



MOSS VALE HIGH SCHOOL
NARELLAN ROAD MOSS VALE NSW 2577 – PO BOX 137

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May 2019

Dear Parents / Caregivers,

ACTIVITY WEEK

For many years now, pupils of our school have successfully participated in Activity Week. Activities range from indoors to outdoors and in our local district and away. Activity Week is planned again this year during the last week of Term 4 (16, 17, 18 December 2019).

Activity Week is a component of the school curriculum and students are expected to participate.

The aim of Activity Week is to create meaningful social and educational experiences for students which do not always occur within normal school routine. With all activities, your child will be under the supervision of teachers who have an interest in the particular activity, and who aim to provide all participating students with an enriching and challenging experience.

Your child will be asked to make three (3) selections from a number of activities. You will appreciate that it will not always be possible to give your child their first selection, particularly with popular activities. Activities will be filled with the following criteria, amongst others, being considered:

- i) Promptness in the return of the student preference sheet, correctly completed;
- ii) Payment of the non-refundable deposit; (***school subject fees must be paid for activities equal to or greater than \$200***)
- iii) The School Year of the child, ie. 11, 10, 9, 8 & 7.

We trust that you will cooperate by assisting your child in the selection of activities of a suitable nature and costing.

Please Note:

- Payment of a ***non-refundable deposit*** of approximately ***one third of the total cost paid on Thursday, 13 June 2019*** will secure their position in the activity, dependent on completing payments by the end of Term 3 and the Activity not being full.
- In addition, once leaders start paying for their activities in full, other money which is paid also becomes non-refundable.
- While there are 4 scheduled instalments, full payment may be made at any time.
- DoE guidelines require students participating in water activities to pass a water challenge.
- Please help your child make a suitable selection based on their swimming ability.
- ***If a student wishes to select an activity that is \$200 or greater in value, all school subject fees must be paid before the selection date.***
- This booklet and other Activity Week information can be found on the schools website: www.mossvale-h.schools.nsw.edu.au
- ***Students not participating in Activity Week must attend school. Supervision and classwork will be provided.***

TIME SCHEDULE

Term 2

Week 3 Friday, 17 May **Activity Week Assembly**

Week 8 Thursday, 13 June) **Non-refundable deposit due to secure place in Activity.**
) **NO CHANGES WILL BE MADE AFTER PAYMENT**

Term 3

Week 2 Thursday 1 August & Friday 2 August - 2nd instalment - 25% of total cost

Week 6 Thursday 29 August & Friday 30 August - 3rd instalment - 25% of total cost

Week 10 Thursday 26 September & Friday 27 September - balance of amount owing due.

PLEASE NOTE: NO PAYMENTS WILL BE ACCEPTED PRIOR TO THURSDAY, 13 June 2019.

Thank you,
Mr M Nash
ACTIVITY WEEK COORDINATOR

Mrs P Holmes
PRINCIPAL



MOSS VALE HIGH SCHOOL ACTIVITY WEEK 2019



ACTIVITY	LEADER	Maximum Number	Total Cost	Non- refundable Deposit
A. Activities away from school (# this includes \$5 compulsory swim testing for activity)				
Go For Gold #	Mr Vandenberg	30	\$835	\$280
I'll Seal you Snorkelling #	Mrs Sims / Ms Quinn	15	\$505	\$170
Snowy Mountains Trout Fishing #	Mrs Kemp / Mr Miller	15	\$135	\$50
Ghost Hunting	Ms Burke	20	\$300	\$100
Camp Wombaroo #	Mrs Button	30	\$275	\$90
Surfing at Gerroa #	Mr Carlyon	34	\$255	\$85
Glamping at Cockatoo Island #	Mrs Johnston	20	\$355	\$115
J Bay Experience #	Ms Cripps	30	\$355	\$115
Sydney Squad #	Ms Fox	25	\$365	\$125
B. Activities away from school, home at night (# this includes \$5 compulsory swim testing for activity)				
Adrenaline Kicker #	Mrs Kentwell	30	\$385	\$130
Jamberoo, River, Rock #	Mrs Wright-Mauger	20	\$255	\$85
Home a Little – Away a Lot #	Mrs Randall / Mrs Barnes	58	\$155	\$60
Southern Highlands Fun #	Mrs Austin/Mrs Jones	20	\$55	\$20
Foodies' Paradise	Ms Sandland	20	\$100	\$40
Art & About	Mrs Mumford	10	\$70	\$30
C. At school all the time				
Lantastic!	Mr Azara	30	\$10	\$10
Cooking Up a Storm	Ms Killian	14	\$50	\$20
Creation of the 3 rd Kind	Ms Naujok	15	\$40	\$15
The Star Wars Movie Experience MMXIX	Ms Mulcahy	30	\$10	\$10

