

Activities - Unit 3 2021

For Unit 3 the following dates are important:

Wednesday 28 April:	Online ballot opens 4:00pm Students emailed login details
Monday 3 May:	Initial online ballot closes at 10:30am
Tuesday 4 May:	Restricted balloting closes at 4:00pm
Unit 3 Dates:	May 19, 21, 24, 31 June 2, 4, 7, 9, 11

Students who do not complete an initial online ballot (by 10:30am May 3), 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

Exam Preparation and Private Study (Yr 11 Only)

This Activity is designed for students who need extra time to prepare for their mid-year exams. Students will have the opportunity to study and complete other tasks such as revising notes, organising folders, reading and other productive study habits.

Barista and Café Experience (Yrs 10-11)

Learn the art of making espresso-based coffee using the school barista machine. Some sessions you will get instruction from a qualified barista to gain the skills to make the perfect latte. There may be the opportunity to visit some local cafés to further develop your understanding of what it takes to be a barista. If you are looking for that extra challenge, then this is the Activity for you.

Japanese Anime, Art and Culture (Yrs 7-11)

Come and join in this cultural experience where you will be transported to the mysterious world of Gion in Kyoto and experience some of the Geisha arts from times past such as Calligraphy. Travel with Astro Boy and Ponyo on their adventures, spend time making Origami with exquisite Japanese designs, learn basic Japanese business etiquette and how to order a meal in Japanese. We may even have the opportunity to visit a local Japanese restaurant where you can practice what you have learnt.

Strategy Board Games and Dungeons & Dragons (Yrs 7-11)

Mr Neumann

Here is a chance to challenge your brain with the latest award-winning European strategy board games such as Wingspan and Root. A variety of other classic strategy board games are available such as Settlers of Catan, Pandemic, Kings of Tokyo, Love Letter, Carcassonne, and Diplomacy or old classics like Scrabble, Chess, and Backgammon. You will also have the opportunity to be involved in the Dungeons & Dragons group roleplaying board game where you can create your own mythical hero that faces many challenges. Using teamwork and quick thinking, this is a game of choices, collaboration and strategy. The game mechanics are rather complex, and you need to be open to learn unusual rules.

The Art of Public Performance (Yrs 7-10)

From Prime Ministers to School Principals to Students, everyone suffers from nerves in preparation for performance. The best way to deal with this is to practice the art of performing. During this Activity you will be given time to work on both your presentation and performance. Each week there will be an opportunity to perform in a friendly and supportive environment. You will be surprised how something that you considered to be so stressful can become so much easier. This is a really great platform for anyone preparing for any sort of public performance and will suit both musicians preparing for an exam and/or anyone wishing to overcome nerves when speaking publicly.

Visual & Performing Arts

Art for Older Australians (Yrs 7-11)

Would you like to brighten someone's day? Would you like your creativity to be shared within our community? If you would like to make a difference in an aged care residents and carers day, then this Activity is for you. In this unit, you will plan and produce an artwork with the intention of it being placed on display at the Australian Unity Aged Care centre in Mornington, which is part of our Community Partnerships program. Please consider creating art for others!

Mr Adams

Ms Ley

Ms Pope

Ms Ward

Visual & Performing Arts

Creative Chillax (Yrs 7-11)

Ms Macdonald

Let your creativity flow in a relaxed but productive atmosphere. Enjoy the opportunity to extend your imagination with drawing and painting media. Explore ink, acrylic paints, pencils and pastels and create a selection of mini masterpieces. Come and discover your creative side.

Creative Writing - Begin a Novel, Write Poems/Songs or Short Stories or a Memoir (Yrs 7-10)

In this Activity you will be guided through a series of creative writing exercises, designed to help you find your writing style/voice. You will choose a writing project and will have time and space to write. You will be a critical friend to other writers and have one on one feedback sessions with the tutor. It is a chance for you to have support with your writing process and a space to write. This Activity is perfect for writers of all abilities and experiences.

