

Challenge Week

Daily Activities



CHALLENGE WEEK 2011

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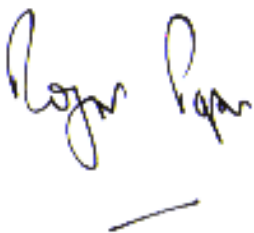
What challenges are you going to tackle.....?

We all learn and grow when we tackle new challenges. Think about this as you select your activities: try something new! Try something that will take you into unknown territory!

Every year, staff return from Challenge Week feeling very proud of all that the students have achieved – make sure that this year is the same, and make sure you have plenty of fun.

Challenge Week is a very important part of the College curriculum and we expect all students to participate in the activities offered. Absences, other than medical illness, will not be authorised during Challenge Week.

Have a great time



**ROGER POPE
PRINCIPAL**

CHALLENGE WEEK 2011

DAILY ACTIVITIES

All activities have a significant challenge and learning focus and in order to make sure that this is met, activities will run for two days each. Therefore students will sign up for **2 x 2 day** packages or a **complete 4 day** package from Monday to Thursday. On the Friday, all students will return to College.

We have tried to make sure that we have a wide range of activities on offer and hope that there will be plenty of options for students. Most activities are run for quite small groups so it is very important that students select three options for each; we will do our very best to ensure that students are allocated to an activity that they are interested in.

We are also unable to ensure that friendship groups are kept together – making new friends is part of the challenge!

Once you have made your choice and you have been accepted for the activity, you will **NOT** be able to change your mind. Please make sure that you have made a firm choice in the first place. **All monies paid will be non-refundable unless a medical certificate is provided.**

The 'Choice Sheet' at the end of this booklet must be handed in by 18th March 2011

CANTEEN ARRANGEMENTS

Please remember the Canteen will open every day during Challenge Week for snacks and drinks together with hot meals, pasta or a selection of sandwiches at lunchtime! The Canteen will also be able to organise packed lunches for you if you are planning to go on an activity that takes you off the college site! Please give them good warning if you require a packed lunch – you will then be able to collect it in the morning prior to your departure!

PLEASE STUDY THE BOOKLET **CAREFULLY** AND DISCUSS **WITH YOUR PARENTS** THE CHOICES YOU HAVE MADE.

TO PARENTS:

1. Contributions:

We have indicated the average level of contribution necessary for a trip to run. This is voluntary, but the trip may not run if insufficient contributions are received. Some financial assistance may be available through the Grant Aid Fund. Families on Income Support, Working Family Tax Credit and similar qualify for some assistance where possible. In order to apply for help from the Grant Aid Fund, please complete the form printed at the back of this booklet and return it with your child's completed 'Choice Form'. The money granted will be a percentage of the total amount and you will be notified of this when your child's attendance on the activity has been confirmed and the request for Grant Aid processed.

2. Safety and Insurance:

Safety is always a priority especially during Challenge Week. Most activities are being run by college staff and we ensure that all outside organisations that are providing opportunities for our students are suitably insured and have qualified staff. All of these details are checked by the County Safety Officer. The guidelines for staffing ratios and qualifications of our own staff are also observed.

Students are fully insured against accident through a County Insurance Policy in this country and abroad. All students are briefed regarding safety and personal responsibility prior to the week and by organisers before every activity each day. We would be grateful if you could reinforce our instructions by telling your child(ren) to do all they can to ensure that the week goes well and to follow instructions with the view to making the week a safe and enjoyable week for all.

3. Medical:

We have a record of students' medical conditions that parents have provided for us. All staff organisers or group leaders have this information with them during each activity. Please let me know if there has been any change to this information regarding your child. We ask you to sign the choice sheet to give approval to your child's choices and to give consent to the use of anaesthetics in the unlikely event of an accident.

4. Attendance:

Challenge Week is part of the College's curriculum and is in term time. We therefore expect ALL students to attend College as we consider this to be an important part of the College year.

5. Transport

All trips, unless otherwise stated leave from and return to College.

Please note that some trips may leave earlier than the normal College start time and/or may not return in time for College buses. Where possible, details have been included in this brochure.

