

# Activities - Unit 5 2024

## For Unit 5 the following dates are important:

<b>Wednesday 24 July:</b>	Online ballot for Unit 5 & 6 opens Students emailed login details
<b>Monday 29 July:</b>	Initial online ballot closes at 10.30am
<b>Tuesday 30 July:</b>	Restricted online balloting closes at 10.30am
<b>Unit 5 Dates:</b>	August 21, 23, 26, 30, September 2, 6, 9, 13, 16, 18

Students who do not complete an initial online ballot (by 10.30am July 29), 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.

## Academic Enrichment

### ★\$ Aviation (Pre-Book Yrs 7-10)

**Mr Scott**  
Students wishing to either start or continue with their training can ballot for this unit, along with those preparing for Aviation Camp. Please contact Mr Scott ([mscott@woodleigh.vic.edu.au](mailto:mscott@woodleigh.vic.edu.au)) before balloting for more information. Basic Aeronautical theory taught during this unit will depend on group needs. Practical flying lessons will be tailored to the individual. Transport via Budget Rosa Bus or Woodleigh HiAce Van driven by a Woodleigh School staff member or via Driver Coastal Bus Lines.

**Please note: This Activity has an increased element of risk. Please refer to the front page of this pamphlet for more information.**

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

### Graphic Novel & Comic Creation (Yrs 7-10)

**Mr Donaldson**

During this Activity you will have the opportunity to design your own characters and create your own comic book. The only constraints are your imagination. To set the scene, we will explore the various genres and styles of comics and graphic novels researching past and present examples. You will be guided through the initial set up, layout and sequencing. You will learn how to incorporate panels, splash pages, word balloons, captions and onomatopoeic words like BIFF, THWIP and POW! You will gain all the skills needed to continue to create your own works long after the Activity finishes.

### Japanese Anime, Art & Culture (Yrs 7-10)

**Ms Ley**

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 and Origami. Spend time making warding masks for Tanjiro, enjoy some delicious Ponyo noodles and learn to draw manga just like the master Oda.

### Study Skills (Yr 10 Only)

**Mr Flanagan**

In this Activity you will discover effective study strategies including notetaking, setting up a study space, tips to avoid procrastination, creating timetables and tackling time management skills. Gain insights into how to stay motivated and focused while studying and learn techniques to improve information retention and recall. Equip yourself with the tools you need to succeed academically and beyond.

## Visual & Performing Arts

### Digital Drawing (Yrs 7-10)

**Leike & Mr Au**

Want to learn how to draw digitally but don't know where to start? This Activity introduces you to the basic tools and software for digital drawing. Experience using a drawing tablet and stylus to create a variety of beginner to advanced drawings. Use tools on Photoshop to apply colour, tone, and filters to enhance your artworks. Students experienced in digital drawing are welcome to bring their own devices to create their own artworks.

### Woodwork Construction - Outdoor Learning Space (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 will visit the Regen Studio 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.

### Zentangles, Mandalas & Mindfulness (Yrs 7-10)

**Ms Norman**

Dive into the therapeutic art of Zentangles, where structured patterns create beautiful, intricate designs that calm the mind and inspire focus. Discover the ancient art of Mandalas, symbols of unity and harmony, and learn how to create your own meditative artworks. This Activity is perfect for anyone seeking relaxation, stress relief, and a creative outlet. No prior experience needed—just bring your curiosity and eagerness to unwind. Join us and awaken your inner artist while cultivating mindfulness in a serene and supportive environment.