\$ Design and Make Your Own Jewellery (Yrs 7-10) 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

Oil Painting - 'Painting Plein Air' (Yrs 7-10)

Ms Cleine

'Peindre en plein air': to paint outdoors. Capture the landscape, the sky, the trees and the buildings using gestural, painterly brushstrokes inspired by the French and Australian impressionists. Throughout this Activity you will learn the basics of oil painting 'plein air', starting and completing a series of paintings outdoors, using natural light. Students will work through several paintings around the school and paint as a small group for continual feedback and guidance. Students are encouraged to dress warmly and bring an overshirt to paint in. Students will paint under shelter during bad weather.

Production Rehearsal (Yrs 7-11)

Mr Donaldson, Mr Bingham, Ms Fletcher

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

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

In this Activity you will continue working together to create and perform your own original theatre performance which will be performed to Penbah and Minimbah students.

Sport & Physical Development

★ Boys' Football (Yrs 7-8)

Mr Davenport

The aim of this Activity is to prepare for the upcoming SIS football season. All intending players should ballot for this Activity. Players need: sports gear, water bottle, towel and football boots. This Activity will take place on the Woodleigh Oval. **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. Sunsmart applies.**

★ Fitness for Fun (Yrs 7-11)

Mr Flanagan

Come and explore the gym and pool facility at CORE Health and Fitness in Somerville. In this Activity you get to do a huge variety of different activities, ranging from; Cardio classes like Spin, Step, Circuit, Pilates, Pump (weights) and Aqua classes. This is a great chance to have fun and stay active at the same time. All instruction provided by qualified staff at the Centre or Woodleigh staff utilising the Gym Mezzanine. Students must have their sports gear and runners, plus a towel and water bottle for every session. Transport via Driver Coastal Bus Lines. **Parents should note that this may include a water based Activity and therefore has some element of risk. Please refer to the front page of this pamphlet for more information.**

★ Indoor Hockey/Floorball and Ball Games (Yrs 7-11) Mr Paxino

Come and enjoy a variety of ball games and an old Woodleigh favourite called Floorball (Indoor Hockey), a fast and furious game. Best described as a mixture of ice and field hockey played indoors, its lightning speed and team orientation ensures lots of excitement and fun. Why not give it a go? Sessions will be held at Somerville Recreation Centre. Transport via Driver Coastal Bus Lines. Students must have their sports gear and runners for every session. **Note: We strongly advise that students involved in Floorball should use a mouthguard as the potential for dental injury is reduced if an individually fitted mouthguard is worn.**

Net and Ball Games (Yrs 7-11)

During this Activity you will get the chance to participate in a wide range of sports. This may include basketball, volleyball, netball, soccer, badminton and many more. Sports will be played in the Woodleigh Gym or at Somerville Recreation Centre. Group interaction, team and individual competitions and challenges will be the order of the day. Transport via Budget Rosa Bus or via Driver Coastal Bus Lines. **Students must have their sports gear and runners for every session.**

Soccer for Everyone (Yrs 7-10)

Mr Higgins

Come and be involved in fun Soccer games. Sessions will take place on the Woodleigh Soccer Oval. This Activity is available to all students regardless of your ability. If you are interested in participating in SIS Soccer in Term 3, this is an opportunity to sharpen your skills. Students must have their sports gear and runners for every session. **Sunsmart applies.**

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.**

Health, Lifestyle & Practical Skills

Basic Cooking (Yrs 8-10)

Ms Cooper

Come along and learn the basics of cooking. During the sessions we will master some simple recipes such as scones and cupcakes as well as learning the art of poaching an egg properly. Use the skills you develop to whip up some tasty treats at home.