6. Payment

Sheets detailing successful choices and payment details will be given to students at the beginning of the Summer Term. **Please note that all monies paid will be non-refundable unless a medical certificate is provided.**

Once students have been allocated you will need to make payment through our Parentpay system as explained below.

Please log on to www.parentpay.com to make your payment(s). Should you require any help or advice on accessing the site, please do not hesitate to contact our Finance Team on the College number 01548 852641 ext. 169. If you do not have access to the internet you will need to request a bar-coded letter for this activity from the Finance Office at Kingsbridge Community College. You can take your barcoded letter to a PayPoint outlet, just hand it over to the retailer with your payment and they do the rest. You get a receipt for every payment you make, but please bear in mind that it may take 3 days for your money to reach Kingsbridge Community College.

All dailies need to be paid in full by 18th June 2011.

TO STUDENTS:

Choosing your activities:

1. Activities may be chosen from the Challenge Week booklet. Please note the restrictions that apply for each choice. You must choose an activity for Monday to Thursday inclusive during the week. **PLEASE CHOOSE A DIFFERENT ACTIVITY UNDER EACH CHOICE.**
2. Register for an activity on the 'Choice Sheet' enclosed at the end of this booklet. This Choice Sheet must be handed into your tutor by **18th March 2011**. PLEASE DO NOT INCLUDE ANY MONEY WITH THE CHOICE SHEETS. Any sheets handed in after that time may not receive their choices. Your activities will be confirmed after Easter.
3. Challenge Week is part of term time and the leader of the day's activity records your attendance each day. This information is passed to the registration team who contact parents to seek an explanation for unexplained absences which will otherwise be treated as Unauthorised Absences.
4. You do not have to wear College uniform but you are expected to attend each activity dressed appropriately and sensibly. Anyone attending College inappropriately dressed is kept on College premises for that day and will not be refunded any money for the activity missed.
5. The College code of conduct is always applicable. Please remember that you are carrying the good name of Kingsbridge Community College wherever you go.
6. In the interests of Safety and commonsense, always do as your Course Leader tells you to do and do all you can to make the week safe and happy one for all. Course Leaders brief you before you do any of the activities – follow their instructions. Any misbehaviour results in removal from all subsequent activities during the remainder of the week, with no financial refund.
7. Activities begin at 9.00am in the morning and finish prior to the end of the College day unless stated otherwise. Details of rooms in which groups meet are published the week before Challenge Week on notice boards.
8. All meetings about Challenge Week are advertised via Reception on the notice boards or in the Bulletin.
9. Please contact Mr Hamilton with queries regarding Challenge Week , Telephone No. 01548 852641.

Make it a good week by being tolerant of others and acting in a safe manner at all times. Enjoy yourselves!

'Bake Away'

Cost: FREE for 2 days
You Will Need: Comfortable Clothing

Fancy being a baker for a couple of days?

This is the chance to get a crash course into bread and brioche making! Learning how to make artisan breads of all shapes, sizes and flavours - Eat in or take home – Yum!

All ingredients are supplied including delicious organic stone-ground flour.

Bushcraft Survival Skills

Cost: £15 for 2 days
You Will Need: Suitable outdoor clothing and footwear, sunscreen, drink a packed lunch

Fancy yourself as the next Ray Mears or Bear Grylls? Then this two day Bushcraft Survival Skills course is just what you've been looking for. Led by a former soldier and outdoor instructor, learn all the survival skills you'll need.

Day One: Learn the basic skills

On the first day you will cover a range of survival skills including shelter building, map reading, fire-making, foraging, bush cooking, water purification and first aid. You need to be fully prepared for Day Two.

Day Two: Into the wild

Having learned the basics it will be time to pit yourself against Mother Nature. Dartmoor, one of the last great wilderness areas of southern England is where you'll test your survival skills and teamwork in completing a series of challenging command tasks. So, are you up for it?

