporary story-telling skills. Sound and Visual Editing will be shaped using industry-standard Adobe Premiere and Audition.

Community Partnerships

Brian Henderson Reserve (Yrs 7-11) Dr Simpson, Mr Benton

Are you interested in wildlife and the environment? Do you like being in the great outdoors? In this Activity you will support the day-to-day management of the Brian Henderson Reserve. You might feed the animals, contribute to enclosure set-up and maintenance, remove weeds, assist with pest animal control, plant new plants, collect bush foods, prepare animal meals, perform biodiversity surveys and carry out fence and track maintenance and we have a new boardwalk to build. Some tasks may also be performed outside the boundaries of the Reserve. If the weather is too hot/cold, we meet in the Science building and can tend to the animals kept there. **Closed-toe sturdy shoes and long pants required. Water bottle recommended. Sunsmart applies.**

Design and Build Animal Enrichment Equipment (Yrs 7-11)

Ms Janky, Ms Cleine

Animals, like people, require both physical and mental stimulation. The animals at the Woodleigh farm are no different. This Activity unit will focus on designing and building a richer and more stimulating environment for the animals at the farm. This could include new equipment for the agility course and further training of Seiba. It could include designing and building climbing equipment for the miniature goats or designing enrichment activities for the chickens. Any work required with power tools will be performed in Geoff's Shed, all other time will be spent at the farm. **Closed-toe sturdy shoes and long pants required. Sunsmart applies.**

Social Entrepreneurs (Yr 10 Only)

Ms McLennan

Are you creative, ambitious, capable, adventurous and driven? Do you have ideas and dreams of making a positive contribution to your local or global community? Don't know where to start? Then this is the Activity for you. Working closely with mentors from Young Change Agents, you will build on the foundations you were introduced to during the Careers Conference week in social enterprise while gaining practical skills and invaluable experience to apply to both the task at hand and in all future entrepreneurial endeavours. You will also be introduced to some of Melbourne's most inspiring young social entrepreneurs and be offered the opportunity to stay connected to a community of likeminded people who are making a creating positive social change. Sound like you? See Ms McLennan for more details.

Activities for Yr 11 Only

Responsible Serving of Alcohol Certificate and Hospitality (Yr 11 Only)

Ms Kesterson

During this course you will be instructed by an external provider from Best Restaurant Training to gain Liquor Licensing Victoria's Responsible Service of Alcohol Certificate. You will learn about the Liquor Industry, Benefits of Responsible Service, Facts about Alcohol, Strategies for Responsible Service and Refusal of Service.

Yoga, Mind, Body and Wellness (Yr 11 Only)

Ms Burch

This Activity will explore a variety of methods to help achieve balance in your life. You will learn techniques and tools to help you switch off and be in the moment. You will have the opportunity to explore wellbeing techniques and mindfulness to enhance harmony in the mind and body. You may also participate in some yoga sessions with a qualified instructor where you will focus on postures, breathing, relaxation, movements and stretching whilst aiming to develop an awareness of the mind-body connection. Loose, comfortable clothing is required for the Activity.

Yr 11 Leadership:

Help Create the Year 7 & 8 Junior Theatre Production Ms Saunders

Work with Year 7 and 8 students to create an original performance which will be performed to Minimbah and Penbank. This is a chance to extend your theatre making skills. Ideal for students studying VCE Drama.

Yr 11 Students: Assist in Leading an Activity (Yr 11 Only)

Here is a great chance for students to develop some practical skills in leadership by working independently or in a small group to help assist a Woodleigh Staff member to run their Activity. See or email Ms Kesterson to discuss options before balloting.