

Activities - Unit 4 2024

For Unit 4 the following dates are important:

Wednesday 5 June:	Online ballot opens 3.00pm Students emailed login details
Tuesday 11 June:	Initial online ballot closes at 10.30am
Wednesday 12 June:	Restricted online balloting closes at 10.30am
Unit 4 Dates:	July 22, 24, 26, 29 August 2, 5, 7, 9

Students who do not complete an initial online ballot (by 10.30am June 11), 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 - 10

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 Head of Activities, Mr Azzopardi. 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

Students attending Non-Participants complete written tasks (no ICT), quiet reading, or undertake school service around the school. If you miss your bus you must go to the non-participants room. If you forget your gear or have a minor injury, please discuss staying in your Activity and assisting with the teacher in charge. 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. If you become ill during the day you must report to the Nurse for assessment prior to attending Non-Participants.

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. All Activities will abide by Government regulations.

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 Head of Activities, Mr Azzopardi. If a student undertakes an adventure-based Activity, they may need approval from a parent via Operoo.

Camp Preparation Activities

You will automatically be placed into the relevant Camp Preparation Activity as your top preference if you are involved in one of the following camps for Activities Week - ALSO INCLUDE 5 OTHER CHOICES WHEN BALLOTING ONLINE.

★ Golf Camp Activity Preparation (Yrs 7-10)

(You will automatically be placed into this Activity as your top preference if you are doing this camp in Camp Week - also include 5 other preferences online).

Get ready to tee off and elevate your golf game to new heights! Join us for enriching sessions designed to enhance your skills and deepen your passion for golf, all while gearing up for an unforgettable camp experience. From novices to intermediate players, everyone is welcome! Sessions will take place at Centenary Park Golf Club in Frankston, where you'll work closely with a seasoned Professional. Golf clubs and balls are on the house, but don't forget to bring your own hat, glove, and **suitable footwear**. It's time to swing into action and make your mark on the green! Transport via Budget Rosa Bus or Woodleigh HiAce Van driven by a Woodleigh Staff Member or via Driver Coastal Bus Lines.

Parents please note: This Activity has some element of risk, please refer to the front section of this pamphlet for more information. Sunsmart applies. There is no charge for this Activity as it is covered through the Golf Camp costs.

★ Snowboarding and Ski Camp Preparation (Falls Creek, Buller, Hotham; Downhill and Cross Country Ski) (Yrs 7-10)

Mr Radley, Mr Geisler, Mr Adams

(You will automatically be placed into this Activity as your top preference if you are doing this camp in Camp Week - also include 5 other preferences online).

With the upcoming Snowsports Camps during Activities Week it's time to get into shape, get to know those who you'll be skiing and boarding with and begin to have some fun. This Activity is compulsory for all students who have balloted for and are attending these camps during Activities Week. Students involved will undertake a program that will maintain the muscles, loosen the lungs and get the adrenalin going for what should be an action-packed camp. Students will rotate through different programs at school in the Mezzanine, Gym and Multicourts and off campus at Core24 Somerville and Somerville Recreation Centre. Some of the activities students will participate in may be weight training, task specific fitness training, sport and minor games, yoga and pilates and aerobic training. Students must bring sports clothes and runners to every session. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or via Driver Coastal Bus Lines.

Parents please note: This Activity has some element of risk, please refer to the front section of this pamphlet for more information.

Academic Enrichment

Barista (Yr 10 Only)

Mr Liu

Embark on a journey into the world of espresso mastery with our Barista Activity! You will unlock the secrets of crafting the perfect coffee, mastering every step from bean to cup. Dive deep into the art of espresso extraction, steam and froth milk to velvety perfection, and even learn the intricate techniques of coffee art. With each session, you'll hone your skills, gaining the confidence and expertise to create exceptional coffee creations that will delight friends and family. Elevate your coffee game and indulge your passion for espresso with our immersive Barista Activity!