Ceramic Workshop with Sonje Hibbert

Cost: £80 - complete 4 day activity

You Will Need: Comfortable Clothing. Packed lunch will be needed on the Monday

Welcome to a Challenge Week based around clay! This four day workshop will be led by Sonje Hibbert who is a ceramic artist and leader of the successful Ceramic workshop for the Saturday Arts at the Academy. Past Challenge weeks have included research into the ancient Terracotta Army of China and a trip to the China Clay Museum in Cornwall. This year we hope to find a source of local clay to dig up to work with. Here you will discover that that 'stuff' your plates and cups are made from actually comes from under the ground! It is hoped we will also visit a local area of outstanding rock formation to see if we can replicate the natural process of the formation of the landscape.

This is going to be a very exciting workshop spread over four days and we will be working on a project involving coiling, pinch pots, and slab building. There is a lot to learn and one guarantee is that there will be lots of fun!

Dance – 'Collective Perspectives'

Cost: £18 for 2 Days

You Will Need: Comfortable Clothing
Packed Lunch and Drinks

You will be working with an artist/sculptor and dancers of SpinDritft Dance Company to create a dance performance in the local area.

Dance – ‘Flashmob’

Cost: £18 for 2 Days
You Will Need: Comfortable Clothing
Packed Lunch and Drinks

Have you ever seen the ‘T Mobile’ advert? Now is your chance to work alongside a street dancer and filmmaker to create your own ‘Flashmob’! You will also spend a day getting involved in a physical theatre workshop with Artist Sam Dukes to create a sculptured performance work in public.

Dartmoor Mini Expedition

Cost £20 for 2 Days
You Will Need: Comfortable Clothing, Waterproof Jacket, Sensible Footwear, Sun-Tan Lotion

Come and camp out on Dartmoor for a night! Tents and stoves are provided and no experience is necessary! You will be ‘wild camping’ out at one of the most beautiful spots on the moor, miles from anywhere, collecting water from a stream, looking out for wildlife and watching the stars go down at night.

If you fancy a challenge then this is for you especially if you are thinking of starting the Duke of Edinburgh Awards Scheme as mentioned below!



Duke of Edinburgh Bronze Award

Year 9’s – If you are thinking about starting the Duke of Edinburgh Awards Scheme, this daily would be for you. This is a great opportunity for you to be able to complete your Expedition section of the Bronze Award. You will have to be 14 years old at the start of Challenge Week, be able to attend one practice weekend during the summer term and attend some after school training sessions.

Digital Photography

Cost £12 for 2 Days
You Will Need Comfortable Clothing

This activity will give you the opportunity to develop your photographic skills and learn how to take amazing photos, manipulating them using Photoshop CS3.

Day 1 will be spent walking part of the Devon Coast taking photos – you will also have the chance to use an underwater camera!

Day 2 will be spent manipulating your images on Photoshop. You will learn how to stitch pictures together to make panoramic views and other creative techniques.

We will professionally print some final images for you to take away and also your best photo will be printed 'poster size'. This will initially be used as part of a challenge week exhibition but you will get to take them home.

The Electronics Challenge

Cost: £12 for 2 days
You Will Need: comfortable clothing

Did you think it was interesting and fun doing electronics in Technology? Like to do more? Here's the challenge!! Can you build a shortwave Radio in 2 days? Its a kit with all parts including a case, with expert help from beginning to end. The 2 days will comprise:

- Brief introduction to radio and the shortwave bands
- Assembly of radio
- Testing and how to use it.

Fashion School – Bags and Body Decoration

Cost: £10 for 2 days
You Will Need: Comfortable Clothing
Remember to search your wardrobe!

Over the two days of this very exciting workshop, you will use old clothes and other bits and pieces to restyle them, into handbags/backpacks and jewellery for any occasion. You

will become a designer, creating new styled objects. Some possible ideas: jeans bag, woollen jumper shoulder bag, button necklace or bracelet, mobile phone holder and ribbon head band. Remember to bring with you any old items of clothing that you want to re-style, old jewellery, buttons, lace, ribbons, cotton.....

Fashion School – Redesigning Outfits

Cost: £10 for 2 Days
You Will Need: Comfortable Clothing
Remember to bring in items listed below!

