



# ST IVES SCHOOL



BE INSPIRED WEEK 10th - 14th July 2023

## AN INTRODUCTION TO BE INSPIRED WEEK 10TH—14TH JULY 2023

### To Students, Parents and Carers:

St Ives School places a very high value on developing our students' moral, cultural and social understanding and the wider education of children 'beyond the classroom'.

The aim of the Year 8 and 9 Be Inspired Week is that all students take part in activities which contribute to personal development and interest in a number of ways. We want you to try things that challenge you and we feel that the activities offered will do just that. The activities and how they will be arranged are described in the next few pages.

All programmes on offer will be both enjoyable and challenging: we hope that you will take part in the right spirit and gain from them. All activities are suitable for beginners and we challenge you to take this opportunity to try something that is new to you. There is a range of activities that vary in cost from free options to higher cost adventurous activities (which can be paid over time). If you need more information about a particular activity then please speak to the relevant member of staff to see if it will interest you.

When you have read this booklet with your parents, decide which programme you want to take part in and then complete the Google Form. You will need to name 3 different options as most activities have limited numbers. Following on from making your choices, we will let you know which activity has been allocated to you and then set up your payment details on the School Gateway app.

All deposits (10%) for the different activities will need to be paid by **Friday 10th March** but balances can be paid in instalments over the next few months so you do not have to pay for it all in one go. If you are in receipt of financial support from the government or if you are experiencing any difficulties in meeting the cost of Be Inspired Week for your child then please email Mr Olds and we will be in touch. All emails will be dealt with in the strictest of confidence.

The link for the Google Form is <https://forms.gle/rSffsgXsKxqKS91Z7>

Further information will also be provided for some of the activities once we have completed the enrolment process. These should be taken home, shown to your parents and kept safely. Staff may also wish to meet with you to discuss the activity in more detail and their expectations.

### Important Dates

**Wednesday 8th February**    **Deadline for activity choices via the Google Form.**

**Monday 27<sup>th</sup> February**    **Activity choices confirmed and payment plans set up.**

**Friday 10<sup>th</sup> March**    **Deposits paid on activities (if applicable).**

**Friday 26<sup>th</sup> May**    **All balances to have been paid.**

*If you have any queries regarding Be Inspired Week please email Mr Olds (Outdoor Education Coordinator) [gold@stives.tpacademytrust.org](mailto:gold@stives.tpacademytrust.org)*



# Adrenalín week!

Do you enjoy outdoors activities?

Do you enjoy an adrenaline rush?

Then this is the week for you!

Day trips will depart from school each day at 9am to various places in Cornwall.

Locations - Porthmeor Beach, The Lizard, Adrenaline Quarry near Liskeard and Via Ferrata near Falmouth.

Activities - surfing/bodyboarding, high ropes, zip wiring, aqua park, coasteering and stand-up paddle boarding.

Includes all transport and activities (students to provide a packed lunch).

**Cost – £230**

**Staff Members – Mr Lunnun/Mr Kearns/Miss Wheatley**

**Maximum numbers - 32**







# Dartmoor Adventure Week

This is a week long residential activity (Monday to Friday) staying at Dartmoor Activity Centre near Haytor.

Students will be taking part in a variety of different activities including:

- Orienteering
- Land Rafting
- 10 Tors in A Day Micro Expedition
- Bushcraft
- Team Building Challenges
- Target Shooting
- Bridge Building over the River Lemon!

Students will be staying in small cabins for the week so no camping involved but you will need a sleeping bag!

All catering is done on site and will take into account any specific dietary requirements. Transport to and from the centre is also included.

**Cost – £250**

**Staff Members – Mr Pound/Miss Averill/Miss Long**

**Maximum numbers - 32**





# Horse Riding

Standing Stones stables offer a variety of activities throughout the week. The week includes riding lessons, hacking, lectures on tacking-up/grooming/mounting and dismounting/parts of the saddle and bridle/points of the pony/untacking and lots more.

Students will need to bring a packed lunch.

Lessons will begin at 9:30am and finish at 2:30pm.

They will cater for all levels of experience.

**Cost - £200**

**Staff Members – Ms Phillips**

**Maximum number - 14**





# Kernow Week

This week students will be travelling around Cornwall to a variety of venues. These will all have a cultural or environmental theme. We will be going to the following places:

- Eden Project
- Newquay Zoo
- Land's End
- Trebah Gardens
- National Seal Sanctuary

Coach travel and entry fees are all included.

