



**Helston Community College**

**Activities Week**

**YEARS 8 & 9**

## **Introduction**

The College is planning to reintroduce Activities Week for students in years 7, 8 and 9 for 2024. It will take place between Monday 15th July and Friday 19th July.

Students in Years 8 & 9 will take part in a range of educational and extracurricular opportunities that go beyond the regular curriculum. These activities, including trips, workshops and specialised lessons, are designed to build on students' learning in the classroom as well as introduce them to new skills and experiences.

Students will need to opt for up to five activities, one for each day of the week. Some of the activities last longer than one day, so if choosing the longer ones, please double check how long it lasts and choose a combination of activities which fills the week.

## **The cost and signing up**

The cost of the activities varies depending on the nature of the trip or event. The costs cover transportation, materials, and expert instructors. We are committed to providing the best possible education, and we have planned a range of activities to cover a range of interests and costs. Where possible the costs can be covered in instalments as outlined on Parent Pay.

If you have any further questions or concerns, please do not hesitate to reach out to us. We appreciate your understanding and support in ensuring a fantastic Activities Week for your child.

Parents / carers can cover the cost through Parent Pay and also indicate which of the onsite activities your son or daughter would like to participate in. Some activities may have a maximum group size. Places will be allocated on a first come first served basis when the bookings open on Parent Pay, which will open on Monday 4<sup>th</sup> December for Year 9 and Monday 11th December for Year 8.

## **Parent Pay**

All parents should have access to a Parent Pay account already, however, some may need to activate their account by using the details in the email from Parent Pay which was sent at the start of September. If you have any issues activating your account, please email our accounts team at: [Accounts@helston.tpacademytrust.org](mailto:Accounts@helston.tpacademytrust.org) or via phone at 01326 577028

Year 9 students will have the opportunity to sign up for their activities one week before Year 8. This is because this is their last opportunity to take part in the week, as Year 10 students participate in a week of work experience.

The 'Go live' date for Year 9 students is Monday 4<sup>th</sup> December

The 'Go live' date for Year 8 students is Monday 11<sup>th</sup> December

### **Behaviour**

We value each student's opportunity to engage with the activities week. However, it is vital to uphold a safe, positive and respectful atmosphere within our college community at all times. Therefore, in rare cases where there are concerns about a student's behaviour, their participation in particular activities may be reconsidered. We would always endeavour to communicate any concerns to you at the earliest opportunity. As ever, your support is greatly appreciated.

### **Consent forms**

For your son / daughter to take part in the week we will need two forms of consent:

1. Your consent for your son / daughter to take part in the specific trip. This will be via Parent Pay, where you will be required to tick a box.
2. We also need to collect a more detailed consent form for your son /daughter to take part in trips generally. The College sent a link to a new annual general consent form for 2023-24 in July and if this has not yet been completed, it must be before the trip goes as it contains all the contact details and medication information the College needs to ensure the trip runs safely. If you need to complete this form it can be accessed here.

[PARENTAL CONSENT FORM \(google.com\)](#).

As this is a lengthier form, it will only need to be completed once per year (unless contact or medical details have changed)

### **Queries or questions**

If you have any general queries, not related to Parent Pay, please contact:

Mr J Lovelock at the College ([JLovelock@Helston.tpacademytrust.org](mailto:JLovelock@Helston.tpacademytrust.org)) for Year 8 Miss E Hawkey ([EHawkey@Helston.tpacademytrust.org](mailto:EHawkey@Helston.tpacademytrust.org)) for Year 9