Chess (Yrs 7-10)

Ms Pope

Prepare to engage your mind and test your strategic prowess in our thrilling chess Activity! Join us for fast-paced matches, with each game set at a brisk 15 minutes per player. Whether you're a newcomer eager to learn the timeless game of chess or a seasoned player seeking a challenge, all skill levels are welcome to participate. Our mini competition promises excitement and camaraderie as we pit our wits against one another on the chequered battlefield. No knowledge of the game? No problem! Our experienced players will be on hand to guide you through the rules and strategies, ensuring everyone can enjoy the thrill of the game. Don't miss out on this opportunity to sharpen your skills, make new friends, and experience the thrill of timed chess.

Academic Enrichment

Strategy Board Games (Yrs 7-10)

Ms Nemkevich

Prepare to engage your mind in a thrilling challenge with the latest award-winning European strategy board games! Dive into captivating titles like Wingspan and Root, alongside classics such as Settlers of Catan, Pandemic, Kings of Tokyo, Love Letter, Carcassonne, and Diplomacy. Or revisit timeless favorites like Scrabble, Chess, and Backgammon. Plus, don't miss out on the immersive adventure of Dungeons & Dragons group roleplaying board game, where teamwork and quick thinking reign supreme. Navigate intricate game mechanics and embrace the opportunity to learn unusual rules, all while immersing yourself in a world of choices, collaboration, and strategic mastery. Get ready to embark on a journey where every move counts!

Woodleigh Esports (Yrs 7-10)

Mr Donaldson

This Activity will be focused on training the Woodleigh Esports Team to participate in the FUSE Cup school competitions in 2024. Teammates will practice the skills essential to success in Mario Kart 8 (in preparation for competitions in Term 3). You will also record and review gameplay footage to improve techniques, commentate matches, hone expert techniques, and participate in exercises to help maintain positive mindsets, respectful competitiveness, and healthy approaches to gaming.

Visual & Performing Arts

Grey Lead Portrait Drawing (Yrs 7-10)

Ms Norman

Unleash your creativity and delve into the timeless art of portrait drawing with our Grey Lead Portrait Drawing Activity! Whether you're a seasoned artist or a budding enthusiast, this session invites you to explore the subtle nuances of shading, texture, and form using the classic medium of grey lead pencils. Under the guidance of our experienced instructor, you'll learn essential techniques for capturing the essence and personality of your subject on paper. From beginners to advanced artists, all are welcome to join in the creative journey. Discover the satisfaction of bringing faces to life, one stroke at a time, as you hone your skills and express yourself through the medium of pencil and paper.

Singers & Songwriters (Yrs 7-10)

Ms Davison

Whether you're a seasoned performer or a novice with a melody in your heart, this Activity offers a welcoming stage for all who love to sing, write, and compose. From soulful ballads to upbeat anthems, explore the art of crafting original songs and sharing them with a supportive community of fellow songsters. Guided by an experienced mentor, you'll delve into songwriting techniques and lyrical genres, honing your skills with each chord strummed and lyric penned. All voices and styles are celebrated in this inclusive space, where creativity knows no bounds. Come add your voice to the chorus and let your melodies soar in the Singer-Songwriters Activity.

Practical Pottery & Tableware (Yrs 7-8)

Ms Cleine

Come and design, make and decorate. Using specialist clay bodies to create a series of hand-built forms, your spatial and technical skills will be challenged. It's not easy building bowls and plates, but you will learn techniques and get to experience a variety of textural surface applications. You will be able to test stoneware glazes which you will then apply to your forms.

Sport & Physical Development

★SIS Athletics Preparation and Fitness (Yrs 7-10) Mr Davenport KEY SPORT FOR UNIT 4

This Activity is based around preparing for this year's SIS Athletics Carnival and allowing students the opportunity to compete for a place on the school team. **Some students will be preselected based on performances at previous SIS Athletics Carnivals and/or Homestead Athletics Carnivals or other events where you've shown athletic ability. For Year 7 students and others you haven't competed in these carnivals before, or if you feel better prepared to challenge for a place in the team now, then you should select this Activity with your first preference.** Throughout this Activity you will be training and preparing for the SIS Athletics Carnival at Lakeside Stadium which is scheduled to take place on Monday 26th August. There will also be an emphasis on developing fitness and teamwork through both physical activity and games. We will be heading off campus for a range of activities at venues that may include Ballam Park Athletics Track, Mornington Athletics Track and Somerville Recreation and Community Centre. Transport via Budget Rosa Bus or Woodleigh HiAce Van driven by a Woodleigh Staff Member or via Driver Coastal Bus Lines.

Sports uniform required.

Parents please note: This Activity has some element of risk. Please refer to the front section of this pamphlet for more information.

Tennis (Yrs 7-10)

Mr Andy Scott

Serve up some fun and improve your tennis game with the guidance of a local professional coach! Whether you're a seasoned player or just starting out, all skill levels are welcome to join us for this exciting Activity. You will refine your skills, participate in round-robin matches, and simply enjoy the thrill of the game. Don't forget to come prepared with sports gear, flat-soled sports shoes, and a hat. If you don't have a tennis racquet, we can provide one for you. Get ready to rally, volley, and ace your way to a fantastic time on the court! Sunsmart applies.

Net Games (Yrs 7-9)

Mr Flanagan

Get ready to unleash your athletic prowess and explore a diverse array of sports! Join us for an exhilarating Activity where you'll have the opportunity to engage in volleyball, badminton, pickleball and more. Whether you're a seasoned athlete or trying out a new sport for the first time, there's something for everyone. Our sessions take place at the Woodleigh Gym or the Somerville Recreation Centre, providing the perfect setting for group interaction, team camaraderie, and individual challenges. Prepare to dive into a world of friendly competition, teamwork, and endless fun! Transport via Budget Rosa Bus or via Driver Coastal Bus Lines.

Students must have their sports gear and runners for every session.

Health, Lifestyle & Practical Skills

Dance Fitness (Yrs 7-10)

Ms Astone

Get ready to groove, sweat, and feel the beat in our Dance Fitness Activity! Whether you're a seasoned dancer or just looking to have fun while staying fit, this session is for you. Led by energetic instructors, you'll move to the rhythm of upbeat music while incorporating fun dance moves to tone your body and boost your cardio. Each session offers a dynamic mix of dance styles guaranteed to get your heart pumping and your spirits soaring. No dance experience required—just bring your enthusiasm and get ready to dance your way to fitness!

Gentle Yoga (Yrs 7-10)

Leike

Gentle Yoga and relaxation is great for the body and the mind. In this Yoga Activity, we will develop skills in postures, breathing techniques, and physical movements designed to enhance flexibility, relaxation, and overall well-being. Each session will guide you toward a deeper awareness of the mind-body connection. All levels welcome.

★\$ Golf (Yrs 7-10)

Get ready to tee off and elevate your golf game to new heights! Join us for enriching sessions designed to enhance your skills and deepen your passion for golf. From novices to intermediate players, everyone is welcome to join us at Centenary Park Golf Club in Frankston, where you'll work closely with a seasoned Professional. Golf clubs and balls are on the house, but don't forget to bring your own hat, glove, and **suitable footwear**. It's time to swing into action and make your mark on the green! Transport via Budget Rosa Bus or Woodleigh HiAce Van driven by a Woodleigh Staff Member or via Driver Coastal Bus Lines.

Parents please note: There is a cost for this Activity which covers transport and instruction from external professionals. This Activity has some element of risk. Please refer to the front section of this pamphlet for more information.

Cost: \$50

★\$ Group Fitness for Girls (Yrs 7-10)

Ms Smallacombe

Empowerment meets fitness at Group Fitness for Girls, held at Infinite Fitness Peninsula, in Cranbourne. The dedicated team of strength and conditioning coaches are committed to nurturing both junior athletes and non-athletes alike, fostering habits that promote excellence and enhance quality of life. With a focus on education, their vision at IFP is to equip students with the skills they need to thrive in sports and navigate adolescence with confidence. Join us and embark on a journey of growth, strength, and overall well-being! Transport via Budget Rosa Bus or Woodleigh HiAce Van driven by a Woodleigh Staff Member or via Driver Coastal Bus Lines.

Parents please note: There is a cost for this Activity which covers transport and instruction from external professionals. This Activity has some element of risk, please refer to the front section of this pamphlet for more information.

