

# MOSS VALE HIGH SCHOOL ACTIVITY WEEK



#### **2023 STUDENT PREFERENCE INFORMATION**

#### Please read all conditions applicable to Activity Week.

NOTE: A particular activity may not run if insufficient students select it.

- 1. Once you have chosen an Activity and paid the **non-refundable deposit**, you will not be permitted to change activities.
- 2. Student 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.
- 3. 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, outstanding fees (excluding General Contribution) have been paid in full. Students selecting an activity on the Selection Day 14 June 2023 will need to have paid outstanding fees by Sunday 4 June 2023.
- 4. Activities will be selected online by students on **Wednesday 14 June 2023**, in the same way as Tuesday Sport is selected.
- 5. Supervising staff will be on hand to help all students, particularly those in Year 7 and Year 8 who have not participated in this process before.
- 6. Students should select two alternate preferences in case their first choice does not run.
- 7. Once students have made their selections, parents/caregivers will receive a permission and payment email.
- 8. Non-refundable deposit payment must be received by the school by **Monday 19 June 2023** for a student to secure a place in their chosen activity.
- 9. Students who did not select an Activity on Selection Day will be able to select an Activity from **21 June 2023**. Students who are selecting Activities costing \$200 or more must have no outstanding fees (excluding General Contribution). Students should make their selection at the Front Office.



# MOSS VALE HIGH SCHOOL ACTIVITY WEEK 2023



ACTIVITY	LEADER	Max Number of Students	Total Cost	Non- refundable Deposit
A. Activities away from school (# comp	ulsory swim testing requir	ed for this activity	<b>(</b> )	
Port Stephens #	Mr Deitz	45	\$720	\$240
Surfing at Gerroa #	Mr Carlyon	34	\$300	\$100
Glamping at Cockatoo Island	Ms Kennedy	20	\$330	\$110
Coolendel Camping #	Mr Vasilakis	20	\$160	\$50
Canberra	Mr Lee	20	\$450	\$150
J Bay Experience #	Ms Rumble	32	\$400	\$130
Animal Lovers #	Ms Carr	20	\$550	\$180
Bronze Adventurous Journey for Duke of Edinburgh Awards	Mr Nash	12	\$160	\$50
B. Activities away from school, home at	night (# compulsory swin	n testing required	for this activ	vity)
Adrenaline Kicker #	Mr Castillo Rodriguez	22	\$400	\$130
Jamberoo, River, Rock #	Mrs Wright Mauger	20	\$265	\$90
Home a Little – Away a Lot Yr 8,9,10 #	Ms Cripps	115	\$185	\$60
Home a Little – Away a Lot Yr 7 #	Ms Baxt	115	\$160	\$50
Southern Highlands Fun #	Mrs Austin	20	\$55	\$20
Foodies Paradise	Ms Sandland	16	\$120	\$40
Art & About	Mrs Mumford	15	\$60	\$20
Sports Plus	Mr Good	15	\$40	\$10
C. At school all the time				
Creative Crafters	Ms Randall	30	\$50	\$20
Cooking Up a Storm	Ms Killian	14	\$70	\$20
Creation of the 3 <sup>rd</sup> Kind	Ms Naujok	10	\$40	\$10
Recordorama	Mr Donaldson	12	\$25	\$10
The Movie Experience (Lord of the Rings)	Ms Regan	15	\$0	\$0
Lego	Ms Summers	15	\$0	\$0

#### **Port Stephens**

\$720 #

The ultimate north coastal trip! Get ready to spend 5 days / 4 nights at the beautiful Port Stephens (2.5hr drive from Sydney).

Activity Week to Port Stephens is all about the sea and sand, come out in the sunshine, paddle boarding/kayaking in the crystal-clear waters at Shoal Bay and sandboarding down the spectacular Stockton Sand Dunes. You will also have the chance to sight see the beautiful Stockton Sand Dunes via a camel ride, hear the calls of wild dolphins and humpback whales on the Moonshine cruise, climb Mt Tomaree and explore sea-life whilst snorkelling at Fly Point reef.

## Mr Deitz Ms Middleton

We will be staying at Ingenia Holiday Park at One Mile Beach. All meals will be included in the cost, as well as all costs of activities, accommodation, and bus transfers.