**Overview of the week - Students will need to choose enough activities to fill their week.**

	Monday	Tuesday	Wednesday	Thursday	Friday
All week activities	Adventure Activity Week				
	Amazing Animals				
	Catalonia 2024				
	Dive Project				
	Elemental activities				
	Geography extravaganza				
4 days		Film School / Drama School	Film School / Drama School	Film School / Drama School	Film School / Drama School
	Surf n Turf	Surf n Turf	Surf n Turf	Surf n Turf	
1,2 or 3 day activities	Art activities			BMX	Computer Gaming
	BMX	BMX	Beach picnic	Coco Kitchen	Golf
	Computer Gaming	Computer Gaming	BMX	Computer Gaming	Ice Cream
	Cornish Heritage (Lizard)	Cornish Heritage (Lizard)	Circular Coastal Walks - Lizard, St Ives,	Golf	Kayaking and beach clean
	Flambards	Golf	Computer Gaming	Jubilee & Geothermal Pool + Sculpture Garden	Myths and Mysteries:
	Golf	Jubilee & Geothermal Pool + Sculpture Garden	Flambards	Kayaking and beach clean	Photo Safari - Capturing wildlife, landscape
	Ice Cream	Kayaking and beach clean	Glow up		Physical Activity Week
	Kayaking and beach clean	Physical Activity	Golf	Physical Activity	Primitive Survival
	Masterchef	Primitive Survival	Kayaking and beach clean	Photo Safari	Sea life exploration
	Physical Activity	Yoga and Wellbeing day	Masterchef		
	Primitive Survival		Physical Activity		
	Sea life exploration		Primitive Survival		
	Yoga and Wellbeing day		Yoga and Wellbeing day		

## Adventure activity week

**Description:**

Miss Treloar, Miss Robinson and Mr Roberts are looking for a group of students who want to spend a week participating in different sporting activities. Here is a flavour of some of the activities included in the 5 days, SUP, Canoeing, Surfing, Beach Games, Football Golf, Adventure Crazy Golf, Ten Pin Bowling & BMX. No experience required, however, we do ask that you will give all the activities 100% effort. This week is about being as active as possible and having lots of fun!!

DAY 1 – SWANPOOL BEACH – SUP & CANOEING

DAY 2 – PLYMOUTH CRAZY GOLF & TEN PIN BOWLING

DAY 3 – SURFING & BEACH GAMES

DAY 4 – FOOTBALL GOLF at Wheal Dream & Laser Tag onsite

DAY 5 – BMX

<b>This activity runs on these days:</b>	Monday - Friday
<b>This activity is run by:</b>	Miss Treloar, Miss Robinson, Mr Roberts
<b>Duration:</b>	5 days
<b>It will cost:</b>	£300
<b>Number of places:</b>	50
<b>Payment details:</b>	£50 on 'Go live' date (Deposit)
	£50 by 01/02/24
	£50 by 01/03/24
	£50 by 01/04/24
	£50 by 01/05/24
	£50 by 01/06/24

## Amazing Animals

**Description:**

A full week of experience everything animal related. During the whole week, we will be visiting a range of places – to ensure we see everyone’s favourite! These visits are specifically organised to access a wide range of activities to have fun while learning for ALL students. Cornwall is especially diverse in its range of habitats so we are very lucky to see many different genres in this exciting week! Locations will include: Paradise Park, Feadon farm wildlife centre, Guys butterfly house, Flicka donkey Sanctuary, Cornish seal sanctuary, Bolenowe Animal sanctuary, Blue reef Newquay, & Newquay zoo.

<b>This activity runs on these days:</b>	Monday - Friday
<b>This activity is run by:</b>	Mrs Mullins, Mrs Cox, Mrs Davies
<b>Duration:</b>	5 days
<b>It will cost:</b>	£200 approx
<b>Number of places:</b>	45
<b>Payment details:</b>	£50 on 'Go live' date (Deposit)
	£50 by 01/02/24
	£50 by 01/03/24
	£50 by 01/04/24