Over the 2 days you will Design, cut, stitch and restyle your unwanted cloths from your wardrobe, into creative and fashionable outfits. Then to have a photo shot within the schools grounds. Some possible ideas: Jeans jacket, tie skirts, woollen jumper upside down top. The possibilities are endless! Search your wardrobes and bring your clothing with you!

French Cooking

Contribution: £15 for 2 Days which includes all ingredients
You Will Need: Comfortable Clothing/Apron
Packed Lunch/Drinks

Do you like cooking and creating that master piece? We will surprise your parents and take them home a real French delight!

What classic French delicacies would you like to learn how to cook? We will research French cookery, plan a budget, shop and then create the ‘master piece’ to take home!

Golf

Contribution: £35 for 2 Days
You Will Need: Comfortable clothing and sensible footwear.
Packed lunch and drinks for both days.
Venue: Register at KCC and then depart for Torbay (first day),
Dartmouth Golf and Country Club (second day).

This is a two day course to learn how to play golf and is open from beginner to expert! Both days will involve a group lesson with a PGA professional.

The first day will be spent in Torbay, where you will have a group lesson on the driving range. You will also be given putting practice. In the afternoon you will play a Pitch and Putt in the area, hopefully putting your improvements into the round.

The second day will be held at Dartmouth Golf Club. You will be given a lesson on the driving range. You will be also involved in a putting competition on the putting green. In the afternoon you will have the opportunity to play the Dartmouth 9 hole course.

Throughout the two days you will learn the rules and etiquette associated with the game of golf.

Go Wild Survival

Contribution: £35 for 2 days
You Will Need: Comfortable clothing, waterproofs, sensible footwear, suntan lotion.
Venue: Cockington Country Park

Set in Cockington Country Park you will be staying for one night in a converted linhay and threshing barn. The first morning will be spent exploring the rock pools, searching for starfish, crabs, shrimps and anemones and learning about the mysterious creatures that live in the sea. The afternoon will be a test of your map skills and using them on an orienteering course around Cockington Country Park.

With your appetite built up and using the wood fired clay oven in the courtyard, how imaginative can you be with your toppings on your own pizza dough?

After breakfast, the next morning there will be a visit to Occombe, a working farm in Paignton, home to ruby red cattle and traditional breeds of pigs. Before you head home, the final challenge, can you bake your own loaf of organic bread to be used for your sandwiches at lunch.

Graphic Tees

Cost: £15 for 2 Days to include all painting materials and T-Shirt
You Will Need: Comfortable Clothing that you don't mind getting painty!

Use Photoshop and spray dyes to design your T-Shirt in Banksy and Graffiti style! Come prepared with an image or a symbol that will inspire you!

Horseriding

- Contribution:** £68 for 2 Days – Suitable for Beginners and Advanced Riders
- You Will Need:** Sensible footwear – boots with a heel (Not trainers)
Warmer Clothes – layers and gloves.
Hats will be provided.
Packed lunch/Drinks
- Venue:** Register at KCC and then depart for SRS Equestrian Centre, Staverton

Two days at the stables!

A session to show what the Riding School can offer and plenty of help and guidance will be available from qualified supervisors at the Riding School.

There will be the opportunity for some hands on stable management, a riding lesson and a hack or another riding lesson in the afternoon.

Jewellery and much more!

- Cost:** FREE for 2 days
- You Will Need:** Comfortable Clothing

Day 1 will involve creating your very own unique jewellery using various beads. No previous experience is required! Just come along and have fun making and experimenting with different beads for that essential accessory. Different Beads and Bits will be provided but for those individual qualities bring a few of your own treasures to use!

Day 2 you will be working with photography and use photoshop to transfer your pictures onto bags, t-shirts or mugs! A great opportunity to try out this technique!

Kayaking at South Sands

Contribution: £75 for 2 Days and transport
You Will Need: Trainers, waterproof jacket, warm jumper, sun tan lotion, packed lunch and drinks

Register at KCC and then depart for South Sands.

Always wanted to have a go at Kayaking? This course is designed for both beginners and experienced Kayakers to not only have fun but to gain an award! You will complete a two day course and come away with a recognised BCUI Star Award! Lots of fun guaranteed! All equipment will be supplied.

