Gryffe High School

Activities 2020
Activities Week: Tuesday 19 May 2020 – Thursday 21 May 2020

This year we are organising an Activities Week for all S1, S2 and S3 pupils in order to offer a wide range of educational experiences that we cannot normally provide during the school year. We have tried to provide an exciting and varied programme for these days and we hope that every pupil will be able to take part. The activities offered have a wide range of prices. No one, therefore, should be prevented from participating. The school will offer some assistance with the cost of any of the activities for pupils on free school meals. Any other cases of financial hardship should be drawn to our attention.

The booklet is now available for view on our school website, if you have any difficulties accessing the booklet please contact the school office. We would ask you to read through the booklet carefully and decide which activities would appeal to your child, who shall choose 3 activities in order of preference. You must be prepared to do all 3 activities. We will try and place you on your preferred option but this may not always be possible. Some trips may need to be cancelled if there is insufficient interest in that activity.

Please note that the New York trip is for May 2021, due to the expense we are running this trip as a 2 year saving plan therefore this trip is only being offered to current S1 and S2. If your child picks New York 2021 then they will still have to pick an activity for May 2020.

Lists of activity placements will be posted in pupil social areas on Tuesday 11 September and payments can be made to the Party Leader after this date. Please note all activities will require a deposit very quickly by Monday 14 September to secure booking. Deposits are non refundable.

Pupils may be prevented from participating in an activity because of behaviour in classes or around the school or for refusal to comply with the school dress code. If pupils do not attend Activity Week then they will not be allowed to attend a Residential Trip in future years.

School uniform should NOT be worn during Activities Week unless otherwise indicated.

Packed lunches will be available for pupils on free school meals who are involved in activities out of school on a daily basis.

If you have any questions please do not hesitate to contact me at the school.

Yours sincerely
S Macdonald
Activities Coordinator
Pupil Information Sheet

How do I take part?

a) Read the descriptions of all the activities.
b) Check that you can afford any costs (discuss this with your parent or carer).
c) Choose 3 activities in your order of preference. You must be prepared to do all 3 activities. Fill in the form.
d) List 3 friends that you would like to go on your activity with. (We will do our best to keep you together)
e) Return your form to the Maths Department by Monday 26 August.

How will I know which activity I am doing?

a) All names will be balloted by the Activities Committee.
b) Your name will be posted on a list in the S1, S2 and S3 Social Areas.
c) You will then receive further information from the teacher who is organising your activity.

Can I change my activity?

No - except for health reasons.

How to fill out the PUPIL RESPONSE FORM

1. All pupils are expected to make a return

2. The Activities Committee cannot guarantee to offer you your first choice but will do their best to offer you a place in one of the activities you have mentioned. You must choose a different 1st, 2nd and 3rd choice.

3. Remember to read the description of each activity carefully, check the costs and discuss the choices with your parents/carers before you return the form.

What about the other questions I want to ask?

Speak to the named member of staff for specific information about an activity or for general information about activities speak to Miss Macdonald in the Maths department.
SPAIN 2020

Barcelona

Destination: Malgrat de Mar and Barcelona
Dates: Sunday 17th May – Friday 22nd May 2020 (TBC)
Tour Company: IBT Travel
Cost: Approximately £800 per person

This six day and five night package includes:

Transport: Coach for transfers and excursions in Spain

Accommodation: 6 days and 5 nights full board in 3-star hotel in Malgrat de Mar. All rooms with private facilities (2/3 pupils per room). Buffet meals for dinner. Lunch provided on days in resort. Bar / Cafeteria, games area, satellite TV and indoor and outdoor swimming pools.

Excursions:
1) Full day visit to Barcelona. Tour of main tourist attractions which may include Nou Camp Football Stadium, Sagrada Familia, Parc Guell, Olympic Track, Port / Beach area and Las Ramblas.
2) Full day visit to Port Aventura Theme Park. "A fantastic journey across 5 incredible worlds" – including Dragon Khan – 8 loops and 70 mph plunge, and Shambhala – reaching 249 metres in height and 83 mph speeds!!! (http://www.portaventura.co.uk)
3) Full day visit to Aquapark in Santa Susanna with kamikaze wave pools, wild river and wild zig zag slides.
4) Visit to local shops and market where you buy souvenirs and presents to take home.
5) Other activities such as 10 pin bowling, beach games and group competitions may be arranged while there.

Price also includes fully comprehensive insurance.

Staff involved: Mr G O'Hare (Faculty Head Health and Wellbeing), Mrs C Greenaway (Clerical), Mr J Clark (PT Pupil Support), Miss H Holmes (PT Pupil Support)
**Greece 2020**

**Destination:** Athens and Tolo
**Dates:** Sunday 17th May - Friday 22nd May 2019 (TBC)
**Tour Company:** NST
**Cost:** £780 per person

This six day and five night package includes:

**Transport:** Flights and then coach for transfers and excursions in Greece

**Accommodation:** 6 days and 5 nights half board in 3-star hotel. 3 nights in Athens and 2 nights in Tolo.

**Itineray:**

- **Day 1:** Arrive in Athens
- **Day 2:** Full day sightseeing at the Acropolis, Hadrians Gate and the Sanctuary of Zeus.
- **Day 3:** Transfer to Tolo and visit Mycenae
- **Day 4:** Day trip to the Island of Poros
- **Day 5:** Alлюo Fun Park, the biggest amusement park in Greece and the dinner at the Hard Rock Café
- **Day 6:** Travel home

Price also includes fully comprehensive insurance.

**Staff involved:** S Macdonald (Group Leader-Mathematics), Mrs Dunlop (Support for Learning), Mrs Hydes (Business), TBC
Club La Santa- Lanzarote

Are you an active person? Do you take any opportunity to play sports with friends and family? Or is your preference yoga and a leisurely swim? Add this to the opportunity of doing it all in the sunshine of the Canary Islands... then Club La Santa is for you!!

Health and Wellbeing is hugely important at Gryffe High School and we are once again delighted to offer pupils the opportunity to visit this top European health and sports resort. As the self-proclaimed “World’s number 1 active holiday resort”, Club La Santa has everything that a lover of sports and leisure could want. Individual activities or team sports, there is something for all. There is even a Spa to enhance your mental wellbeing! Pupils will have the opportunity to participate in activities of a varying nature throughout each jam-packed day!

What is included?

- 5 nights apartment accommodation
- Flights to and from Lanzarote from Glasgow Airport.
- Transfers to and from the resort from Lanzarote Airport (approx. 30 mins).
- Full use of sports facilities* and swimming pool.
- Full Board- Breakfast, lunch and dinner provided.
- Cost approx £780-£800 depending on pupil numbers and flight confirmation.

*Activities included in the package: Aerobics, Badminton, Basketball, Beach Volleyball, Cycling, Fitness, Football, Handball, Padel Tennis, Pilates, Zumba, Running, Squash, Swimming, Table Tennis, Tennis, Indoor Volleyball, kayaking, stand-up paddle boarding, fitness classes and many more.

Please Note: an additional charge is required for some activities such as Golf, Shopping and The Spa.

If you are interested in the above trip and would like further information, please contact a member of staff detailed below or browse the Club La Santa website: www.clublasanta.com.

Information on the La Santa 2019 trip can be found on our Instagram and Twitter pages:

- @GryffeLanzarote
- @GryffeLanzarote

La Santa 2020 Staff Involved:

- Mr A Findlay (PT Support: Guidance), Miss S Still (PE), Mr A Vannett (Social Subjects), Miss K Thornton (PE) and additional staff member TBC.

Caring ● Learning ● Achieving

www.gryffehigh.com
Destination: Italy - Rome and Sorrento

Dates: Saturday 16th May - Thursday 21st May 2020

Tour Company: NST

Cost: £800 approx

Price also includes fully comprehensive insurance

This six day and five night package includes:

Transport: Flights and coach for transfers and excursions in Italy

Accommodation: Six days and five nights in hotels in Rome and Sorrento. All rooms with private facilities (2-4 pupils per room). Breakfast and evening meal will also be included.

Excursions:

Day 1 - Visit the Colosseum, Pantheon, Trevi Fountain and St Mark’s Square

Day 2 - Visit Cincietta Theme Park in Rome

Day 3 - Visit the Catacombs en route to Sorrento

Day 4 - Visit the Herculaneum/Pompeii and Mount Vesuvius and pizza making demonstration in the evening

Day 5 - Full day visit to Capri with a visit to a Bowling Alley in the evening

This itinerary may be subject to change.

Staff Contact: Miss E Paterson (Maths), Mrs Hadden (ABC), Mr Blue (Art)
You have the once in a lifetime opportunity to train at Valencia’s state of the art training academy next to the Valencia first team in warm weather conditions. This is an amazing experience!!!!!!

**Your Tailor-Made Package Includes**

- Return flights to Spain (including all airport, airline and government taxes)
- Full ground transportation whilst in Spain as per the itinerary
- Carry on baggage only
- 3 nights in 4* hotel accommodation overlooking the Valencia CF Academy (based on 2-4 sharing)
- Full board to include dinner on day 1 and lunch on final day (buffet style)
- 3 high quality training sessions on all aspects of play from the Valencia CF full-time coaching staff
- Use of the Paterna training facilities for all scheduled training sessions with club coaching staff
- 1 x pre-arranged match per squad against similar standard Spanish opposition
- Behind the scenes tour of the Mestalla Stadium including visit to official club shop
- Water provided for all training sessions
- One return transfer to local entertainment complex including dinner at local restaurant
- Provision of an *inspiresport* branded Adidas football kit (shirt and shorts)
- Coach education opportunities for Sports Trip Organisers
- Services of a bi-lingual *inspiresport* representative to stay with you throughout the tour
- Final printed itineraries
- Visit to Valencia Beach

**Cost : £739.00**

Speak to Mr Taylor for more details.

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www.gryffehigh.com
**Destination:** New York  
**Dates:** Sunday 17th May - Friday 22nd May 2021 (TBC)  
**Tour Company:** NST  
**Cost:** £1500 per person

This six day and five night package includes:

**Transport:** Flights and then coach for transfers and excursions in New York  
**Accommodation:** 6 days and 5 nights room only at YMCA Vanderbilt  

**Itinerary:** TBC

Day 1 - Arrive in New York  
Day 2 - Full day sightseeing walking around Manhattan, Museum and Empire State Building  
Day 3 - Visit the Statue of Liberty & take the Ellis Island cruise. Broadway Show  
Day 4 - Central Park, 9/11 Tribute Center  
Day 5 - Walk the Highline, Federal Reserve Bank of New York Tour  
Day 6 - Travel home  

Price also includes fully comprehensive insurance.

**Staff involved:** S Macdonald (Group Leader-Mathematics), Mrs Dunlop (Support for Learning), Mrs Hydes (Business), Mr McBlain (Technical)
Manchester City Football Tour

You have the chance to train at the state of the art Manchester City Youth Academy, home of the Premier League Champions.

Your Tailor-Made Package Includes

- Full ground transportation in executive air conditioned coach throughout the tour
- 2 nights' at the Hallmark Hotel, or similar (based on 2-3 sharing)
- Half Board Meal Basis in the hotel (first meal is dinner on day 1; final meal is breakfast on day 3)
- 1 lunch to be taken at Manchester City's CFA facility
- 3 x 90 minute high quality training sessions on all aspects of play from City Football Schools coaching staff
- Use of the state-of-the-art City Football Academy (CFA) facility for all scheduled training sessions
- Use of 'City Football Schools' kit for all training sessions at CFA
- Provision of an inspiresport branded Adidas football kit (shirt and shorts)
- Behind the scenes tour of the Etihad Stadium, including visit to official club shop
- Coach education opportunities for Sports Trip Organisers
- Services of an inspiresport representative throughout the tour
- Final printed itineraries

Cost: £429.00

Speak to Mr Taylor for more details.
LONDON
2020

Destination: London
Tour Company: Adaptable Travel
Cost: £460 per pupil
Provisional Date: 19th May – 22nd May 2020 (TBC)

This four day and three night package include:

Transport: Coach travel to and from London and excursions for the duration of the trip.

Accommodation: 4 days and 3 night’s bed & breakfast basis. 3-star quality hotel Borehamwood. All rooms are en suite (2/3 pupils per room). Dinner will be provided by the hotel each evening. Bar/snack area, satellite TV, free wifi.

Excursions: Day 1

- Thames River Cruise
- Flight on the London eye
- Lunch at Pizza express
- Imperial War museum
- Madame Tussauds

Day 2

- Blue badge tour of London, see all of the sights!
- National History museum
- Dinner at Planet Hollywood
- London Dungeons
- West end show

Day 3

- Thorpe Park

All prices include insurance

Staff Involved: Mr J Gallacher (P.E Department), Others TBC.
ARDGOUR ANTICS

LOCATION
Abernethy Ardgour is an adventure activity centre located on the shores of Loch Linhe on the Ardnamurchan Peninsula on the west coast of Scotland near Fort William, Ben Nevis and Glencoe.

ACTIVITY
Adrenaline fuelled activities with qualified instructors include: abseiling, kayaking, mountain biking, open canoeing, zip wire, ropes adventure course, archery, plus many more!!!!!!! Fun filled evenings with games and competitions.
18th May - 20th May with inschool activity on Thursday 21st May
COST £250 approx
Included - coach travel, ferry ride, meals and all activities.

For information contact Mrs Dornan
(Tests the teachers to their utmost—
can Mrs Dornan conquer her fear of heights?!!!)

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“Pedal – Paddle – Plunge”

Day1: Cycle the Island of Cumbrae and dine at an establishment of your choice. Work off lunch beachcombing.

Day2: Make a splash Kayaking and Raft building at Castle Semple.

(bring a packed lunch)

Day3: Release your energy - gorge running and pool plunging in cascading waters near Aberfoyle.

(bring a packed lunch)

All equipment provided. Participants must be able to swim 10m.

Travel to locations in minibus.

Cost: £110 (approx.)

Staff: Mrs O’Neill, others TBC
Scary Scotland!

Day 1 – Glasgow
Blair Drummond Safari Park
Lions and Tigers and Bears...oh my!!

Day 2 – Loch Lomond
SEA Life Centre

Day 3 – Edinburgh
Edinburgh Dungeons
The ultimate thrill filled journey through Scotland’s past. Are you brave enough?

Staff: Mrs Condy (Maths Department).

Cost: £80 aprox (to be confirmed)
The ULTIMATE Experience

Do you like to have fun?
Then choose the Ultimate Experience... you won’t be disappointed!

These 3 fun-filled days have something to suit everyone and you can still return to the comfort of your own home at the end of each exciting day...

This trip involves:
A day spent at Flip Out where you can bounce and somersault the day away with a tasty lunch provided.
A day where you can test you fears at Climbzone or bowl your socks off, then chill out at the cinema...
and...
A day scooting around Scotkart before a big team game of outdoor Laser quest - with another tasty lunch provided!

What’s not to like?

Approximate cost: £125 (includes lunch 2/3 days, instruction for all activities and bus hire)

Staff Contacts: TBC
**Fishing Frenzy**

Come and learn how to fly and bait fish with our 3 day course.

You will spend the first day learning how to cast both bait and fly rods.

You will spend 3 days at the fisheries in Kilmacolm, Pinewood and Lawfield.

Fish available range from rainbows, browns, blues, tiger and brook trout.

All equipment will be provided or you can bring your own.

**Staff:** Mr Smith (Maths)

**Cost:** approx £70

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**Creative Bakes**

Come and have fun learning new skills or developing your skills in baking and in cake finishing!

On this three-day course, in the HFT Department, learn with the help of a visiting professional cake decorator to:

- Create a stunning box of cupcakes, a novelty cake and other delicious bakes to take home and enjoy!
- Bake the perfect sponge
- Work with sugar paste, creating 2D & 3D shapes
- Use a variety of piping techniques
- Colour sugar paste

**Cost:** £50

**Staff:** Mrs Thomson, Miss Marshall (HFT)
Virtual Reality - Gaming

In school activity.

Come and explore a world of gaming like never before, and discover a universe of possibilities. With VR technology, you can bridge the gap between gaming and reality.

The latest cutting-edge, immersive technology, created (or re-created) environments that make you feel like you really are somewhere else. Offering 360° vision and sounds, with the ability to interact with what you can see, your movement effects what you can see. Step into virtual reality on PC to see and experience gaming like never before.

We will also look at various other gaming consoles such as Xbox, PlayStation and Nintendo Wii.

Staff: Mr Evans / ABC Faculty  
Cost: Free

Sporting Games

3 days of playing various sports.

Come along with your friends for a friendly, healthy sporty choice for activity days.

Staff: Sport Co-Ordinators

Cost: £10

(Sports to be played will be announced nearer the time depending on coach availability.)

Our Activities Week runs during the school week and as such, there is a legal requirement for all pupils to attend school.

A programme of school activities / lessons will be put in place, across the 3 days, for any pupils who do not want to get involved in our Activities Week programme.
Pupil Response Form

ACTIVITIES DAYS 2020

Name: ___________________________ Class: __________

First Choice: __________________________

Second Choice: __________________________

Third Choice: __________________________

New York 2021 [ ] (Please tick if interested)

Friend List

1. __________________________

2. __________________________

3. __________________________

I understand that pupils may be prevented from participating in an activity or removed from an activity because of behaviour in classes or around the school or for refusal to fully comply with the school dress code.

Signed __________________________ Pupil

Signed __________________________ Parent/Carer

THIS FORM MUST BE RETURNED TO THE MATHS DEPARTMENT BY

Monday 26 August 2019