## Sport & Physical Development

### ★ \$ Cricket Academy (Yrs 7-10) Mr Davenport & Mr Kopec

Here is a chance to prepare yourself for a summer of cricket. This Activity is for those students who play at club level and want to improve and develop their skills as we build into the season. Various aspects of training techniques and skill development will be undertaken focussing on batting, bowling, fielding and physical preparation. Students must have their sports gear and runners for every session and can bring their own cricket gear. Sessions will take place at Saxon Sports Frankston, Jubilee Park or Cruden Oval cricket nets. 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 external facility hire. This Activity has some element of risk. Please refer to the front section of this pamphlet for more information.**

**Cost: \$50**

### ★ \$ Golf for Beginners (Yrs 7-10) Ms Kentish

During this Activity, you will get the chance to learn the basics of golf and develop your interest and skills further. The Activity will cater for novices with sessions being held with a Professional at Centenary Park Golf Club in Frankston. Golf clubs and balls are provided; however, students should supply their own hat, glove and wear suitable footwear. 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**

### ★ \$ Intermediate Golf (Yrs 7-10) Mr Higgins

Take your golf skills to the next level with our simulator sessions! Designed for students looking to refine their technique and strategy, our virtual reality experience offers a range of challenging courses and realistic conditions to test your abilities. Whether you're perfecting your approach shots, or fine-tuning your putting under pressure, the advanced simulator technology provides precise feedback and analytics to help you improve. Join us for a dynamic session where you can track your progress and enjoy the thrill of virtual golf in a comfortable, climate-controlled environment. Sessions will be held at Centenary Park Golf Club in Frankston & X-Golf in Mornington. Golf clubs and balls are provided; however, students should supply their own glove and wear suitable footwear. 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**

### ★ \$ Indoor Archery (Yrs 7-10)

Ms Burch

Learn Archery from 2016 Olympic Medallist, certified KSL level 2 coach and past student, Alec Potts. During the Archery sessions at Eliza Archery Indoor Range in Seaford, all equipment will be provided for you to learn the techniques of shooting developed by internationally renowned coach Ki-Sik Lee. You will take part in different archery games and shoot many balloons along the way. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines.

**Parents please note: There is a cost for this Activity. The cost covers transport, hire of facility, use of equipment and qualified instruction. This Activity has some element of risk. Please refer to the front section of this pamphlet for more information.**

**Cost: \$60**

### ★ Indoor Hockey/Floorball and Ball Games (Yrs 7-10) 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.**

### ★ Preparation for GO Girl Futsal Champs (Yrs 7-8) Mr Angelico & Ms Higgins

This is an opportunity for you to hone your skills in Futsal (Indoor Soccer), a fast-paced, high scoring, teamwork building sport which is lots of fun! We will prepare for the GO Girl Futsal Championships! Sessions will be held in the Woodleigh Gymnasium. Students must have their sports gear and runners for every session.

### 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, **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.**

## Health, Lifestyle & Practical Skills

### 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!

### Crochet for Beginners (Yrs 7-10)

Ms Pope

In this Activity you will learn the fundamentals of crochet. From mastering chain stitches to creating intricate double, triple, and double-triple stitches, you'll build a solid foundation in this timeless craft. Whether you're interested in making bracelets, scarves, or even stitching squares to craft beautiful blankets, the possibilities are endless. Let your imagination soar as you create unique, handmade gifts for loved ones or simply indulge in a relaxing hobby. No prior experience is necessary.

### Embroidery (Yrs 7-10)

Ms Somkiat

Unleash your inner artist and embark on a vibrant embroidery adventure in this engaging, hands-on activity! Calling all stitching novices and seasoned sewers alike! Join us for an immersive experience where you'll weave your creativity into stunning works of art. Get your hands on a delightful embroidery kit, packed with everything you need to transform blank fabric into captivating masterpieces! We'll guide you from basic stitches like the chain and satin stitch to more intricate designs, using the beautiful threads and tools included in your kit. Imagine creating personalized keepsakes like decorative hoops – the perfect touch of handcrafted charm for your home or a heartfelt gift for loved ones. No experience is necessary! Just bring your enthusiasm and unwind as you stitch. This relaxing and rewarding activity is the perfect escape – let the rhythm of the needle soothe your soul and bring your artistic vision to life!