There will be a lot of water activities so please make sure you are a confident swimmer if wanting to choose this activity.

Max students 45

Note: this Activity will extend into the weekend with students returning on Sunday.

FOOD: All meals provided.

# Surfing @ Gerroa

Once again the famous and ever popular Surfing activity will be running this year.

Leaving from school at around 8.30am on Wednesday, 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.

# \$300 #

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 Thursday evening we will travel to Kiama for pizza and ice cream in the park.

## **Mr Carlyon**

Max students 34

We leave for home on Friday, travelling to "The Farm" for our final surf in the morning and then on to Albion Park McDonalds for some lunch before arriving back at school around 3.00pm in time for school buses.

As well as surfing and lazing in the sun other activities available: The Jumping Pillow, Mini Tennis, Backyard Cricket, and pool activities.

What is included in the cost?

- 1. Travel to and from Gerroa, to and from beach each day for Surfing and to Kiama and Albion Park for Pizza and Ten Pin Bowling
- 2. Accommodation for 2 nights at Gerroa in Surf Shaks
- 3. All surf lessons and equipment (surfboards, rashies, wet suits etc.)
- 4. Dinner on Thursday evening
- 5. Ten Pin Bowling on Thursday afternoon
- 6. Students will be required to supply their own food and drinks for all other meals other than the Thursday evening. Students should also have money to purchase McDonalds on the way home.

Get in quickly because Surfing @ Gerroa is always a popular choice!

FOOD: Students need to provide own food and drinks. Dinner provided on Day 2.

# Glamping @ Cockatoo Island

\$330 + own Opal Card

Ms Kennedy

Max students 20

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!!!

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.

While in Sydney, we will be visiting Luna Park with an unlimited ride pass, go on a thrilling Jet Boat ride around Sydney Harbour, experiencing spins, speed, slides and fish-tails, and have dinner at The Rocks.

• All travel will be by public transport so you will need an Opal Card.

FOOD: Students need to provide own lunch each day. Breakfasts (Day 2 & 3) and dinners (Day 1 & 2) will be provided.

# Coolendel Camping

\$160#

Mr Vasilakis

Max students 20

This fully catered activity offers idyllic bush camping on the beautiful Shoalhaven River, 30km west of Nowra.

With Australian wildlife your only distraction, Coolendel is the perfect place to relax and enjoy the last week of school! The activity will run for 3 days and includes activities such as: fishing with a Master Class from Department of Fisheries, bush walking, exploring the river and challenging yourself to the high ropes course and zip lines at Trees Adventure Nowra!

The cost includes food, and you will need to supply your own camping equipment.

FOOD: All meals provided.

## Canberra

Let's enjoy a 3-day fun filled activity week in Canberra. We will spend two nights away from home and the best bit is it is only 2 hours up the highway.

\$450

Mr Lee

Ms Pepping

Max students 20

and there will be plenty of sights to see around Canberra.

Christmas will be around the corner, and we will see the Christmas lights and shop up a storm

We have all of your interests and hobbies covered, from Science @ Questacon, Sport @ the AIS, mini golf and the Australian Mint. Animal lovers will enjoy the National Zoo and Aquarium

at DFO buying Christmas presents and a few sneaky things for ourselves.

Love your Nations Capital!!!!

FOOD: Students need to provide own lunch on Day 1 and Day 3. Lunch provided Day 2. Breakfasts (Day 2 & 3) and dinners (Day 1 & 2) will be provided.

# JBay Experience

\$400 #

Ms Rumble Mr Canute 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 snorkelling, dolphin cruise, stand-up paddle boarding around Jervis

Bay, depending on weather. On Friday, a visit to the Shoalhaven Zoo to say hello to the animals and maybe feed a few before returning home in time for school buses.

Accommodation: Jervis Bay Caravan Park, Woollamia Road, Huskisson <a href="http://www.jervisbaycaravanpark.com.au/">http://www.jervisbaycaravanpark.com.au/</a>

FOOD: Students need to provide own lunch and dinner on Day 1; own breakfast on Day 2 & 3. Lunch and dinner will be provided on Day 2. Lunch will be provided on Day 3.

Max students 32

#### **Animal Lovers**

\$550#

# Ms Carr Ms Duffy

Max students 20

The ultimate animal lovers adventure! Seals and penguins, rays, fish, giraffes, meerkats and more!

Come along to the beautiful South Coast to enjoy amazing natural places full of wildlife. There will be a trip to the zoo, a boat ride to Montague Island and its historic lighthouse with epic views of the coastline, before watching the little penguins head back to their homes after a long day at sea. Fall asleep to the sound of the waves at our beautiful beachfront accommodation. The perfect activity for lovers of all creatures great and small.

Breakfast each day will be provided. Students will either buy their own lunch each day (including at the zoo) or provide their own. The group will stop at a supermarket on Day One for students to purchase food for meals that are not provided. Dinner cost is included for Wednesday night, and a fish and chip or burger dinner on Thursday night.

Please note: There is a steep walk on Montague Island.

FOOD: Students need to provide own lunch each day. Breakfasts (Day 2 & 3) and dinners (Day 1 & 2) will be provided.

# Bronze Adventurous Journey for Duke of Edinburgh Awards

\$160

Mr Nash

Max students 12

Are you ready to embark on an unforgettable adventure?

Join us for a thrilling journey that will push your limits, ignite your passion for exploration and build lifelong skills. Picture yourself learning to navigate stunning alpine landscapes in the Snowy Mountains, conquering challenges and forging deep connections with your fellow adventurers. As you embark on this remarkable journey, you'll gain valuable leadership skills, resilience, and teamwork abilities. Immerse yourself in nature, step out of your comfort zone, and discover the true meaning of personal growth.

This Adventurous Journey will involve hiking with a full pack in the high country around Thredbo. The cost of the journey includes bus travel and a qualified guide in wilderness who will teach students the important aspects of outdoor education. Students will need to bring their own food and provide, or hire, their own hiking equipment (eg light weight hiking tent, stove, hiking pack, sleeping bag etc).

Students need to be at least 14 years of age on 13 December 2023 to participate in this activity.

Special note about this activity: This activity will only be for students intending to complete a Duke of Edinburgh Bronze Award. The Adventurous Journey described above is just one part of the Duke of Ed Award that challenges students to be their personal best over a period of time. It will also be necessary to register for the Duke of Edinburgh Awards (Bronze) with an additional fee of \$145 in the future. Students will need to log hours for volunteering in the community, improving their physical fitness and learning a new skill to achieve the requirements of Bronze. If they wish, students can then progress to achieving their Silver and Gold Award into the future.

For more information on what the Duke of Edinburgh Awards entail, go to the website <a href="https://dukeofed.com.au/">https://dukeofed.com.au/</a> or please speak to Mr Nash and Mr Keft.

FOOD: Students need to provide own food for entire activity.

#### B. AWAY FROM SCHOOL, HOME AT NIGHT

# Adrenaline Kicker!

\$400 #

## Mr Castillo Rodriguez Ms McNeill

Max students 22

Do you want to experience 3 days of action packed fun trying new activities that you normally would not get the chance to do? Look no further! Adrenaline Kicker is a 3 day excursion where we have action packed fun and do adrenaline based activities.

Get ready to lose the feeling of gravity 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!

Leaving school each morning at 8.30am, we will begin an action packed, adrenaline pumping three days:

#### Mind blowing Wednesday 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!

#### **Terrifying Thursday 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.

#### White Water Friday 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 hold on with your friends!

FOOD: Students need to provide own recess and lunch each day.

## Jamberoo, River,Rock

\$265 #

# Mrs Wright Mauger Mr Shedden

Max students 20

- 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 several 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 'sun safe' swimmers and towel, plus hat, sunscreen, and solid shoes for the mountain slide. You may also wish to bring some money to purchase food at the park.

FOOD: Students need to provide own recess and lunch on Day 1 & 2. Lunch will be provided on Day 3.

# Home a Little, Away a Lot! Yrs 8, 9, 10

\$185 # Ms Cripps,

Max students 115

This activity is for students in Years 8, 9 and 10.

Students attending this activity will experience 3 fun filled days that will include the following activities:

- Movie at Event Cinema Campbelltown. Popcorn and drink included. BYO lunch or buy lunch at food court.
- Kingpin Campbelltown. Bowling and Lasertag. Lunch included (hot dog, fries and a drink).
- Jamberoo Action Park. Lunch included (sandwich and a drink).

Students will need to complete the swimming competency test to participate fully at Jamberoo Action Park.

Students may bring a small amount of additional money to purchase snacks, drinks etc. Students will leave the school each day by bus and return by bus.

FOOD: Students need to provide own lunch on Day 1. Lunch will be provided on Day 2 & 3.

# Home a Little, Away a Lot! Yr 7

\$160 #

Ms Baxt

Max students 115

This activity is for students in Year 7.

Students attending this activity will experience 3 fun filled days that will include the following activities:

- Movie at Lilac Cinema, Goulburn. BYO lunch in the park.
- Zone Bowling, Albion Park. Bowling and Lasertag. Lunch included (hot dog, fries and a drink).
- Jamberoo Action Park. Lunch included (sandwich and a drink).

Students will need to complete the swimming competency test to participate fully at Jamberoo Action Park.

Students may bring a small amount of additional money to purchase snacks, drinks etc. Students will leave the school each day by bus and return by bus.

FOOD: Students need to provide own lunch on Day 1. Lunch will be provided on Day 2 & 3.

# Southern Highlands Fun

\$55 # + own Opal Card

**Mrs Austin** 

Max students 20

Fun in the Highlands for 3 days on a budget is our challenge. If you like going to the movies, ten pin bowling and swimming all at a relaxed pace then this is the activity for you. We will utilise public transport such as trains and buses to reach our destination as well as our feet.

Day 1 - Ten Pin Bowling includes games, shoe hire and putt putt course. Mittagong Market Place shops and back to Moss Vale in the afternoon.

Day 2 - The latest movie at Bowral cinema and taking in the shops for a café break before heading back home on the train.

Day 3 - 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.

You will need to provide your own opal card and money for food and drinks or supply your own packed lunches each day.

FOOD: Students need to provide own recess and lunch each day.

## **Foodies Paradise**

\$120 + Own Opal Card

Ms Sandland

Max students 16

Do you love food and want to experience the amazing foodie culture Sydney has to offer? Then this activity is for you.

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 fresh Vietnamese cuisine, an eclectic mix of restaurants in the heart of Newtown as well as the trendy Korean BBQ of Lidcombe. All you'll need is a topped up Opal Card and a sense of adventure!

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.

FOOD: All lunches provided.

# Art & About

## \$60 + Own Opal Card

# Mrs Mumford Ms Johnston

Max students 15

Students who love to be creative are given the chance to have a real visual arts experience at the Art Gallery NSW, Ngununggula and the Art Studio at school.

Day 1: Students will travel to Sydney by train (ensure your Opal Card has adequate funds available) to take part in a visit to AGNSW and the Botanical Gardens. They will be inspired by artworks and landscapes, sketching and taking photographs. Bring food/drink or money to buy lunch in Sydney. (7.45 am -6.10pm)

Day 2: Ngununggula Regional Gallery: Students will spend the day viewing artworks in the gallery and drawing in the grounds of Retford Park, Bowral. Students will need to meet and be picked up from the gallery by parent/caregiver or authorised person. Bring food &drink. There are limited food choices at Ngununggula. (10am-3pm)

Day 3: An S&S art supply representative will spend the morning demonstrating art materials and techniques here at school. Each student will receive their own sample bag of art materials supplied by S&S. The afternoon will be spent developing ideas and experimenting with art materials for an artwork based on Days 1 and 2. Bring food &drink. The school canteen WILL NOT be open. (9am-3.20pm)

FOOD: Students need to provide own recess and lunch each day.

# Sports Plus \$40 +

#### Own opal card

+

hire of clubs if required,

+

green fees \$20 at venue

#### Mr Good

Max students 15

How about a relaxing ferry ride on Sydney Harbour? Or a soothing walk along the beach at Watsons Bay? Perhaps you would enjoy a leisurely stroll up the stairs to The Gap Lookout which takes in some of Australia's most stunning coastline while looking back to views of the Harbour Bridge and the Opera House?

Maybe you one of the many students in this school who loves sport?

Then, how about improving your cricket at the NSW Centre of Excellence in Homebush? Or what about playing a round of golf at the best course in the Highlands, right here in your own backyard at the Moss Vale Golf Club?

If any or all of this sounds fantastic, then **SPORTS+** is your choice for Activity Week. And the best part - all of this is available for under \$100.

Students will be able to purchase lunch at each venue, or bring their own.

FOOD: Students need to provide own recess and lunch each day.

#### **Creative Crafters**

\$50

#### Ms Randall

Max 30 Students

"When life gives you hands, make handmade"

If you are artistic, creative, or perhaps want to avoid Christmas Shopping - then this is the activity for you. You will make a selection of different art and craft projects you can keep for yourself, or gift if you choose. This activity will be based at school within normal school hours.

The cost of the activity will cover all supplies.

FOOD: Students need to provide own recess and lunch each day. The school canteen will NOT be open.

# Cooking Up a Storm!

\$70

#### **Mrs Killian**

Max students 14

If you love eating yummy foods, then Cooking up a Storm is the activity for you.

Over three days you will cook an array of fantastic foods. Below is a list of the types of goodies you will cook:

Day 1 – Homemade pizza, salad, garlic bread and mega shakes

Day 2 – Christmas delights which may include gingerbread, chocolate raspberry brownies and other Christmas goodies

Day 3 – Gourmet burgers, chips, spider drinks and slices

On Day 1 and 3 you will be able to eat your goodies and take any leftovers home.

Day 2 you will package your Christmas delights ready for gift giving.

FOOD: Students need to provide own recess and lunch for Day 2. The school canteen will NOT be open; recess and lunch will be provided on Day 1 & 3.

# Creation of the 3<sup>rd</sup> Kind

\$40

## Ms Naujok

Max students 10

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.

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.

If you get really good at it, you may get the opportunity to design your own figure to be printed.

FOOD: Students need to provide own recess and lunch each day. The school canteen will NOT be open.

#### Recordorama

\$25

#### Mr Donaldson

Max students 12

Step aside Sony and Universal recording studios. There's a new player in town!

This year we are offering an activity where you will learn how to record and edit your own song or podcast on MVHS's own record label - *inhouse records*. You will get to choose WHAT you would like to record, and you will learn how to use recording equipment and a variety of editing software including LogicPro and Ableton Live. We will hear from people working in the music and podcast industry and you will finish the week with your own CD single and mp3.#mvhsinhouserecords.

FOOD: Students need to provide own recess and lunch each day. The school canteen will NOT be open.

# The Movie Experience

**Nil Cost** 

Ms Regan

Max students 15

For activity week this year Moss Vale High School will be going to middle earth to meet Frodo and his friends and go on an adventure with them. Students can sit back and view the films in the comfort of our mini-theatre.

The Lord of the Rings is considered one of the greatest fantasy books ever written and it has helped to create and shape the modern fantasy genre.

FOOD: Students need to provide own recess and lunch for Days 1 & 2; recess and lunch will be provided on Day 3.

## Lego

Are you a Lego Master? Could you build the strongest bridge, the highest tower, or the cutest animal? Do you have a Lego set still sitting in its box at home, ready to be built? Does the idea of a few days with Lego sound great? If you answered yes to any of these questions, The Lego Activity might be for you!

## **Nil Cost**

#### Ms Summers

Day 1: Today we will commence our Lego challenges. You will be challenged to build the strongest bridge, the tallest tower, and the cutest animal. After lunch we will watch the Lego Movie.

Days 2 and 3: Free choice building. These are the days to bring in your own Lego sets to build, or let your creative mind go free with your Lego blocks. We can also explore making stop-motion animation films with our Lego builds. We will watch some episodes of Lego Masters as we build, before watching Lego Movie 2 and The Lego Batman Movie in the afternoon sessions.

Max students 15

Students will need to bring their own Lego.

FOOD: Students need to provide own recess and lunch for Days 1 & 2; recess and lunch will be provided on Day 3.