## Art activities

<b>Description:</b>	
Collaborate with CAST artists to craft inspired artwork, drawing from the legacy of a renowned artist who once resided on the Lizard Peninsula. Enjoy picturesque walks while sketching alongside CAST's local artists, and engage in the art of printmaking at CAST Art Studios in Helston, guided by accomplished artists. Additionally, there is the potential for a third day spent exploring your creativity in the school's own art studios.	
<b>This activity runs on these days:</b>	Monday - Wednesday
<b>This activity is run by:</b>	GBL & CAST artists
<b>Duration:</b>	3 days
<b>It will cost:</b>	£35
<b>Number of places:</b>	15
<b>Payment details:</b>	£5 on 'Go live' date (Deposit)
	£30 by 01/02/24
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## BMX

**Description:**

Whether you're a seasoned rider or a newbie to BMX, our program is tailored to boost your skills and confidence on two wheels. Join us for an exciting journey where you'll learn awesome tricks, conquer daring ramps, and gain valuable bike-handling abilities under the guidance of our expert coaches. It's time to push your limits, make new friends, and experience the thrill of BMX in a safe and supportive environment. Don't miss out on this incredible opportunity to ride, jump, and soar to new heights with T.C. Cycling Skills and Coaching!

<b>This activity runs on these days:</b>	Monday - Thursday
<b>This activity is run by:</b>	Mr Eastman and Mr McFadden
<b>Duration:</b>	1 day
<b>It will cost:</b>	£30
<b>Number of places:</b>	16
<b>Payment details:</b>	£10 on 'Go live' date (Deposit)
	£10 by 01/02/24
	£10 by 01/03/24
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## Catalonia 2024

**Description:**

Take part in a cultural experience to the Catalonian area of Spain. We will stay in a hotel on the Mediterranean coast in Tossa del Mar. Students will be encouraged to use their language skills as much as possible, for example when shopping, and in Barcelona, Girona, Figueras and Tossa del Mar. The trip will include:

- Day in Barcelona with a visit to key tourist attractions
- Day in Port Aventura theme park
- Morning in Girona followed by an afternoon in Figueras, possible a visit to the famous Dalí museum
- Visit to Las Ramblas and La Boquería market in Barcelona.

This trip was launched at the beginning of September. There are currently a few spaces still available.

<b>This activity runs on these days:</b>	Monday - Friday
<b>This activity is run by:</b>	Mrs Barnes, Mrs Martin, Mr Carpenter
<b>Duration:</b>	5 days
<b>It will cost:</b>	£825
<b>Number of places:</b>	10 spaces left
<b>Payment details:</b>	£150 on 'Go live' date (Deposit)
	£150 by 15/01/24
	£150 by 15/02/24
	£150 by 15/03/24
	£125 by 15/04/24
	£100 by 15/05/24

## Circular Coastal Walks

**Description:**

Join Mr Ellis for a costal walk around Cornwall's beautiful landscape. We will travel to St. Ives by minibus and get the bus to Zennor and then spend the day walking back along the coastline to St. Ives.

You don't need to be super fit, but you will be walking along some rough and rocky terrain.

<b>This activity runs on these days:</b>	Wednesday
<b>This activity is run by:</b>	Mr Ellis
<b>Duration:</b>	1 day
<b>It will cost:</b>	£10
<b>Number of places:</b>	15
<b>Payment details:</b>	£10 by 01/02/24
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## Coco Kitchen Chocolate Making Workshop and St Ives Visit

**Description:**

Join Mrs Smith for an adventure in St Ives. Firstly heading to I Should Coco for a chocolate making workshop in their fantastic Coco Kitchen where you will be making all things from chocolate truffles to chocolate lollies with your own ideas and creativity! This is an activity everyone will enjoy, and it's something the group can all do together. At the workshop you'll be moulding chocolate and designing and decorating a selection of chocolate treats including bars and lollies, using white milk or dark chocolate and ingredients and toppings of your choice. All materials are included and you take home what you make. Also, the students get to choose the music! (bring your smart phone).

After the Chocolate Worksop, the group will have, a walk through the town to St Ives Bakery where we will be visiting the bakers and discussing their incredible business with a final stroll to the beach to enjoy a delicious pasty, maybe an ice cream and definitely some delicious chocolate treats!