### Girls Boxing (Yrs 7-10)

Ms Astone

This empowering Activity invites you to learn the fundamentals of boxing in a supportive and dynamic environment. Sessions will take place in the Woodleigh mezzanine. You will master essential techniques such as stance, footwork, punches, and defensive maneuvers. Whether you're a beginner or have some experience, our inclusive approach ensures everyone can participate and grow in confidence. Boxing not only builds physical strength and agility but also fosters mental toughness and discipline. Join us for a fun and challenging workout that promotes self-defense skills, boosts self-esteem, and leaves you feeling empowered.

## Health, Lifestyle & Practical Skills

### ★\$ Indoor Climbing (Yrs 7-10)

Mr Watkins

Join us for an exhilarating adventure at Bayside Rock Indoor Climbing and Adventure Centre in Carrum Downs! Whether you're a seasoned climber or trying it out for the first time, our indoor climbing Activity offers a thrilling opportunity to conquer vertical challenges in a safe and supportive environment. Test your strength, agility, and problem-solving skills as you navigate a variety of routes suited to all experience levels. Our certified instructors will provide guidance and ensure your safety throughout the session. 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

### ★Pilates, Yoga & Fitness Training (Yrs 7-10)

Ms Kesterson

If you are interested in developing your core strength, flexibility and working through a circuit program then this is the Activity for you. You can work on developing muscular endurance, strength and improve your overall muscle tone and fitness. Throughout the unit you will work independently and in a small group to develop a variety of fitness components through Pilates, Yoga and Fitness Training and Activities. Students must have their sports gear and runners for every session. Sessions will take place in the Woodleigh Mezzanine and school spaces.

### ★\$ Self Defence (Yrs 7-9)

Ms Smallacombe

This Activity covers a number of aspects of self-defence, e.g. awareness, prevention, identifying potentially dangerous situations, escaping and restraining techniques and defence on the ground. It will enable participants to obtain a basic and realistic understanding of the fundamentals of self-defence as well as instil confidence and awareness. Students will be involved in practical self-defence sessions off campus at SMAC. Students must have a change of clothes for practical sessions. Parents should note that the practical component of this Activity is conducted by instructors from Southern Self Defence at their purpose-built venue in Somerville. Transport via Budget Rosa Bus driven by a Woodleigh Staff Member or Driver Coastal Bus Lines.

**Parents please 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.**

Cost: \$50

### Repurposing Jeans into Bags and More (Yrs 7-10)

Ms Watts

During this Activity you will learn how to transform old jeans into stylish and functional accessories! This Activity is perfect for eco-conscious individuals looking to reduce waste and breathe new life into denim. Discover techniques to repurpose denim, from cutting and sewing to adding embellishments and closures. Create trendy tote bags and chic purses—all from materials you already own. Whether you're a beginner or a seasoned crafter, this hands-on experience offers a sustainable way to express your creativity.

## ICT - Technology

### 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. Some of the courses included are: Web design, App Building, Coding and programming, Robotics, Cyber Security and networking. There are also Australian wide competitions that students can enter if they wish. If you need to know more, please email Mr Allsop: pallsop@woodleigh.vic.edu.au

### 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)

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.

### Make Laser Cut Jewellery (Yrs 7-10)

Mx J Eddy

Learn how to use Adobe Illustrator to bring your jewellery designs with a Woodleigh theme to life! Using the laser cutter, create two and three-dimensional pieces from wood and acrylic. Embellish your work with paint, thread, wire, glitter and more. Design and produce packaging for your unique Woodleigh creations. All creative minds welcome! No previous experience required.

### 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 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.

### Share the Lego Love (Yrs 7-10)

Ms Nemkevich

Are you a future Lego Master, problem solver, detective and creative? Do you love sorting and organising? Then come and join in this Lego Activity. We have had some Lego donations and the goal is to rebuild sets to share with several of the schools and organisations that we support. Some will go to Cambodia, others to Middle King Lake. If we build it, they will come!

### 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.**