A. ACTIVITIES AWAY FROM SCHOOL

FULLY CATERED ACTIVITIES

<p>Go For Gold</p> <p>\$835 #</p> <p>Mr Vandenberg</p> <p><i>Max students 30</i></p>	<p>Get ready to spend 5 days / 4 nights in Queensland's Gold Coast (14 – 18 December).</p> <p>Experience some of the tallest and fastest rides in the world at 'Dreamworld', then continue the adrenalin rush at 'Wet'n'Wild', before spending an action packed day at 'Warner Bros Movie World'. We will be staying at the Tallebudgera Sport and Recreation Centre. Breakfast and dinners will be included in the cost, as well as return air fares, theme park admission, accommodation and all bus transfers.</p> <p>Students must also be in a private health fund. Ambulance cover in Queensland – Unfortunately at the present time there is no agreement between NSW and Queensland to provide ambulance cover for NSW students on excursion in Queensland. Parents are advised to check their private health cover to see if it provides this specific cover. If you do not have cover you may wish to arrange this for the excursion. If you do not have this particular ambulance cover and your child needs an ambulance on the day in Queensland you will be charged the full cost of transport. MBF offer six months cover at a cost of approx. \$12.95 (ambulance only but check that it covers Queensland).</p>
<p>I'll Seal You Snorkeling</p> <p>\$505 #</p> <p>Mrs Sims, Ms Quinn</p> <p><i>Max students 15</i></p>	<p>Discover your wild side on a coastal journey to Narooma! Build your snorkel skills up on Monday to prepare for an experience to remember. On Tuesday you will come face to face with wild seals as you snorkel off Montague Island with Wazza. After lunch, try your hand at stand-up paddle boarding, kayaking, canoeing and pedalling boats. On our way home, on Wednesday, you can putt your way to the top with a quick game or two of mini golf.</p> <p>We will sleep in the comfort of a cabin and who knows, maybe enjoy roasting a few marshmallows by the fire as the sun sets. If you wish you can even try fishing off the wharf near the cabins if we have a minute or two to spare or a quick game of backyard cricket.</p> <p>Watch out though, you will be required to demonstrate that you can swim 200 metres in the extended swim test during the proficiency assessment. We cannot take non-swimmers or yellow band (non-proficient) swimmers on this activity.</p>
<p>Snowy Mountains Trout Fishing/ Camping</p> <p>\$135 #</p> <p>Mrs Kemp, Mr Miller</p> <p><i>Max students 15</i></p>	<p>Do you like the great outdoors? Fishing? Camping? Swimming? Photography? Astronomy?</p> <p>Well, why not think about joining us at Geehi in the beautiful Snowy Mountains for a relaxing few days' of fishing, bush walking, talking with friends, enjoying the clear mountain rivers and generally unwinding at the end of the year? Don't be put off if you don't know anything about trout fishing, there are a plenty of experts to help you out. Or even if you don't want to go fishing you are still welcome to join us. You can fill your days walking, reading, writing, exploring the photographic potential of the area or simply chatting with your friends. We also encourage parents to join us and in fact, we need them to help us with transportation.</p> <p>The camp will run from Sunday (8am) 15 December to Wednesday 18 (approximately 3pm). Students will need to bring their own tent, camping gear and fishing equipment. Students will also need money to buy a meal on the journey (\$20). The camp will involve water activities, so all students participating must be competent swimmers.</p> <p>For further enquiries about being a volunteer parent helper, please contact Mrs Kemp or Mr Miller.</p>