<b>This activity runs on these days:</b>	Thursday
<b>This activity is run by:</b>	Mrs Smith
<b>Duration:</b>	1 day
<b>It will cost:</b>	£40
<b>Number of places:</b>	10
<b>Payment details:</b>	£20 on 'Go live' date (Deposit)
	£20 by 01/02/24
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## Computer Gaming

**Description:**

Students will be spending the week playing different games consoles and tournaments. We have Playstation, Xbox and Nintendo consoles as well as some Oculus VR headsets for the students to get to grips with

<b>This activity runs on these days:</b>	Monday, Tuesday, Wednesday, Thursday, Friday
<b>This activity is run by:</b>	Mr Burke
<b>Duration:</b>	1 day
<b>It will cost:</b>	Free
<b>Number of places:</b>	40
<b>Payment details:</b>	-
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## Cornish Heritage (Lizard)

<b>Description:</b>	
Students will travel by Coach travel to Ann's Pasties for pasty making workshop. This will be followed by a tour of the RNLI lifeboat station on The Lizard. We will eat our pasties by the lighthouse, before finishing the day with a Serpentine Workshop.	
<b>This activity runs on these days:</b>	Monday, Tuesday
<b>This activity is run by:</b>	Mrs Bloor
<b>Duration:</b>	1 day
<b>It will cost:</b>	£20
<b>Number of places:</b>	15
<b>Payment details:</b>	£1 on 'Go live' date (Deposit)
	£20 by 01/02/24
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## Elemental activities

<b>Description:</b>	
<p>What a fantastic activities week from start to finish! You will get to go on the Mega-SUP and have a go on a SUP yourself, you can also do some coasteering and rock jumping. This week also includes Kayaking, Raft Building BBQ's and Surfing at Fistral Beach! If you want endless fun, challenge and great memories sign up to this amazing trip! (please note that this is not a residential trip).</p>	
<b>This activity runs on these days:</b>	Monday - Friday
<b>This activity is run by:</b>	Mr Hitchcock, Mr Swayne, Mr Bannon, Miss Watson
<b>Duration:</b>	5 days
<b>It will cost:</b>	£250
<b>Number of places:</b>	72
<b>Payment details:</b>	£50 on 'Go live' date (Deposit)
	£75 by 01/02/24
	£75 by 01/03/24
	£50 by 01/04/24

## Flambards Theme Park

**Description:**

There are amazing rides for thrill-seekers! Take a spin on the Hornet Rollercoaster and check out the view from the top of SkyRaker, the twisting drop ride. Brave the Thunderbolt, and prepare to get wet on the Colorado River log flume.

For those adrenalin junkies, why not ride Sky-Force, whizzing high above the park, this ride is the largest thrill ride in the South West.

Explore the cobbled streets of the life-sized Victorian Village and visit over 50 sets and scenes filled with over 50,000 genuine artefacts. See Victorian Britain frozen in time as you step inside the local pub, visit a Victorian home and see the divide between rich and poor.

Discover the life-sized replica of a London street during World War II in the Britain in the Blitz attraction. Hear the deafening sounds of the air raid siren and literally feel the ground shake as another bomb goes off.

If Students have a locals' pass they can enter for free. They will need to show the accounts team at South Site their pass and the £1 deposit will be refunded.

<b>This activity runs on these days:</b>	Monday, Wednesday
<b>This activity is run by:</b>	Mr Birkett, Mr Van der Lem, Mr Gilbert
<b>Duration:</b>	1 day
<b>It will cost:</b>	£8.50 (If students have a 'locals pass' – they can enter for free and simply pay the travel element of the trip)
<b>Number of places:</b>	48
<b>Payment details:</b>	£1 on 'Go live' date (Deposit)
	£7.50 by 01/02/24 (unless students have a locals pass)
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## Geography Extravaganza (Year 8 only)

**Description:**

The Geography department are looking for a group of 30 enthusiastic year 8 geographers to adventure round Cornwall with them.

