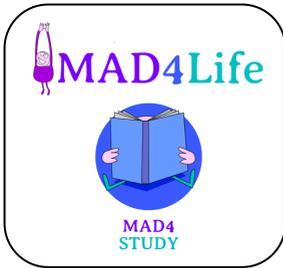




## Year 10 Activities Week



The King's  
(The Cathedral)  
School



A week of challenging and rewarding  
activities!

Learning for life



15-19 July 2019

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## ACTIVITIES WEEK

In order to develop cross-curricular themes, we are taking advantage of the post GCSE and 'A-1' Level period to re-organise the normal timetable for one week.

Years 7, 8, 9, 10 and 12 will follow a specially devised programme of activities which aims to:

- motivate, inspire and stretch students and hence increase achievement.
- enrich and extend educational provision through cross-curricular activities.
- enable students to identify and experience a variety of teaching learning situations and styles.
- encourage independent learning, study skills, research, transferable thinking skills and problem-solving approaches.
- emphasise individual and collaborative approaches to learning.
- allow time for thinking, planning and production of work.
- address aspects of LFL (Learning for Life) and Citizenship.
- benefit from visiting speakers and educational visits.

The School Day will be re-organised to accommodate School-based activities (see page 10).

It is assumed that your child will continue with their normal lunchtime arrangements, except when a packed lunch is required for the out of School activities.

**Organiser:** Mrs J Hobday  
**VENUE:** School  
**GROUP:** Whole Year Group  
**DAYS:** Monday 15 and Tuesday 16 July

The first two days will be a series of various workshops. You will be put into groups nearer the time and everyone will get a chance to do a rotation of all the workshops.

Building on the Learning for Life programme, guidance, help and advice will be made available to students on how to cope with the enormous pressures imposed by their peers and society. It will also allow students to learn more about some agencies which can help people, some of whom offer volunteering opportunities to older students.

**Health Workshops** - students will be given practical information on how to maintain a healthy lifestyle.

- Gambling Awareness lead by YGAM
- Sexual Health led by CASH
- Drugs and Alcohol led by CGL

**Build Self esteem** - learn a new skill in a new area.

- Circus skills led by Splats

**e-Safety** - led by The Breck Foundation

**Healthy Living** - a workshop given by The Teenage Cancer Trust. This workshop was very popular last year, with practical advice on how to maintain a healthy lifestyle when the stresses of Year 11 take hold.

It is not our intention to be alarmist, but we would be failing in our duty of care if we did not cover these issues to raise awareness in our students.

**MAD4Study** - this is a session led by MAD4Life, which will focus on building skills and enabling students to cope better with the stress of GCSE examinations in Year 11.

It builds on the workshop which was given in Year 8 and students have found it an opportunity to learn practical techniques in an enjoyable and stress-free environment.

National Curriculum link subjects:

LFL/Citizenship/Careers Education



Workshops

**Co-ordinator:** Mr G Smith  
**VENUE:** School  
**GROUP:** Whole Year  
**DAY:** Wednesday 17 July

We have an external company called Wonderstruck coming in to run an interactive STEM (Science, Technology, Engineering and Maths) day. The day will begin with a show, exhibiting some interesting and exciting experiments and demonstrations.

Everyone will then split into teams for the Hovercraft Challenge. Teams will build a fully functional hovercraft in this fast-paced workshop. Students will investigate the workings of a hovercraft by building a set prototype then, using their new found expertise, to design and build their own version.

The day will finish with a series of races in groups of teams, followed by a Grand Prix race in the hall with the fastest teams from the group stages competing for the top spot.

National Curriculum link subjects:

Science, Maths, Design Technology





**Leader:** Mrs N Reay  
**GROUP:** Whole Year  
**DAYS and VENUE:** Thursday 18 July - Drayton Manor  
Friday 19 July - In School

This is a two-day masterclass which will challenge students to develop their enterprise and collaborative skills.

The challenge will be introduced in LfL lessons, allowing students to prepare for the two-day event in an effective way. They will organise themselves both mentally and physically, so they can make rapid progress over the two days.

On Thursday there will be a trip to Drayton Manor which will enable them to gather information and material which they can use on the Friday, in School, to complete the Enterprise Challenge.

Students will be up against the clock and each other to be a winning team, developing collaborative and team building skills which are vital for success in education and life in general.

### Timings for Thursday Only

**Depart:** 8.00am  
**Arrive:** 6.30pm



(On Friday students will be in School following the amended school day as per page 10.)

Please return the Consent Form found at the back of this booklet with payment for the whole week, to the Finance Office by Friday 5 April.

On both days students should dress in smart, comfortable casual clothes.

### National Curriculum link subjects:

Enterprise Education / Citizenship / Work-Related Learning / Business Studies

## PAYMENT SCHEDULE AND METHODS OF PAYMENT

In order for the students to participate fully in the week's programme it is necessary to have to ask parents for a contribution towards the cost of the activities, which have already been heavily subsidised from School finances and resources.

However, it is not intended that the School should make a profit from these activities; therefore, a refund will be made if circumstances permit.

**The inclusive cost for the week is**

**£33 per pupil**

**and can be paid in full by Friday 5 April.**

Payments can be made by the following methods:

- **Online payment:** [www.scopay.com/kingspeterborough](http://www.scopay.com/kingspeterborough) (consent to be given online).
- **Cheques:** payable to 'The King's (The Cathedral) School' (bring paper copy consent form).
- **Cash:** to the Finance Office (bring paper copy consent form).



# Monday-Friday

## Consent Form for Year 10 2019 Activities Week

(Please detach and return to Finance Office by Friday 5 April 2019)

I give my consent for (enter student's name and form) \_\_\_\_\_ to \_\_\_\_\_

visit **Drayton Manor** on **Thursday** 18 July 2019 and participation in other activities during Activities' Week, according to the arrangements made by the School, which have been explained to me.

### Payment

- I enclose a contribution of **£33.00** by CASH/CHEQUE payable to The King's School (delete as appropriate)
- I have already paid online via [www.scopay.com](http://www.scopay.com) on this date: \_\_\_\_\_

Printed name \_\_\_\_\_ Relationship to student \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

*Consent Form (Monday - Friday)*

## **AMENDED SCHOOL DAY**

08.40-08.55 Registration and form period

09.00-10.05 Session 1

10.10-10.40 Break

10.45-11.50 Session 2

11.55-12.55 Lunch

12.55-13.00 Registration

13.05-14.10 Session 3

14.10-14.20 Break

14.25-15.30 Session 4

## **DRESS CODE FOR THE WEEK**

- Wear smart, casual and appropriate clothing for the activity
- You may be asked to sit on the floor or follow instructions, so wear clothes that allow you to move around easily
- Footwear should be comfortable and practical

If in doubt, please ask!



[www.kings.peterborough.sch.uk](http://www.kings.peterborough.sch.uk)



## CONTACTS

**Residential and Trip Organiser: Mrs Pasqualino**  
[pasqualino.j@kings.peterborough.sch.uk](mailto:pasqualino.j@kings.peterborough.sch.uk)

**Activities Week Co-ordinator: Mrs Mouzoures**  
[mouzoures.c@kings.peterborough.sch.uk](mailto:mouzoures.c@kings.peterborough.sch.uk)

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[finance@kings.peterborough.sch.uk](mailto:finance@kings.peterborough.sch.uk)

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