Crochet and Knitting for Beginners (Yrs 7-10)

Use your time in this Activity to learn basic knitting and crochet skills. Learn how to cast on stitches, knit stocking stitch, ribbing and moss stitch and casting off when knitting. You will also learn basic crochet stitches; chain, double, triple and double-triple. Once you learn these basics during the Activity, you will be able to knit or crochet your own scarf or other items during school or at home, you are only limited by your imagination.

★ \$ Indoor Climbing (Yrs 7-10)

Mr Stephens, Ms Brewin

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

Mindfulness Mashup (Yrs 7-11)

Mx Wearne

Would you like a bit of time to regroup and gather up your energy throughout the hectic week? How about coming together for a session of Tai Chi, mindful colouring, meditation and discussion with like-minded types. Join Mx Wearne for an evolving offering of peaceful and grounding activities.

Sew an Eco-Friendly Apron and Other Projects (Yrs 7-10)

Ms Stuart

Are you into sustainable living? Join in this sewing Activity to make a recycled feed bag into a useful apron for cooking, use in the garden or simply just for fun. Other additional small projects may be undertaken using the resources available, all materials will be provided. If you are a beginning sewer, you will learn how to use a sewing machine. Sewers with experience are also encouraged to join in this super-fun Activity.

Health, Lifestyle & Practical Skills

Stunning Upcycled Paper Crafts (Yrs 7-11)

Ms Holt

In this Activity you will have fun creating unique gifts from upcycled maps, sheet music, books and magazines. Make beautiful bowls, baskets, gift cards, gift bags, bookmarks and much more with no impact on the environment. The possibilities are endless.

\$Yoga and Basic Meditation (Yrs 7-10)

Ms Kesterson

This Activity will focus on postures, breathing, relaxation, movements and stretching whilst aiming to develop an awareness of the mind-body connection. You will have the opportunity to relax using self-chosen imagery, music and or muscle tensing. During the sessions we will explore other means of relaxation and mindfulness to enhance our wellbeing. Classes will be taken by a qualified Yoga teacher and Woodleigh staff member. **Parents please note: there is a cost associated with this Activity. The cost covers instruction from a qualified Yoga teacher.**

\$50

ICT - Technology

An Introduction to Making Music with Technology (Yrs 7-10)

Mr Geisler

Do you have a love for music? Have you ever wanted to make your own instrumental song? You don't need to be a trained musician to produce great music – you just need a keen ear and a love for rhythm and sounds. This is a unit for curious music lovers – you don't need to be confident playing an instrument and you definitely don't need to sing. We will explore how to use the entry-level software (such as Garageband) as a tool to craft songs from start to finish. We will build beats from scratch, play with synthesisers, tinker with virtual instruments and explore effects such as delay, reverb and distortion. All styles of music are welcome! Come along and explore the wonderful world of digital music, you are only limited by your imagination. Final songs will be published on SoundCloud so you can show off your new skills.

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.

Community Partnerships

Brian Henderson Reserve (Yrs 7-11)

Dr Simpson

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. We have a new boardwalk to build and there may be some tasks to be performed outside the boundaries of the Reserve. If the weather is too cold/wet, 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.**

Producing Quality Food and Fibre (Yrs 7-11)

Ms Janky

This Activity will be of interest to students who would like to learn more about the specific qualities of sheep and goats that make them good food and fibre producers. We will discuss production cycles, looking at what is required at what time of the year to grow high quality, healthy animals. You will have an opportunity to practice some procedures required in this process. You will also learn how to judge animals based on their structure, breed conformation and fibre qualities. We will hear from commercial producers to learn about their business practices. Passionate students may then have the opportunity to practice what they have learnt at the Bendigo Sheep and Wool Show in July. **Closed-toe sturdy shoes and long pants required. Sunsmart applies.**

Yr 11 Leadership: Help Create the Year 7 & 8 Junior Theatre

Production (Yr 11 Only)

Ms Saunders

Continue working to broaden your theatre making skills with Year 7 and 8 students helping them create an original performance to be presented to Minimbah and Penbank students and staff.

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.