The Extravaganza includes 2 nights fully catered a youth hostel, Beach games, exploring and helping to preserve the Cornish coast as well as visiting The Lost Gardens of Heligan and The Eden Project to admire the wonders of nature and examine the impact we have on our world.

Day 1 (15th July) - Botallack mine exploring and maintaining our Cornish coast

Day 2 (16th July) – Beach clean and an afternoon of beach craft competition.

Day 3 (17th July) – The Eden Project – overnight Stay

Day 4 (18th July) – The Lost Gardens of Heligan - overnight Stay

Day 5 (19th July) – Beach games and coastal walk

You don't need to be super fit, but you will be walking and exerting yourself throughout the week and you will need a sense of adventure to try new activities.

<b>This activity runs on these days:</b>	Monday - Friday
<b>This activity is run by:</b>	Mrs Hawksworth, Mrs Allsey, Mrs White, Mrs Bryce & (Dr Ryan)
<b>Duration:</b>	5 days
<b>It will cost:</b>	£225
<b>Number of places:</b>	30
<b>Payment details:</b>	£25 on 'Go live' date (Deposit)
	£50 by 01/02/24
	£50 by 01/03/24
	£50 by 01/04/24
	£50 by 01/05/24

## Film School / Drama School

**Description:**

FILM SCHOOL! Learn film production skills and team up with Drama School to create a complete short film in just three days. Learn screenwriting, storyboarding, directing, shooting on location and editing a micro-budget short indie film. Final day: Awards ceremony and cinema trip.

<b>This activity runs on these days:</b>	Tuesday - Friday
<b>This activity is run by:</b>	Ms Stevenson, Mr Semmons, Mrs Richardson
<b>Duration:</b>	4 days
<b>It will cost:</b>	£15
<b>Number of places:</b>	30
<b>Payment details:</b>	£1 on 'Go live' date (Deposit)
	£14 by 01/02/24
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## Glow up!

**Description:**

Any budding hair stylists and make up artists out there now is the time to take on the challenge. Based on the BBC series "Glow up" you will be working in small groups to design and create a look. This will then be photographed and judged by professionals working in the industry.

<b>This activity runs on these days:</b>	Wednesday & Thursday
<b>This activity is run by:</b>	Mrs O'Hare, Ms Martin
<b>Duration:</b>	2 days
<b>It will cost:</b>	£20
<b>Number of places:</b>	20
<b>Payment details:</b>	£1 on 'Go live' date (Deposit)
	£20 by 01/02/24
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## Golf for beginners

**Description:**

A fantastic opportunity to experience the thrill of golf in a relaxed and welcoming environment. Whether you're an absolute novice or have dabbled in golf before, this activity is designed to help you tee off with confidence and embark on a journey of fun and improvement. Join us for a day filled with excitement and learning as you explore the pristine fairways and lush greens on a local picturesque golf course. Don't worry if you don't have your own golf clubs – we provide all the necessary equipment, ensuring you have everything you need to get started.

<b>This activity runs on these days:</b>	Monday, Tuesday
<b>This activity is run by:</b>	Mr Lovelock and Dr Godwin
<b>Duration:</b>	1 day
<b>It will cost:</b>	£30
<b>Number of places:</b>	12
<b>Payment details:</b>	£10 on 'Go live' date (Deposit)
	£10 by 01/02/24
	£10 by 01/03/24
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## Golf for experienced players

**Description:**

Our Experienced Player's Golf Day offers an exceptional opportunity for students to discover the joy of golf while building valuable life skills in a fun and supportive environment. Join us for an unforgettable day of golfing activities designed exclusively for secondary school children. The day promises an engaging mix of learning, competition, and teamwork, all set against the stunning backdrop of a local beautiful golf course. The days is aimed at those with some experience who can fine-tune their skills.