**Cost - £110**

**Staff Members – Miss Smith/Mrs Churchill/Mr Haycock**

**Maximum Number - 30**







# Penwith Week

Make the most of the outdoor activities and amazing places in our local area. Discover the Science and History of tin mining, the significance of the beautiful Pilgrim's Way while you complete part of the famous walk, and visit local beaches to uncover things you never knew about them. We will visit local museums and special sites including Geevor Tin Mine and St Ives Museum. This week will be an enjoyable outdoor week that would suit anyone with an interest in local heritage and the unique sites and scenery Penwith has to offer.

**Cost - £35**

**Staff Members - Mrs McKinnell/Mrs Seagar/Mr Choules**

**Maximum numbers - 30**





# Pottery

You will be working with the Leach Pottery to create some exciting pieces of clay work, some for school and some to take home!

This activity will be based both in school and also at the Leach pottery.

**Cost - £20**

**Staff Member – Mrs Rudge**

**Maximum Numbers - 15**







# Sailing or Windsurfing

**Students will participate in one of the two activities:  
SAILING OR WINDSURFING**

## **RYA Level 1&2 Dinghy Sailing**

Learning in a dinghy is a great way to start sailing and the RYA level 1 course is designed for complete beginners, learning how to rig dinghies, sail in all directions and develop awareness of launching and recovery. Students will be issued a training logbook and, on the successful completion of the course, a certificate. If time and conditions allow, they will progress onto the RYA level 2 sailing course. During level 2 you will work on building your confidence and develop your skills sailing around a course tacking, gybing and controlling your boat speed. By the end of this course, you will be a competent sailor in light winds. All equipment is provided; students need swimming costumes, towel, sun cream, hat, water, lunch and wetsuit boots or an old pair of trainers. The centre provides wetsuits and buoyancy aids but you can choose to wear your own.

**Cost - £290**

**Staff Members – Miss Wood/Mr Griffin**

**Maximum Numbers - 6**





# Sailing or Windsurfing

**Students will participate in one of the two activities:  
SAILING OR WINDSURFING**

## **RYA Level 1& 2 Windsurfing**

The RYA Windsurfing scheme is an easy and accessible way to get started and progress in this exciting sport. Designed to get kids up and windsurfing over a number of short sessions or two full days, they will be hooked from their first taster and will be blasting across the water in no time. The level 1 qualification is an introduction to the basics of getting on the water and sailing across the wind through fun games and exercises. Students will be issued a training logbook and, on the successful completion of the course, a certificate. If time and conditions allow, they will progress onto the RYA level 2 Windsurfing course. During level 2 you will work on developing the windsurfing skills needed to sail around a course, tacking and gybing. All equipment is provided; students need swimming costumes, towel, sun cream, hat, water, lunch and wetsuit.