Let's Get Physical

Cost: FREE for 2 days
You Will Need: Comfortable Clothing

Come and help us:

'Beat the Brambles'
'Rip out the Weeds'
'Tame the Phormivms' – what?

... together with making and taking home a mini-vegetable or flower garden followed by a 'celebration barbecue' to reward your efforts!

Lifeguard Course – Sixth Form Students Only

Cost: £225 for 6 days Monday – Friday
Examination on Saturday

This is your opportunity to gain a full National Pool Lifeguard Qualification which is recognised across the UK. The course is both theory and practical based and will be carried out within the school and at Quayside Pool. This qualification is great for students who want a good part time job whilst you are at school or at University. Quayside Pool are also looking to recruit Lifeguards soon so the possibility for a job after the course is there.

The following pre-requisites apply for the course:

- At least 16 years of age prior to commencing training

- Be able to jump/dive into deep water
- Swim 100m continuously on front and back in deep water, then tread water for 30 seconds
- Surface dive to the floor at the deepest part of the pool Climb out of the pool unaided without ladder/steps

Motorcross

Contribution **£140 for 2 Days**
You Will Need: **Comfortable Clothing**
 Packed Lunch/Drinks

With an overwhelming success last year we are running this again.
 Would you like to try out a really exhilarating sport? Full of thrills and spills!

You will take part in a workshop teaching you basic maintenance and mechanics led by qualified instructors together with learning techniques for riding. You will be assessed on your riding capabilities so if you've never even sat on a motorbike you can try here. They have excellent indoor facilities, so whatever the weather you will be able to ride. The emphasis is on learning as much as you can about health and safety, maintenance of bikes as well as riding as much as possible in the time you are there. If you really excel you could even attempt the geared bikes. All safety equipment is supplied.

There will be some of you that just enjoy getting muddy so come and have fun and have a truly memorable time!

Painting and Collage with a Local Artist!

Cost: **£13 for 2 Days**
You Will Need: **Comfortable Clothing**

Sara Downham Lotto is a local artist who has been both exhibiting and teaching for almost thirty years.

Sara will be sharing some of her techniques with you to create at least one finished piece of work to take home! A range of materials will be used and you might well make a mess – so be sure not to wear your best clothes!

Come along to this activity, get creative and find out more about the reality of life as an artist!

Play the Ace!

Cost: £15 for 2 Days
You Will Need: Comfortable Clothing
Trainers

Take this opportunity to work with a Professional PTR Tennis Coach during this week, learning new tennis skills and playing tournaments in the afternoon! Come along, get fit and have a lot of fun! All equipment is supplied.

‘Red earth, Black Clay and Golden Sand’ - Sixth Form students only

Cost: £25.00
Art challenge for Year 12
Are you doing AS Art and taking it to A2?
Get a head start on your A2 course...

Join us for an exciting week of Andy Goldsworthy inspired sculptures. We will be spending the week making and photographing temporary sculptures on the beach. These will then inspire a further piece that will be made over two days back at school.

In order to achieve the most from this you will need to take part from Monday to Thursday if you have any problems with this please come and discuss this with Ms Palmer.

We will be working in more relaxed way where your pieces will be in response to the environment. Experimentation will be the key to your success!

Rock Climbing on Dartmoor

Contribution: £30 for 2 Days
You Will Need: Comfortable Warm Clothing including wet-weather gear
Packed lunch/Drinks

This activity is open to advanced climbers or those of you who are beginners! It will see us heading out to Dartmoor for some rock climbing and abseiling on the beautiful granite tors of the moor. We'll visit a couple of different areas and get as much climbing in as time and weather allow. It'll be great!

Sailing at South Sands

Cost: £75.00 for 2 Days

You Will Need: Trainers, waterproof jacket, warm jumper, suntan lotion, packed lunch and drinks.

Register at KCC and then depart for South Sands.

By the end of the 2 day session you will have a basic understanding of how a boat sails, and some experience of steering and handling the boat. Students will follow a RYA Stage 1 course. Come along and have fun!

Tongs, Pongs and Electron Songs

Cost: £20 for 2 Days

You Will Need: Comfortable Clothing

Are you a budding songwriter but don't know how to get started? This 2 day workshop is for you.