<b>This activity runs on these days:</b>	Wednesday, Thursday, Friday
<b>This activity is run by:</b>	Mr Lovelock and Mr Williams
<b>Duration:</b>	1 day
<b>It will cost:</b>	£30
<b>Number of places:</b>	12
<b>Payment details:</b>	£10 on 'Go live' date (Deposit)
	£10 by 01/02/24
	£10 by 01/03/24
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## Ice cream making and factory visit

**Description:**

Treat your taste buds to a delectable adventure! Begin your journey with a visit to the famous Roskilly's Ice Cream, where you'll get an exclusive behind-the-scenes look at the art of crafting creamy, mouthwatering ice cream. You'll witness the magic of the ice cream-making process and even have the chance to savor some of their scrumptious flavours.

But the fun doesn't stop there! After your visit to Roskilly's, return to the school's food rooms and embark on your own ice cream-making adventure. With the guidance of our skilled Mr Reay, you'll learn the secrets of creating your very own custom ice cream flavours. It's a hands-on, tasty experience that will leave you with sweet memories and a newfound appreciation for the world of ice cream.

<b>This activity runs on these days:</b>	Monday and Friday
<b>This activity is run by:</b>	Mr Reay
<b>Duration:</b>	1 day
<b>It will cost:</b>	£10
<b>Number of places:</b>	20
<b>Payment details:</b>	£1 on 'Go live' date (Deposit)
	£9 by 01/02/24

## Jubilee Pool & Geothermal Pool + Tremenheere Sculpture Garden,

<b>Description:</b>	
Take a dip in Jubilee Pool, Penzance, which uses underground heat to keep the sea water pool at 35°C, in the morning. Bring your own packed lunch to eat in the beautiful Tremenheere Sculpture Garden before exploring all it has to offer in the afternoon.	
<b>This activity runs on these days:</b>	Tuesday, Thursday
<b>This activity is run by:</b>	Mrs Hocking and Ms Siseman
<b>Duration:</b>	1 day
<b>It will cost:</b>	£35
<b>Number of places:</b>	32
<b>Payment details:</b>	£15 by 'Go live' date (Deposit - for one or five days)
	£ 20 by 01/02/24
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## Kayaking and beach clean

<b>Description:</b>	
Join Ian and his team from Vertical Blue Adventures based in Porthleven for a week of different outdoor activities, ranging from kayaking, SUP and beach-cleaning to archery and axe-throwing. The coast will be £35 per day. You can either sign up for all 5 days or just for one or two days of the week. The selected activity will depend on the weather conditions on the day so a water-based activity cannot be guaranteed. You will, however, be outside – whatever the weather! There will be 15 spaces available.	
<b>This activity runs on these days:</b>	Monday, Tuesday, Wednesday, Thursday or Friday (or all five days)
<b>This activity is run by:</b>	Mrs Ross-Macdonald, Mrs Renyard, and Miss Freeston
<b>Duration:</b>	1 day or 5 days
<b>It will cost:</b>	£35 for one day (£175 for five days)
<b>Number of places:</b>	15
<b>Payment details:</b>	£35 by 'Go live' date (Deposit - for one or five days)
	£35 by 01/02/24 (if signing up for the five days)
	£35 by 01/03/24 (if signing up for the five days)
	£35 by 01/04/24 (if signing up for the five days)
	£35 by 01/05/24 (if signing up for the five days)

# Masterchef

**Description:**

Get ready to don your chef's hat and unleash your culinary creativity with our all-day MasterChef challenge! Join us for a day of delicious adventures in the kitchen, where you'll learn to whip up gourmet delights like a pro. Under the expert guidance of our seasoned chefs, you'll master essential cooking techniques, explore diverse cuisines, and even participate in thrilling culinary challenges. Discover the joy of cooking, enhance your teamwork skills, and most importantly, relish the incredible dishes you'll create. The activity is free but students will need to provide their own ingredients.

<b>This activity runs on these days:</b>	Monday, Wednesday
<b>This activity is run by:</b>	Mr Reay, Mrs Smith
<b>Duration:</b>	1 day
<b>It will cost:</b>	Free
<b>Number of places:</b>	30
<b>Payment details:</b>	-
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## Make and Take Beach Picnic

**Description:**

Mrs Smith will be delivering a morning of practical cooking where you will be making a variety of different dishes, showcasing your practical and presentation skills. The dishes will include delicious breads, sausage rolls and meringues, to name but a few! We will then pack up our delicious feast and will be transported to the beach where we will have an afternoon enjoying the sunshine (hopefully!) and all of your amazing treats!

<b>This activity runs on these days:</b>	Wednesday
<b>This activity is run by:</b>	Mrs Smith
<b>Duration:</b>	1 day
<b>It will cost:</b>	£20
<b>Number of places:</b>	15
<b>Payment details:</b>	£1 on 'Go live' date (Deposit)
	£19 by 01/02/24
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## Myths and Mysteries:

### St. Michael's Mount and Marazion Beach

**Description:**

Find out about the myths and mysteries of St. Michael's Mount. Explore the castle and gardens. Then enjoy a scavenger hunt and activities on the beach. Calling all students interested in some historical fun and beach activities.

We'll walk or boat to the island. Explore the castle and grounds and admire the fantastic views. We will then return to the beach for a scavenger hunt, rounders and French cricket. You'll also have the opportunity to buy an icecream or pasty. All are welcome on our mini-adventure.

<b>This activity runs on these days:</b>	Friday
<b>This activity is run by:</b>	Ms Creaser
<b>Duration:</b>	1 day
<b>It will cost:</b>	£12.50
<b>Number of places:</b>	45
<b>Payment details:</b>	£5 on 'Go live' date (Deposit)
	£7.50 by 01/02/24
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## Photo Safari

**Description:**

A day spent walking & exploring with a camera, capturing Cornwall's beautiful land and seascapes as well as its marine life. We will be visiting Falmouth and the Lizard, but may be subject to change depending on weather conditions.

What is a photo safari?

A photo safari is designed to help you with your photographic journey, irrespective of gear or skill level.

You will get expert advice tuition by Mr Ellis, which is extremely valuable if you are just getting to grips with your camera, or looking to sharpen your skills. Either way, the aim is to ensure that you head out into the field and take your images to the next level, having a huge amount of fun in the process.

<b>This activity runs on these days:</b>	Thursday, Friday
<b>This activity is run by:</b>	Mr Ellis + 1 other
<b>Duration:</b>	1 day
<b>It will cost:</b>	£10
<b>Number of places:</b>	15
<b>Payment details:</b>	£1 on 'Go live' date (Deposit)
	£9 on 01/02/24
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## Physical Activity Day or Week

<b>Description:</b>	
A dynamic and exhilarating week filled with a diverse array of physical activities, encompassing the spirit of teamwork, including sports such as football, volleyball, and dodgeball, all conducted right on the school premises.	
<b>This activity runs on these days:</b>	Monday, Tuesday, Wednesday, Thursday, Friday
<b>This activity is run by:</b>	Mr Woolcock, Mr Richardson
<b>Duration:</b>	1 day or all week.
<b>It will cost:</b>	Free
<b>Number of places:</b>	60
<b>Payment details:</b>	-
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## Primitive Survival

**Description:**

Join Mr Philpott and Mr Eathorne at School and learn some team and individual skills of how to survive and thrive in the wild including building your own shelters and cooking your own food.