**Cost - £290**

**Staff Members – Miss Wood/Mr Griffin**

**Maximum Numbers - 6**







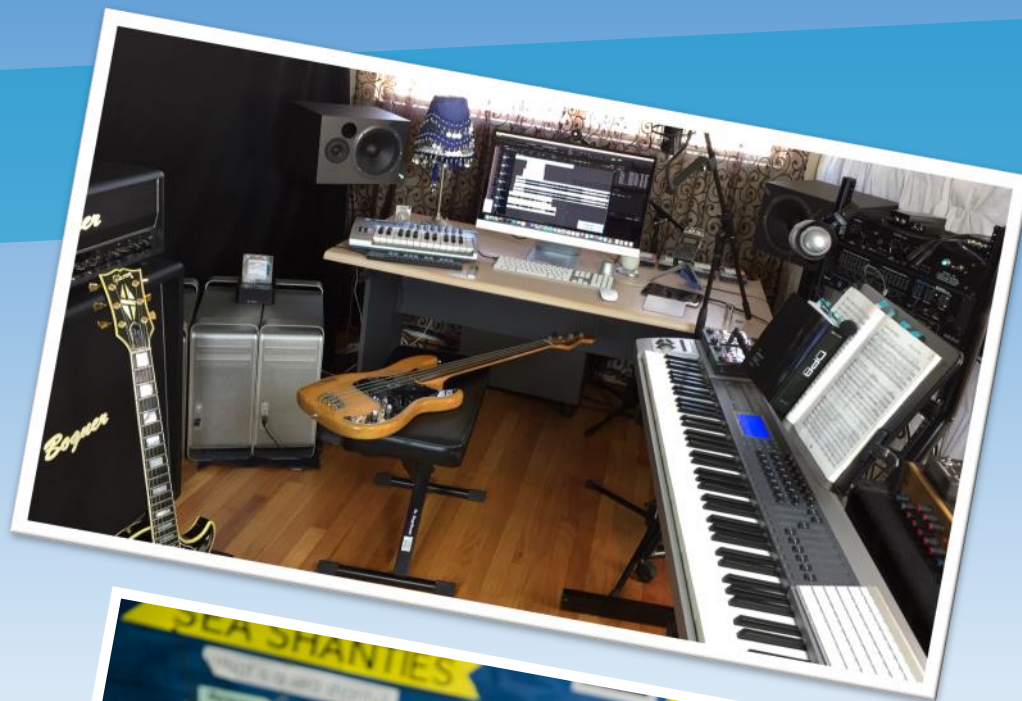
# St Ives Sound of 23

Spend a week creating an album of original music! Learn new song writing, composing and music production techniques, work as a soloist or collaborate with others and record your own songs which will be available for you to download at the end of the week. Featuring the return of the successful "What3words" song challenge and the smash hit that was "Nursery Grimes", plus so much more! It is strongly recommended that you can play a musical instrument fluently or can confidently sing to take part in this activity.

**Cost – FREE**

**Staff Member – Ms Hawken**

**Maximum Numbers - 15**







# Surfing

Students will take part in a week of surf coaching at St Ives Surf School. They will have a surfing coaching session every day with the coaches from St Ives Surf School. They will have a surfing video analysis during the week. Alongside this we will also have our own designated area on Porthmeor beach with a volleyball/beach games activities.

Students will be supplied with all of the equipment required.

**Cost £200**

**Staff Members – Mr Jones/Mrs Wara**

**Maximum Numbers – 20**





# writing for wellbeing

5 days, 5 sessions – Each session divided into Research and discussion; Creation; and Editorial/ sharing and critique.

Session 1 – Purpose of writing for well-being.

Session 2 – Forms of Writing: Short Story; Comic Strips; Poetry; Scriptwriting; Diary or Journal; Letters.

Session 3 – Visiting professional writer workshop.

Session 4 – Writing and Creating.

Session 5 – Writing and Creating.

All sessions will take place in E2 or outside e.g. the cricket pavilion / field.

**Cost – £15**

**Member of staff – Ms Proudfoot Taylor**

**Maximum Numbers - 20**





# Ultimate Football Week

The proposed plan for the week looks like this:

## **Monday -**

AM - Train like a PRO.

PM - Champions League Tournament .

## **Tuesday -**

AM - Beach Football & Q/A with a professional player.

PM - Cross bar challenge & World Cup Tournament.

**Wednesday** - Cornwall Football Golf .

**Thursday** -Visit to Plymouth Argyle and training session.

**Friday** - Premier league Final day tournament.

**Cost - £65**

**Staff Members – Mr Willoughby/Mr Cassidy**

**Maximum Numbers - 35**





<b>ACTIVITY</b>	<b>COST</b>	<b>MAXIMUM NUMBERS</b>
<b>ADRENALIN WEEK</b>	<b>£230</b>	<b>32</b>
<b>DARTMOOR ADVENTURE WEEK</b>	<b>£250</b>	<b>32</b>
<b>HORSE RIDING</b>	<b>£200</b>	<b>14</b>
<b>KERNOW WEEK</b>	<b>£110</b>	<b>30</b>
<b>PENWITH WEEK</b>	<b>£35</b>	<b>30</b>
<b>POTTERY</b>	<b>£20</b>	<b>15</b>
<b>SAILING OR WINDSURFING</b>	<b>£290</b>	<b>12</b>
<b>ST IVES SOUND OF 23</b>	<b>FREE</b>	<b>15</b>
<b>SURFING</b>	<b>£200</b>	<b>20</b>
<b>ULTIMATE FOOTBALL WEEK</b>	<b>£65</b>	<b>35</b>
<b>WRITING FOR WELLBEING</b>	<b>£15</b>	<b>20</b>