<p>Ghost Hunting</p> <p>\$300</p> <p>Mrs Burke</p> <p><i>Max students 20</i></p>	<p>Q Station is on the western side of North Head within the Sydney Harbour National Park. This port of entry to Sydney was officially reserved as a place of quarantine for people entering Australia: convicts, migrants or crew members of merchant ships.</p> <p>We will travel by train on Monday to enjoy lunch at Circular Quay, before boarding a ferry to enjoy Sydney's magnificent harbour. We arrive, wharf-side, on our first day before settling into our accommodation in the renovated medical staff quarters. We will tour the historical site, learning about the people who stayed and worked here, and enjoy sparkling harbour views from the private beach. Dinner will be pizza, before a movie night in the old laundry. On our second day, we will walk to the Third Cemetery on the way to the North Head lookout. There will be time for small group exploration and writing before fish and chips and games night. Our return journey on Wednesday is by ferry and train.</p> <p>3 days - 2 nights</p>
<p>Camp Wombaroo</p> <p>\$275 #</p> <p>Mrs Button</p> <p><i>Max students 30</i></p>	<p>This 3-day outdoor recreation camp will give students the opportunity to take full control of the activities and challenges their group tackles. Students will choose 8 daytime activities to complete throughout the week, from abseiling down a natural cliff face, taking on the 80m flying fox, braving the high ropes course or completing the vertical challenge, to more relaxing adventures, like hiking in the beautiful surroundings, archery or completing orienteering challenges. All students must be competent swimmers, as there are several water activities such as canoeing and raft building.</p> <p>Price includes:</p> <ul style="list-style-type: none"> • Cabin accommodation • All meals provided (excluding lunch on the first day) • 8 daytime activities and evening entertainment • Specialist instruction and equipment hire <p>Students must provide a sleeping bag, pillow, lunch for the first day and transport to and from the camp.</p>
<p>Surfing @ Gerroa</p> <p>\$255 #</p> <p>Mr Carlyon</p> <p><i>Max students 34</i></p>	<p>Once again the famous and ever popular Surfing activity will be running this year. Leaving from school at around 8.30am on Monday 16 we will travel by mini-bus via "The Farm" to beautiful Gerroa where we will spend 3 days soaking up the sun and learning to surf. We will be staying at 7 Mile Beach Caravan Park in the "Surf Shaks", just 100m from Gerroa beach. Surf lessons will be conducted by "The Pines Surf School" and we will have lessons on each of the three days at "The Farm". On Tuesday evening we will travel to Kiama for "Pizza in the Park". We finally leave for home on Wednesday 18. We will travel to "The Farm" for our final surf in the morning and then move onto Albion Park for some Bowling on the way home, arriving back at school around 3.00pm.</p> <p>As well as surfing and lazing in the sun other activities that maybe undertaken include: Jumping Pillow, Mini Tennis, Cricket, Touch Football and Fishing.</p> <p>What is included in the cost?</p> <ol style="list-style-type: none"> 1. Travel to and from Gerroa, to and from beach and to and from Kiama and Albion Park for Pizza and Ten Pin Bowling 2. Accommodation for 2 nights at Gerroa 3. All surf lessons and equipment (surfboards, rashies, wet suits etc.) 4. Dinner on Tuesday evening 5. Ten Pin Bowling on Wednesday <p>Get in quickly because Surfing @ Gerroa is always a popular choice!</p>