Day 1 will be a session in the lab with a chance to do your favourite noisy, smelly and colourful experiments and investigations and be wowed by some amazing science under the supervision of Mr Armstrong.

Day 2 will be spent working with David Haines who is a composer, song-writer and science-mad musician. You will be writing and singing your songs inspired by the science you have experienced in the lab. Mr Armstrong and Mrs Bointon will be learning to write songs too!

Don't worry if you can't play an instrument or read music – it is definitely not necessary! Just come along for two days of creativity and fun.

Starting Points for Stories

Cost: FREE – Complete 4 Day Activity

You will need: Imagination, Packed Lunch/Drinks, Comfortable clothing, Sensible footwear, more imagination!

This activity is run by a published author and former clown. It's not just starting points you'll be playing with though - middles and ends will be on your agenda too. The four days will be spent exploring who, what, why, where, when and how. Even if you just like writing or telling stories, but don't have an idea for one you are invited to join in. We'll also be looking at photo stories and story boards, using digital cameras. After all every picture tells a story and a picture is worth a thousand words.

Surfing

Contribution: £40 or 2 Days

You Will Need: Packed Lunch/Drinks, Swimsuit, Towel, Suntan Lotion

Venue: Register at KCC and then depart for Bigbury Bay

Enjoy a day learning about beach safety, the local coastline, fitness and surfing. You will receive tuition from Discovery Surf School (qualified BSA instructors). The cost includes all your tuition and equipment.

The venue will be Bigbury Bay, times will be confirmed later. So slap on your sunscreen, pack your wax and catch a wave with us!

Video and Animation Workshop

Cost: FREE for 2 days

You Will Need: Comfortable Clothing

Plan, record and edit a video on any suitable topic of your choice.

You will:

- Learn great techniques for shooting video
- Make a storyboard to plan out the different scenes
- Shoot/Act/Direct the actual video recording
- Make and edit a soundtrack for your video, with music and voice over.
- Edit your final video, using Adobe Premier – the software that the pros use!
- Work in groups or on your own whichever you prefer

The video you make could involve video footage you shoot around the college, or you could make a stop frame animation (like Wallace and Gromit!)

You will take away with you at the end:

- A great video that you have made,
- Loads of useful new skills



**CONFIDENTIAL
REQUEST FOR GRANT AID**

Office Use Only
Allocated: £
Number:

Parent/Guardian's Name:

Student: Tutor Group:.....

Activity:.....

Dates of Activity:.....

Total Cost of Activity:.....

Has payment been made in full/part.....

If in part how much has already been paid?.....

Are you in receipt of:	Income Support	<input type="checkbox"/>
	Disability Allowance	<input type="checkbox"/>
	Other	<input type="checkbox"/>

If Other Please State:

Are you entitled to Free School Meals? YES/NO

Have you received help from Grant Aid before? YES/NO

If so please give details (eg.Year,Amount):
.....
.....
.....

Signed:
Parent/Guardian

Date:

Please return this form to Mr M Philips, Deputy Principal

CHALLENGE WEEK 2010 DAILY ACTIVITIES

Please complete and return this to your Tutor by **18th March 2011**
Your choices and placings will be confirmed at the beginning of the Summer Term.

- Make four different choices - do not choose the same activity.**
- Make sure that you have checked how many days the course will take

PLEASE DO NOT SEND IN ANY MONEY YET!
Show your choices by putting your activity in the boxes below.

Choice 1	Choice 2	Choice 3	Choice 4

If you are interested in a **four day** activity please write in **every** column choice for the '4' days.

Your form will be returned if four choices are not shown. Once allocated you will **NOT** be able to change your mind. **Please choose carefully!!**

STUDENT NAME:.....

TUTOR GROUP:

I agree with my son/daughter taking part in these activities. She/he is in good health and I consider him/her capable of taking part. In the event of an accident or illness, I consent to any necessary medical treatment, which might include the use of anaesthetics. I understand that all monies paid are non-returnable unless a medical certificate is provided.

I have read the booklet carefully.

Parent/Guardian Name:

Parent/Guardian signature:

Date: