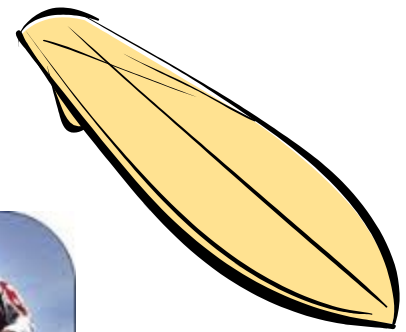




EXTENSION WEEK

11TH TO 15TH JULY 2016



Welcome to the Extension Week Booklet for 2016

Thank you for supporting Extension Week. This is a week when students and staff have a chance to work together on a number of exciting activities providing a range of experiences in a variety of locations. This year Extension week will take place from **Monday 11th July to Friday 15th July**.

As it lasts for 5 days you have flexibility as to which activity or activities you can choose. Each student will participate in at least **one** activity and you have to fill all 5 days. This is an important part of the school year and attendance during the week is **compulsory**. Lessons will be provided for any students who do not sign up for activities or do not wish to take part.

CHOOSING ACTIVITIES

The days, duration and cost of each activity is given in this booklet with a form to fill out on the back page. This will help you plan the week.

1. The students should discuss activities and cost with their parent/guardian and agree a budget. The maximum budget must be written on the form so that we can take this into account when allocating activities. There are a wide range of activities to suit all budgets and tastes. Costs are approximate until the number of students is confirmed. Remember to check if the activities are the same one repeated several times or different ones on each day.
2. Next the student should fill out the form on the back page. You should give **three different** choices for each day of the week. **Students must be prepared to accept any one of their three choices of activity but please put them in priority order.**
3. The parent/guardian must sign the form to confirm that they agree to meet the cost of the activity and give the maximum budget. Please also complete the SOE3 form in the booklet as this covers all activities for the week.
4. Where possible I will try to keep friendship groups together and look at your overall activities in order to shuffle them as necessary so that you get all your first choice activities. There are a couple of activities with age limits so please make sure that you read these.

(Continued on page 3)

SIGNING UP FOR ACTIVITIES

The Curriculum Support Team Office will start taking in forms immediately. Places will be assigned on a **first-come, first-served** basis so if you are looking at the more popular activities make sure you hand your form in early. If you have already signed up for the Paris Trip, Crime and Punishment Trip or Midlands Experience then make sure you only put this down on the form as your only first choice.

Due to changes in the Law, the school is unable to authorize any holidays during this week. If your child is still taken out of school, this will be recorded as an **unauthorised absence** and you may receive a £60 fine per parent/guardian for each child. Please see the school website for full details. Please note that forms not signed by parents/guardians will not be accepted and you will not be able to sign up for your activities. **Remember to have the SOE3 form filled out on the reverse of the booking form.**

PAYMENT FOR ACTIVITIES

You will receive a letter (hopefully around the end of January) confirming the students place on an activity and payment details. If these are not correct then please could you let me know as soon as possible so that I can make changes as necessary. I will split the payments into 4 or 5 instalments which can be paid at the school shop or by ParentPay. If you use ParentPay then please indicate that it is for Extension Week and, if you have more than one child, who it is for.

The government has provided some "limited" funds to schools which may be used to provide financial help to eligible students for this event. If you think you may be eligible for financial assistance, please pay the deposit to secure a place and then contact Jodie Spicer immediately to discuss assistance on 01626 201800 or via jodie.spicer@tast.org.uk. Should such assistance not be available, the deposit will be repaid by the school. If there are any questions, please do not hesitate to contact me during the school day.

Yours sincerely

Jeremy Hunt

jhunt@coombeshead.com

Extension Week Coordinator

Beach Bums

A day out at the beach come rain or shine!! We will spend the day at Exmouth Beach. Students will need to check the weather forecast each day and make sure they dress appropriately. They might need a jacket or something to keep them warm; we will be Beach Bums come rain or shine. This might mean bringing a hat, sun cream and a long-sleeved top or maybe jeans, a sweatshirt and a pair of wellies!! Everyone will need something to sit on. Bring frisbees, beach games, footballs, buckets and spades, kites and be ready to have some fun even if the sun does not shine. Bring a small amount of spending money for an ice cream if you want to and bring plenty to drink. If you have free school lunches, you can request one from the canteen, if not then please make sure you have a packed lunch with you.

DURATION: 1 DAY
DAYS: MONDAY, WEDNESDAY, FRIDAY
COST: £7 PER DAY
PLACES: 45 PER DAY
LEADER: MR A TYNER

Board Games

The activities will include indoor board games such as monopoly, frustration, snakes and ladders, draughts, chess and a variety of card games. Background music (quiet). Casual clothes to be worn that will need a bit of wear and tear! Students need to show enthusiasm and have fun but more important good sportsmanship is essential.

DURATION: 1 DAY
DAYS: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY
COST: £1 PER DAY
PLACES: 12 PER DAY
LEADER: TO BE ANOUNCED

Climbing and Ten Pin Bowling at the Quay

This is a chance to learn to climb or build on your skills. You will be part of a small group learning all the skills necessary to climb like a pro including belaying and tying. Can you get to the top of the most difficult route or overcome your fear of heights. You will also have an hour on the Clip n' Climb which are a stunning series of climbing based activities that provide healthy & challenging fun for everyone. After lunch it is off round the corner for a game of ten pin bowling to round off the day.

DURATION: 1 DAY
DAYS: TUESDAY, THURSDAY
COST: £35 PER DAY
PLACES: 27 PER DAY
LEADER: MR C WANNELL

Coastal Walking

Walk the beautiful Devon coast path, visiting interesting beaches and towns along the way. Enjoy the scenery, plant and animal life. Make sure you wear comfortable footwear, correct clothing for the weather and bring lunch and money for an ice cream. Some walks could be 10km!

DURATION: 1 DAY
DAYS: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY
COST: £6 PER DAY
PLACES: 14 PER DAY
LEADER: MRS Y HUXHAM

Coombeshead Bake-off

Ever wondered how bread, cupcakes, brownies, doughnuts and waffles are made? Then we can show you! We want to show you recipes that you can use at home and in your life! You will also make your own fresh pizza for lunch and drinks are provided. This is a one day activity and you will require a plastic container.

DURATION: 1 DAY
DAYS: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY
COST: £10 PER DAY
PLACES: 12 PER DAY
LEADER: MR D HARDING

Crime and Punishment (London)

I am pleased to be able to offer your child the exciting opportunity to take part in the following trip to London. The trip includes coach travel, a visit to the London Dungeon, a flight on the London Eye, a Jack the Ripper Walking Tour, the Imperial War Museum (with a focus on the Holocaust exhibition), an overnight bed and breakfast stay in 3* accommodation and a meal at Pizza Express and a drink.

DURATION: 2 DAY
DAYS: THURSDAY, FRIDAY
COST: £220
PLACES: 40 (YEAR 9 AND 10 ONLY)
LEADER: MRS R BAILEY

Dance Academy

An opportunity to learn dance routines from an RAD qualified dance teacher who recently assisted with the choreography for Pixie Lotts new video. One day is also spent learning a street dance routine. Becky-Ann has run dance academy at Coombeshead for the past 7 years and runs her own franchise of the London dance school 'Italia Conti' in Plymouth. At the end of the week, the students will perform to parents, guardians and friends the routines that they have learnt. They will only need loose clothing and sensible shoes and plenty of water to drink!

DURATION: 5 DAYS
DAYS: MONDAY TO FRIDAY
COST: £45 FOR THE WEEK
PLACES: 25
LEADER: MRS L CATER

Discovery Surfing

Have you ever wanted to be the next big wave rider? Whether you have surfed before or never tried and really want to give it a go, you can now with Coombeshead Academy surf squad. You will be able to have lessons with Discovery Surf on Bigbury Beach. We will have a 2 hour lesson with qualified instructors where you can gain all the skills to ride the waves. Then we can grab something to eat and chill on the beach with a spot of volleyball, beach cricket, frisbee or catching some rays. **It is essential that you are water confident.**

DURATION: 1 DAY
DAYS: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY
COST: £32 PER DAY
PLACES: 14 PER DAY
LEADER: MR J TRIPCONY

Film Club: The Movie: Coming soon to a Coombeshead near you!

Film Club runs through the year, but now we are offering the chance for a full-day film fest! We will watch a film in the morning, while munching on some freshly made popcorn. Then we will film ourselves having a live debate about what we have seen; what did we think of the acting, directing, plot and technical features? You will then be writing your own storyboard and then you'll be shooting your own film in the afternoon. You will need to bring your own camera or smart phone and the cable to connect it to a computer.

DURATION: 1 DAY
DAYS: MONDAY, TUESDAY, THURSDAY
COST: £3 PER DAY
PLACES: 50
LEADER: MRS F ROBERTSON

Fishing (Novice)

If you have never fished before then this is the one for you. This is a 2 day big fish activity at a nearby lake. You will arrive on Monday morning, fish through the day and night with the hope of connecting the students with some of the BIG catfish which inhabit the lake (some in excess of 70lb), there are also carp to 30lb plus, large roach, bream and more. After the overnight camp you will be waking to a breakfast roll cooked by the teachers. There is an on site tackle and bait shop that also provide hot rolls, hot drinks, snacks, pot noodles, etc all of which is delivered to where you are fishing. In the evening students may want to bring or cook their own food or, if they wanted to, they can order Dominos pizza who will deliver to the lake. You can either bring your own tackle or hire the gear for an extra £15 for both days.

DURATION: 2 DAYS
DAYS: MONDAY AND TUESDAY
COST: £75 FOR THE 2 DAYS PLUS HIRE OF KIT IF REQUIRED
PLACES: 7
LEADER: MR T SMITH

Fishing (Experienced)

If you **have** fished before then this is the one for you. This is a 3 day big fish activity at a nearby lake. You will arrive on Wednesday morning, fish through the day and night to Friday morning with the hope of connecting the students with some of the BIG catfish which inhabit the lake (some in excess of 70lb), there are also carp to 30lb plus, large roach, bream and more. After the overnight camp you will be waking to a breakfast roll cooked by the teachers. There is an on site tackle and bait shop that also provide hot rolls, hot drinks, snacks, pot noodles, etc all of which is delivered to where you are fishing. In the evening students may want to bring or cook their own food or, if they wanted to, they can order Dominos pizza who will deliver to the lake. You can either bring your own tackle or hire the gear for an extra £15 for both days.

DURATION: 3 DAYS
DAYS: WEDNESDAY TO FRIDAY
COST: £115 FOR THE 3 DAYS PLUS HIRE OF KIT IF REQUIRED
PLACES: 5
LEADER: MR T SMITH

Gaming

This activity is ideal for the armchair sportsperson. It will be a multi-player X-Box football tournament where you will compete in a daily league with a prize for the winner. There will also be a Wii U, all with HD video. There will be other games on offer known closer to the time. Due to the nature of this game you can only sign up for a maximum of 3 days or you will go stir crazy!

DURATION: 1 DAY
DAYS: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY
COST: £5 PER DAY
PLACES: 16
LEADER: MR R THOMPSON

Golf

Be the next Rory McIlroy. Students will have the chance to practice their skills on the driving range followed by the opportunity to fine tune their skills on a number of pitch and putt courses in South Devon.

DURATION: 1 DAY
DAYS: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY
COST: £16 PER DAY
PLACES: 15
LEADER: MR H BURNINGHAM

Horse Riding

This one day activity will involve horse riding lessons and horse management at Finlake Riding Stables. You will learn how to ride or improve on your skills. You will also learn how to look after the horses and their tack and many other aspects of working with horses. You can sign up for one day or several: it is your choice so that you can mix and match it with other activities.

DURATION: 1 DAY
DAYS: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY
COST: £35 PER DAY
PLACES: 15
LEADER: MRS L TURK

Laser Tag

A day filled with high energy activity sure to get your adrenalin and blood pumping run by the Sport & PE Department. This includes a day in the woods in team laser combat action, just get ready to drop and roll.

DURATION: 1 DAY
DAYS: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY
COST: £22 PER DAY
PLACES: 27
LEADER: MR A BALSDON

Midlands Experience

This is the trip that has been organised by the History Department and has been filled with a reserve list. If you are on this trip then you need to fill out the form and SOE3 on the reverse and hand it in. The payment for this trip is being done independently to the extension week billing.

DURATION: 5 DAYS
DAYS: MONDAY TO FRIDAY
COST: BILLED SEPARATELY
PLACES: 45
LEADER: MRS P MASTERS

Mountain Biking

This is a chance to ride some of the many off-road trails in the local area. These will include Woodbury Common and parts of Dartmoor. The rides will be about 20 km each day and some will be on demanding tracks and trails in the middle of nowhere. You need to be **fit** and **good at riding**.

You will need to provide **your own mountain bike** with at least **18 gears** which has **good tread** on the wheels and **brakes in good condition** as the cycling will be testing at times. Front suspension is highly recommended. If you do not have your own bike then you will not be able to come out on the rides. You will also need to have your own cycling helmet which is in good condition. BMX bikes are **not** suitable for this type of riding.

DURATION: 1 DAY
DAYS: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY
COST: £11 PER DAY
PLACES: 8
LEADER: MR J HUNT

Paddle Boarding

This is an opportunity for students to take part in one of the world's newest and coolest of watersports: paddle boarding. Students will have the opportunity to sign up for a days activity and, unlike surfing, will be guaranteed the correct sea conditions as paddle boarding can work in both waves and calm waters.

DURATION: 1 DAY
DAYS: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY
COST: £28 PER DAY
PLACES: 12
LEADER: MR R MARKS

Paignton Zoo

Get close to over two thousand creatures at one of the South West's most exciting visitor attractions. See them all - giraffes, lions, gorillas, cheetahs and thrilling crocodiles, plus the cheeky meerkats, colourful snakes and amazing monkeys. There are also indoor play areas, the Jungle Express train and uniquely, six habitats that mimic the animals' natural environment.

DURATION: 1 DAY
DAYS: MONDAY, WEDNESDAY, FRIDAY
COST: £15 PER DAY
PLACES: 90 ON MONDAY, 45 ON WEDNESDAY AND FRIDAY
LEADER: MISS R GEE

Paris

This trip that has been organised by Mrs Clinch and has been filled with a reserve list. If you are on this trip then you need to fill out the form and SOE3 on the reverse and hand it in. The payment for this trip is being done independently to the extension week billing.

DURATION: 7 DAY
DAYS: SUNDAY 10TH TO SATURDAY 17TH
COST: BILLED SEPARATELY
PLACES: 40 (FULL)
LEADER: MRS J CLINCH

Quad Biking

This Activity will involve a Quad Bike safari, Digger Driving and Sumo. A fun filled day with a huge variety of experiences. You will be doing all 3 activities and you need to be prepared to get wet and muddy! All you need to bring is messy clothing, good shoes and a packed lunch. Waterproofs and a towel are a must! You can buy waterproofs at the activity for £5 on the day and this is not included in the cost.

DURATION: 1 DAY
DAYS: TUESDAY, WEDNESDAY, THURSDAY, FRIDAY
COST: £75 PER DAY
PLACES: 15
LEADER: MR M CLAPHAM

Quay West

Britain's largest outdoor waterpark, for thrill seekers there is the heart stopping plummet the Devil's Drop and terrifically tumbling tyre rides which will have you hanging onto the edge of your tyre, literally, and the Wild Kamikaze.

DURATION: 1 DAY
DAYS: TUESDAY, THURSDAY
COST: £17 PER DAY
PLACES: 90 ON TUESDAY AND 45 ON THURSDAY
LEADER:

SCUBA Diving Taster Day

Have you ever wondered what it's like to breathe underwater? If you want to find out but aren't quite ready to take the plunge into a certification course, Scuba Diving Taster Day will let you try scuba to see if you like it. Coombeshead Academy in association with Teign Diving Centre, a PADI 5 star IDC facility, offer you the opportunity to experience what it's like to breath underwater and to "Discover Scuba Diving".

The day will include a 2 hour diving course which will take place in the heated pool at Coombeshead Academy. Extra tuition will also be provided by Coombeshead's own Master Scuba Diver Trainer who will teach you how to snorkel and duck dive. Tutorials will also be delivered uncovering the history, science of SCUBA diving and types of equipment used.

Although there is no minimum requirement for swimming ability, you must be comfortable being in the water.

Go on: take the plunge!

DURATION: 1 DAY
DAYS: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY
COST: £20 PER DAY
PLACES: 30
LEADER: MR A HORE

Theatre in Education

This is being organised by Mrs Hughes to tour the local primary schools. If you are involved with this then please put this down as your option so I will not have to chase you for activities.

DURATION: 5 DAYS
DAYS: MONDAY TO FIRDAY
COST: NOT APPLICABLE
PLACES: 15
LEADER: MRS M HUGHES

Skating and Aquarium

In the morning you will be visiting the largest aquarium in the country and be amazed by the fascinating underwater world. Explore the depths and discover new species. After lunch you will go skating at Plymouth Pavilions for an hour and a half where you can try to pirouette or just stay up!

DURATION: 1 DAY
DAYS: TUESDAY, THURSDAY
COST: £24 PER DAY
PLACES: 45 PER DAY
LEADER: MR M ATKINSON

Wakeboarding and Windsurfing

You will be leaving school no later than 9am to travel down to Siblyback Cable Lake. During the day you will be taking part in two adrenaline filled sports; wakeboarding and windsurfing, returning back to school by 4 pm. Wakeboarding is one of the fastest growing sports in the UK, and Siblyback Lake is the first clockwise cable system in the UK. You will first practice your skills by starting with kneeboarding ready to progress onto wakeboarding. The site also offers new changing facilities.

What to bring?

You will require a towel, swimming costume, trainers or wetsuit boots (suitable to get wet in), suncream (if appropriate). Wetsuits and buoyancy aids are included in our prices or you may wish to bring your own. You will also need a packed lunch and a drink to keep hydrated.

DURATION: 1 DAY
DAYS: MONDAY, TUESDAY, WEDNESDAY, THURSDAY FRIDAY
COST: £40 PER DAY
PLACES: 12
LEADER: MISS L GILBROOK

Woodlands

The Theme Park provides a whole day of variety for all students. There are incredible indoor play centres, outdoor adventures, zoo and falconry centre. Wet or dry it is a great day out. You can get wet in the Cyclone Canyon Zone, see how good you are in the Ninja Zone or see if you have courage for the Triple Drop Slide. Don't forget, you may get wet on some of the rides!

DURATION: 1 DAY
DAYS: MONDAY, WEDNESDAY, FRIDAY
COST: £19 PER DAY
PLACES: 45 ON MONDAY AND FRIDAY, 90 ON WEDNESDAY
LEADER: MR M ATKINSON

Activity	Mon	Tue	Wed	Thu	Fri
Beach Bums	£7		£7		£7
Board Games	£1	£1	£1	£1	£1
Climbing and Tenpin		£35		£35	
Coastal Walking	£7	£7	£7	£7	£7
Coombeshead Bake-off	£10	£10	£10	£10	£10
Crime and Punishment				£220	
Dance Academy	£45				
Discovery Surfing	£30	£30	£30	£30	£30
Film Club	£3	£3		£3	
Fishing for Beginners	£75				
Fishing for non-Beginners			£115		
Gaming	£5	£5	£5	£5	£5
Golf	£17	£17	£17	£17	£17
Horse Riding	£35	£35	£35	£35	£35
Laser Tag	£25	£25	£25	£25	£25
Midlands Experience	Billed Separately				
Mountain Biking	£12	£12	£12	£12	£12
Paddle Boarding	£29	£29	£29	£29	£29
Paignton Zoo	£15		£15		£15
Paris	Billed Separately				
Quad Biking		£75	£75	£75	£75
Quay West		£16		£16	
SCUBA Diving	£20	£20	£20	£20	£20
Skating and Aquarium		£24		£24	
Theatre in Education	Nominated Students only				
Wake Boarding and Windsurfing	£41	£41	£41	£41	£41
Woodlands	£19		£19		£19

FORM SOE3 – PARENTAL CONSENT FOR SCHOOL TRIPS AND OTHER OFF SITE ACTIVITIES

Trips and activities covered by this consent form include:

- all visits (including residential trips) which take place during term time, holidays and or weekends
- adventure activities at any time
- off site sporting fixtures during and outside the school day
- all off site activities that do not involve significant risk

The academy will send you information about each trip or activity before it takes place. You can, if you wish, tell the academy that you do not want your child to take part in any particular school trip or activity. Please complete the information section below and sign and date this form if you agree to the above.

SPECIFIC MEDICAL DETAILS

Any relevant information concerning your child's health requiring special attention but which does not prevent him/her taking part in off site activities should be indicated below. Please continue overleaf if necessary. Please also let us know if your child has suffered from any medical conditions in the past or if at any point their medical details change.

- | | |
|--|--|
| <input type="checkbox"/> Restrictions for normal physical activities or games | <input type="checkbox"/> Skin allergies, eczema, other allergies |
| <input type="checkbox"/> Bronchitis, asthma, chest complaints | <input type="checkbox"/> Hearing problems or ear discharge |
| <input type="checkbox"/> Heart problems | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Fits or fainting attacks | <input type="checkbox"/> Travel sickness |
| <input type="checkbox"/> Any other health problems (including the need for regular medication), please specify | |

.....
.....
.....

- My child has no health issues

SWIMMING ABILITY (for water based activities)

- | | |
|--|----------|
| Is your child able to swim 100 metres? | YES / NO |
| Is your child water confident? | YES / NO |

DECLARATION

I consent to any medical treatment required by my child during the course of off site visits. I confirm that I will inform the academy if my child's medical details change.

NAME OF CHILD

NAME OF PARENT/CARER

SIGNATURE OF PARENT/CARER

NAME OF FAMILY DOCTOR

SURGERY'S TELEPHONE NUMBER

APPROX DATE OF LAST TETANUS INJECTION

MOBILE

EMAIL

SIGNATURE

Surname _____

Tutor Group _____

Forename _____

Login

--	--	--	--	--	--

Monday

Choice 1 _____

Choice 2 _____

Choice 3 _____

Tuesday

Choice 1 _____

Choice 2 _____

Choice 3 _____

Wednesday

Choice 1 _____

Choice 2 _____

Choice 3 _____

Thursday

Choice 1 _____

Choice 2 _____

Choice 3 _____

Friday

Choice 1 _____

Choice 2 _____

The Maximum Budget is £ _____

Parent's/Guardian's Signature _____

Parent's/Guardian's Name (Print) _____

Date _____

Official use only

Date Received _____ Time Received _____

By (Initials) _____