<p>Glamping @ Cockatoo Island</p> <p>\$355 #</p> <p>Mrs Johnston, Ms Bateman, Mr Vasilakis</p> <p><i>Max students 20</i></p>	<p>Want to go camping but don't own a tent? Want to stay on Sydney Harbour but think it's too expensive? Then Glamping at Cockatoo Island is for you!!!</p> <p>Cockatoo Island is a UNESCO world heritage listed site on Sydney Harbour and you will camp on the island using one of their mini glamping packages. You will be glamping in pairs in a two man tent (already put up!), and will be provided with linen, quilt, towel, toiletries and a chair. Toilet/shower facilities are obviously also provided.</p> <p>While in Sydney, you'll have the opportunity to enjoy shopping at Sydney's Pitt St Mall, visit Luna Park with an unlimited rides pass, go on a thrilling Jet Boat ride around Sydney Harbour, experiencing spins, speed, slides and fish-tails, and also have dinner at The Rocks.</p> <p>All travel will be by public transport so you will need an Opal Card.</p> <p>You will also need to provide your own lunch on the first day, but after that, all food expenses are covered!</p>
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<p>JBay Experience</p> <p>\$355 #</p> <p>Ms Cripps</p> <p><i>Max students 30</i></p>	<p>Accommodation: Jervis Bay Caravan Park, Woollamia Road, Huskisson http://www.jervisbaycaravanpark.com.au/</p> <p>JBay is a water based experience located in the beautiful Jervis Bay area. This is an overnight activity staying at the very comfortable Jervis Bay Caravan Park, just outside Huskisson. The three days are filled with snorkeling, stand-up paddle boarding on both flat water and in the surf and we also go to 7-Mile beach on the final day for a surfing lesson.</p> <p>Bring your own breakfast daily and 1 dinner meal. 1 dinner will be provided.</p>
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<p>Sydney Squad</p> <p>\$365 #</p> <p>+ \$50 Opal Card</p> <p>Ms Fox</p> <p><i>Max students 25</i></p>	<p>Like the beach? Luna Park? A hint of shopping and other Sydney Sights?! This trip will show the best of Sydney like never before! Those lucky students who join the Sydney Squad will enjoy a train ride from Moss Vale, stay at the YHA at The Rocks and experience a fun-filled schedule.</p> <p><i>Day One-</i> highlights include Sydney Tower, the Aquarium, riding the Sydney Ferries and a trip to Manly Beach.</p> <p><i>Day Two-</i> highlights include Bondi beach, a spot of surfing and shopping at Bondi Junction.</p> <p><i>Day Three-</i> highlights include a visit to Luna Park at Milson's Point and a glorious train ride home. It's going be grand.</p> <p>You'll want to be a part of it.</p>
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B. AWAY FROM SCHOOL, HOME AT NIGHT

<p>Adrenaline Kicker</p> <p>\$385 #</p> <p>Mrs Kentwell</p> <p><i>Max students 30</i></p>	<p>Calling all adrenalin junkies! Get ready to feel the fever pitch rush of the wind as you iFly through space, the deafening roar of engines as you accelerate around a go kart at up to 70km per hour and finally, get wet and wild as you tackle thunderous white water rapids!</p> <p>Leaving school each morning at 8.30am, we will begin an action packed, adrenaline pumping three days:</p> <p>Mind blowing Monday at iFly Penrith Ever wanted to be Superman for a day? Turn and twist in a wall to wall airflow that is indistinguishable from freefalling – just like a 14000 ft sky dive. All fun without the plane!</p> <p>Terrifying Tuesday at Picton Go Karting 30 minutes of gasoline guzzling rev-headed riding as you slide your go-cart around the twisting turns on one of Sydney's best outdoor karting track and experience adrenalin racing like never before.</p> <p>White Water Wednesday at Penrith White Water Rapids Hang on to your teeth! Come with us on a White Water adventure at the home of action, Penrith Panthers. Be catapulted down the roaring rapids and pushed into waves of fear.</p>
<p>Jamberoo, River, Rock</p> <p>\$250 #</p> <p>Mrs Wright-Mauger</p> <p><i>Max students 20</i></p>	<ol style="list-style-type: none">1. Canoeing on the Kangaroo Valley River and swimming. You will need to bring a packed lunch and water for this day.2. Down to Nowra Tree Adventures alongside the Shoalhaven River. It offers a number of different climbs amongst the treetops, including a zip line, ladders and a few other challenges thrown in. Bring a packed lunch and water.3. Jamberoo Recreation Park – 'Where You Control the Action'. A full day at Jamberoo with lunch included. You will need your wet gear again, plus hats, sunscreen and solid shoes for the mountain slide.
<p>Home a Little, Away a Lot!</p> <p>\$150 #</p> <p>Mrs Randall, Mrs Barnes</p> <p><i>Max students 58</i></p>	<p>Students attending this activity will experience 3 fun filled days that will include the following activities:</p> <ul style="list-style-type: none">• Laser Skirmish, Bowling and Arcade Games• Jamberoo Recreation Park• Movies and shopping <p>Note: The order of activities may change. Students will need to complete the swimming competency test to participate fully at Jamberoo Recreation Park.</p>

<p>Southern Highlands Fun</p> <p>\$50 # + Opal Card</p> <p>Mrs Austin, Mrs Jones</p> <p><i>Max students 20</i></p>	<p>Fun in the Highlands for 3 days on a budget is our challenge, 16, 17, 18 December 2019. If you like going to the movies, ten pin bowling and swimming all at a relaxed pace then this is the activity for you.</p> <p>We will utilise public transport such as trains and group hire of the 05 bus to reach our destination as well as our feet.</p> <p>Day 1 -Ten Pin Bowling includes two games, shoe hire, game tokens and lunch. Mittagong Market Place shops and travelling the scenic route on the train back to Moss Vale.</p> <p>Day 2 - Swimming at Moss Vale Pool. Float around and enjoy the company of friends. Relax in the afternoon back at school with DVDs and popcorn. Transport/walking if weather is fine.</p> <p>Day 3 - The latest movie at Bowral cinema and taking in the shops for a café break before heading back home on the train.</p> <p>Currently our total cost is estimated at \$50.00, BUT you will provide your own opal card.</p>
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<p>Foodies' Paradise</p> <p>\$100 + Topped up Opal Card</p> <p>Ms Sandland</p> <p><i>Max students 20</i></p>	<p>Do you love food and want to experience the amazing foodie culture Sydney has to offer? Then this activity is for you.</p> <p>We will leave the Southern Highlands behind each morning as we take day trips to various areas of Sydney with amazing food experiences to broaden your horizons. Experience Vietnamese cuisine in Cabramatta, an eclectic mix of restaurants and food stalls in the heart of the CBD as well as the trendy cafés of Newtown. All you'll need is a topped up Opal Card and a sense of adventure! The cost of this activity will be in the region of \$100. Broken down, this gives you just over \$30 a day for our lunch costs.</p> <p>You will need to bring extra money with you on the day if you wish to purchase snacks etc. and I will attempt to show you some of the best spots in Sydney for delicious and interesting food that you don't always get exposed to in the Highlands.</p>
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<p>Art & About</p> <p>\$70 + Opal Card</p> <p>Mrs Mumford</p> <p><i>Max students 10</i></p>	<p>Students who love to draw and be creative are given the chance to have a real visual arts experience at the Art Gallery NSW, Sydney and the Art Studio at school.</p> <p>On the Monday, students will travel to the Art Gallery NSW by train to take part in a 2 hour Art Workshop. The Art workshop incorporates looking at, interpreting and making art with 2D materials. The practical component is inspired by artworks and art concepts explored in the Gallery, and ranges from observational sketches in front of the artworks to mark making and collage activities.</p> <p>Students will spend the next two days working in the art studio at school, developing ideas from AGNSW art workshop.</p> <p>Each student will receive their own sample bag of art materials supplied by S & S Art Suppliers. A S&S rep will spend Tuesday morning demonstrating a number of art materials and techniques here at school.</p>
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E. AT SCHOOL ALL THE TIME

<p>Lantastic !</p> <p>\$10</p> <p>Mr Azara</p> <p><i>Max students 30</i></p>	<p>Lantastic! is a school based activity that provides students with an opportunity to show off and sharpen their multiplayer gaming skills. It will run in a computer lab and be a combination of PC, tablet, phone and console gaming. Students are not required to bring any equipment or software but are encouraged to have their own games organised – either on-line, or on personal devices.</p> <p>The \$10 fee goes to providing morning tea on each of the 3 days.</p> <p>Note: Games played MUST follow department classification guidelines and students under 15 years of age will not be allowed to access games rated M.</p>
<p>Cooking Up a Storm!</p> <p>\$50</p> <p>Mrs Killian</p> <p><i>Max students 14</i></p>	<p>If you love eating yummy foods then Cooking up a Storm is the activity for you.</p> <p>Over three days you will cook an array of fantastic foods. Below is a list of the types of goodies you will cook:</p> <p>Day 1 – Fast foods including homemade pizza, burgers, slices and mega shakes</p> <p>Day 2 – Christmas delights including gingerbread, Rudolph chocolate tarts and chocolate brownie slice</p> <p>Day 3 – Group choice. At one of our activity week meetings, the group will decide what they would like to cook on the last day.</p> <p>You will get to eat all your goodies on the day and there will be plenty left for you to take home to share with your family.</p>
<p>Creation of the 3rd Kind</p> <p>\$40</p> <p>Ms Naujok</p> <p><i>Max students 15</i></p>	<p>3D printing is fast becoming the biggest growth industry, from medicine to the space station, it is used in all walks of life these days.</p> <p>This is a 3 day workshop, where you will learn how to use the Cura software and the school's 3D printer. You will have the opportunity to find a pattern (from many free sites out there) that you wish to print and keep. The size will need to be restricted due to the time it takes for a pattern to print.</p> <p>If you get really good at it, you may get the opportunity to design your own figure to be printed.</p>
<p>The Star Wars Movie Experience MMXIX</p> <p>\$10</p> <p>Mrs Mulcahy</p> <p><i>Max students 30</i></p>	<p>For activity week this year our most awesomely awesome school will be hosting an epic Star Wars Movie Marathon. A 3 day 8 movie delight will be playing only at Moss Vale High School. With snacklicious treats, sit back and enjoy each film in the comfort of one of our state of the art movie theatres (cough, cough, classrooms). This will be one for the sci-fi fans to get in on and get their <i>midichlorians</i> tingling. If you are new to the Star Wars Experience and have ever wanted to know who Luke's father is, well then, miss this activity week activity, "<i>you will not!</i>" (<i>Yoda said</i>).</p> <p>The cost will be \$10 that will include the movies and snacks.</p>



**MOSS VALE HIGH SCHOOL
ACTIVITY WEEK
2019 STUDENT PREFERENCE SHEET**



1. **Please read all conditions applicable to Activity Week before indicating in order, three preferences.**
NOTE: A particular activity may not function if insufficient students select it.
2. Name and number activities exactly as shown on the sheet.
3. Read requirements and conditions of each activity carefully.
4. Once you have chosen an activity and paid the non-refundable deposit, you will not be permitted to change activities.
5. Pupil Behaviour: In the event of unsatisfactory behaviour whilst a student is on an Activity, the parents/caregivers could be asked to escort the child home at their own expense. No refund would be given in such circumstances. In addition, students who can't fulfil their responsibilities during the school year, may be excluded from activity week as a large amount of trust is given to students attending overnight activities.
6. Payments can be made at any time from 13 June 2019 up to the end of Term 3, before school, at recess or at lunch at the Front Office.
7. **PLEASE NOTE: No student will be enrolled in the activity of their choice until the non-refundable deposit of the activity has been received and, for activities \$200 or greater, school subject fees have been paid in full.**

PLEASE RETURN THE PREFERENCE SHEET ALONG WITH THE NON-REFUNDABLE DEPOSIT



ACTIVITY WEEK 2019 - PREFERENCE SHEET

NB: Please return this form, along with the non-refundable deposit on Thursday, 13 June 2019.

Payment by ☐ Cheque ☐ Cash ☐ Online payment via Moss Vale High School website (proof of payment receipt required) of \$ _____ Receipt No. _____

No EFTPOS available on 13 June 2019

STUDENT'S NAME : _____ YEAR : _____ ROLL CLASS : _____

Preference 1: Activity Name : _____

Preference 2: Activity Name : _____

Preference 3: Activity Name : _____

I acknowledge that my child may attend one of the above. I am aware of the costs involved and have read the conditions relevant to each activity and those above.

Parent/Caregiver Signature

Parent/Caregiver Name (please print)

Date

PLEASE NOTE :

If paying by credit card via school website, printed receipt or receipt number must accompany this form.
Forms will not be accepted with changes made, so please ensure that they are correctly filled out.
Every effort will be made to ensure that students get their first choice, but this is not always possible.
Please think carefully about your second and third choices.