Cost: \$50

Health, Lifestyle & Practical Skills

Indian Street Food: Chaat and Chaat! (Yrs 9-10) Ms Kentish

Embark on a culinary adventure and discover the vibrant flavors of authentic Indian street food! Step into the bustling streets of New Delhi as you learn the art of making chai, the traditional Indian tea, and indulge in the savory delights of chaat, popular snacks from Northern India. Perfect for the adventurous eater with a love for spice, this Activity promises to tantalize your taste buds and transport you to the bustling streets of India's capital city. Get ready to spice up your culinary repertoire and savor the rich tapestry of flavors from the streets of New Delhi!

\$★Indoor Climbing (Yrs 7-10) Ms Foley

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.

Parents please note: Rockclimbing is an adventure-based activity and has an increased 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. There is a cost associated with this Activity. The cost covers transport, hire of facility, use of safety gear and qualified instructors.

Cost: \$60

Knit Your Own Scarf for Beginners (Yrs 7-10) Ms Somkiat

Join us for a cozy knitting adventure and discover the joy of crafting your own scarf! Under the guidance of Ms Somkiat, you will learn essential knitting stitches and techniques as you create a one-of-a-kind accessory to keep you warm this winter. This Activity promises warmth, creativity, and a sense of accomplishment. Join us and discover the joy of knitting.

ICT - Technology

Advanced STEAM Club (Yrs 7-10) Jesse Eddy

Calling all students with a thirst for knowledge and an interest in technology! Join this Activity unit focused on laser cutting, 3D printing, emerging technologies, robot building, coding, and programming. In this unique program, you'll have the opportunity to explore the world of innovation and gain hands-on experience with various technologies. Discover the art of laser cutting and 3D printing, where you can turn your creative ideas into tangible objects. Dive into the realm of emerging technologies, robotics, coding, and programming. Create interactive experiences with LEGO Mindstorms, BBC Microbit, Makey Makey controllers and more! All experience levels are welcome, but a desire to learn and try new things is absolutely necessary!

Free Online Courses in Digital Technology (Yrs 7-10) Mr Allsop

This Activity is a fantastic opportunity for students interested in digital technology! Offering a range of courses from beginner to advanced levels ensures that students of all skill levels can benefit. Plus, the flexibility of online learning allows students to progress at their own pace and explore multiple areas of interest. The inclusion of competitions adds an exciting dimension, providing students with opportunities to apply their skills and potentially gain recognition for their work. If you need to know more, ask Mr Allsop pallsop@woodleigh.vic.edu.au

Theatre Technology (Yrs 7-10) Mr Bingham

Are you interested in learning the skills to be able to operate the various technical elements found within the entertainment industry? Join this Activity and you will discover what all the faders and dials on an audio console do, how the lights at a stadium concert work, or how to design and project image and animation for stadium screens. We will be running from the basic operations level and developing skills from there. Come and be creative with us and immerse yourself in the world of backstage theatre production.

Community & School Partnerships

Brian Henderson Reserve (Yrs 7-10) 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 started a new boardwalk in the East – plenty of building to be done. Some tasks may also 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.**

Community Projects (Yr 9 Only) Ms Craven

During this dedicated Activity time, you will have the opportunity to further advance your Community Project. If you're collaborating in a group, it's essential that each member ballots for this Activity and is fully committed to this endeavor. **It's important to discuss this prior to balloting for this Activity by emailing Ms Craven. Only available to students who did NOT participate in this Activity during Unit 3.**

Outdoor Workspace for the Regen Studio (Yr 9 Only) Mr Colcott

This Activity is for the Year 9 students wanting to get a kick start on their regenerative journey a bit earlier than the rest. In this Activity, students in Year 9 will visit the construction site where they will get a feel for the space in order to design and build an appropriate bespoke outdoor dining setting to be used in their time in the regen studio.

The Woodleigh Farm (Yrs 7-10) Mrs Burchell

The Woodleigh Farm is an excellent opportunity for students to immerse themselves in practical tasks and learn a variety of new skills. Students will complete a variety of hands-on seasonal tasks including growing plants, identify edible and non-edible plants, botanical drawing, farm weeding and maintenance, revegetating bush gardens, and simple garden landscaping projects. They will also learn about the digestive systems of sheep, goats and horses and help feed the animals during the afternoon sessions. Students will gain an understanding of where their food comes from and begin to understand sustainable agriculture and food production. **Sunsmart applies. Closed-toe sturdy shoes and long pants required.**