<b>This activity runs on these days:</b>	Monday, Tuesday, Wednesday, Friday
<b>This activity is run by:</b>	Mr Phillpott, Mr Eathorne, and Mr Reay
<b>Duration:</b>	1 day
<b>It will cost:</b>	Free
<b>Number of places:</b>	40
<b>Payment details:</b>	-
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## Project Dive Cornwall

**Description:**

Mr Davey to take a group to Porthkerris to take part in the 'Dive Project Cornwall'. A week of camping at Porthkerris arriving Sunday at 5pm leaving on the Friday (5 nights) with all food provided. All dive kit, pool hire, ocean diving, tank fills and safety equipment is included as is all instruction and qualification with PADI as a Scuba Diver for those that complete the diving. They will also run other activities to learn about the importance of the ocean - these are run by marine biologists in association with the Marine Conservation Society. All in all it's an overall marine based experience where confidence and life skills are learnt around Scuba Diving, Camping and the Outdoors and Marine Conservation! Quite unique.

<b>This activity runs on these days:</b>	Monday - Friday
<b>This activity is run by:</b>	Mr Davey
<b>Duration:</b>	5 days
<b>It will cost:</b>	£650
<b>Number of places:</b>	20
<b>Payment details:</b>	£150 on 'Go live' date (Deposit)
	£125 by 01/02/24
	£125 by 01/03/24
	£125 by 01/04/24
	£125 by 01/05/24

## Sea life exploration

<b>Description:</b>	
A day snorkelling and rockpooling to learn about the amazing marine life we have on our shores. Find out more about the precious marine habitats we have right here in Cornwall. Likely venue is Battery Rocks in Penzance, but may be subject to change depending on weather conditions. Own full-length wetsuits, mask and fins required.	
<b>This activity runs on these days:</b>	Monday, Friday
<b>This activity is run by:</b>	Ms Stevenson, Mr Semmons, Mrs Graham, Mrs Morbey, Mr Trevithick
<b>Duration:</b>	1 day
<b>It will cost:</b>	£40
<b>Number of places:</b>	16
<b>Payment details:</b>	£20 on 'Go live' date (Deposit)
	£20 by 01/02/24
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## Surf n' Turf

**Description:**

Join the three amigos on a three day ramble around the beautiful Cornish countryside, taking in the West Penwith Moors, cliff-tops and premier beaches. Walk in the foot-steps of Ross and Demelza Poldark, visit ancient Cornish landmarks, meet the legendary Mermaid of Zennor and ride the waves off the best surfing beaches in the UK. We will be camping so bring your sleeping bag and some ready cash. We'll keep you entertained around the camp fire with Celtic songs and tales of mystery, magic and some big waves, plus a slap-up BBQ cooked by your hosts every night!

Day 1: St Ives via Zennor to Pendeen Watch via coast path. Camp at Old Coastguards Campsite at Pendeen Watch

Day 2: Pendeen Watch to Gwenvor via Cape Cornwall. Camp at Trevedra Farm Campsite for two nights

Day 3: Surf lesson at Sennen Surfing Centre

Day 4: Return to HCC

**Notes:**

Students should be able to walk between 6 and 10 miles per day with a good rest

Students to carry day packs and NOT camping and cooking equipment

<b>This activity runs on these days:</b>	Monday -Thursday
<b>This activity is run by:</b>	Mr Trevithick, Mr Heron, Mr Dudley
<b>Duration:</b>	4 days
<b>It will cost:</b>	£150
<b>Number of places:</b>	30
<b>Payment details:</b>	£25 on 'Go live' date (Deposit)
	£50 by 01/02/24
	£25 by 01/03/24
	£50 by 01/04/24

## Yoga and wellbeing

**Description:**

Yoga for all abilities; focus on stretching and strength with some breathing exercises. Please wear suitable clothing, such as your PE kit, or leggings and a T-shirt.

<b>This activity runs on these days:</b>	Monday, Tuesday, Wednesday
<b>This activity is run by:</b>	Mrs Harrison-Webb and Mr McFadden
<b>Duration:</b>	1 day
<b>It will cost:</b>	Free
<b>Number of places:</b>	10
<b>Payment details:</b>	-
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