

**A**

**GROWTH  
MINDSET**

**MEANS THAT  
YOU BELIEVE**  
*intelligence*  
**CAN BE**  
*developed*

And you have a  
**PASSION**  
To  
**LEARN**

**Embrace**  
**Challenge**  
Learn  
From  
Mistakes

Year 7  
Year 8  
Year 9

**KEEP  
GOING**  
When things get  
**TOUGH**

**BE**  
**INSPIRED**  
**BY THE**  
**GREATNESS**  
**IN OTHERS**

**A  
N  
D**

**SEE**  
**EFFORT**  
**AS THE**  
**PATH**  
**TO**  
**MASTERY**

**Enrichment Week**

**15th—19th July 2024**





# Enrichment Week

Monday 15th July – Friday 19th July 2024

**E**nrichment  
**N**eighbourhood  
**R**espect  
**I**nnovation  
**C**hallenges  
**H**appiness  
**M**emories  
**E**ngagement  
**T**eam building

Welcome to the booklet for 'Enrichment Week' 2024! During these 5 days the normal school timetable will be suspended and replaced by a fabulous menu of activities to suit all interests, giving all young people the chance to try new things or improve their skills and knowledge in existing hobbies or interests and to work with other young people across the age range.

There are opportunities for sports, outdoor and adventure activities, creative and arts-based activities, science, technology and nature experiences ; we have tried hard to cater for all interests and budgets and we are convinced that there will definitely be something in this booklet to light every young person's fire!

## Choosing an Activity

Please read through all the activity details in this booklet. Some activities may require early-morning departures or may return to school later than usual, and some activities may require students to meet at an alternative location, e.g. Golf. It is important that young people can make their own way safely to and from the venues at these times should they wish to pick these activities.

Places will not be allocated on a first-come first served basis, although we will look at when applications are received where activities are over-subscribed. We will endeavour to meet the requests of as many students as possible **across their 3 choices**. Please do not rush into a decision but read all the information carefully before submitting your choices.

**Application process:** Students should choose three activities in order of preference and complete the online application form sent to all parents on 6th December 2023. Using this system, all applications will automatically be date and time stamped and no paperwork can then go astray. The deadline for all applications is **8am Monday 11th December**.

Confirmation of a place on an activity will be given as soon as all lists of participants have been agreed. We anticipate that this will be some time early in Term 3 and will appear on your ParentPay account as confirmation that your child has been allocated to an activity. Once your choice has been confirmed you will NOT be able to swap to another activity without consent, so choose wisely!

Whilst we will do everything we can to satisfy first choices, this may not always be possible, there are over 700 students making choices and most of the activities have a maximum number of participants. Likewise, if there are insufficient numbers opting for an activity then regrettably the activity may need to be cancelled and the student offered an alternative. If you have any questions about an activity you are interested in, then please email [dyerp@heles.plymouth.sch.uk](mailto:dyerp@heles.plymouth.sch.uk)

## Conduct and Behaviour

We expect students to maintain their high standard of conduct and behaviour during Enrichment Week. We welcome applications for all activities from all students, but in exceptional circumstances it may be that a young person is refused a place on the grounds of previous, poor or dangerous behaviour. We take our safeguarding duties seriously and are not willing to jeopardise the enjoyment or safety of any child on any activity. Alternative on-site provision would be made for any student who is felt to pose too much of a risk to take part in particular activities. Likewise, instances of poor or dangerous behaviour during an activity may result in a child being removed from an activity. If this is the case, a refund will not be possible and parents/carers may be instructed to collect them from where the activity is taking place.

## Attendance

Please note that Enrichment Week is an integral part of your child's education. Attendance is **NOT** optional; it is part of our school term and it is important that normal attendance is maintained. Any absence not supported by an acceptable reason (e.g. illness or medical appointment) will be recorded as an unauthorised absence.

## Other Information

If a student is in receipt of a free school meal (FSM) then these will be ordered in advance for them. Otherwise, meals can be purchased from the school canteen as normal for school-based activities. Off-site activities will require a packed lunch to be provided or money to purchase refreshments where appropriate.

## And finally...

We know that Enrichment Week will be a fun, action-packed and deep learning experience for all involved; we can't wait! I hope that you share our enthusiasm as you read through this booklet and see the opportunities on offer to our young people. Our intention is to make this an awesome week so that it continues to be a central part of the Hele's School experience each year!

*Justine Mason, Principal*

## Enrichment Week has the following key learning objectives:

- ◆ To provide our learners with a valuable social and educational experience (not usually available within the traditional school day) during which they can:
  - develop self confidence and self esteem;
  - improve their motivation to learn new and challenging skills;
  - enhance their communication skills;
  - learn and develop team working skills;
  - become resourceful and resilient;
  - accept and take on increasing levels of responsibility;
  - change/develop attitudes and values and respect the value of differences between people.
- ◆ To provide an inclusive programme of learning which meets all budgets and interests.
- ◆ To provide a programme which gives learners opportunities to gain national qualifications and certificates, wherever appropriate.
- ◆ To provide opportunities for learners to experience success and to celebrate their achievements.
- ◆ To develop trust and whole school team spirit throughout the week – developing, improving and strengthening relationships between learners, staff and the community.
- ◆ To provide learners with opportunities to complete active citizenship projects.
- ◆ To engage learners in fun and active reviews, where they reflect and think about what they have learned about themselves and others from these experiences, how they could benefit



# Payment for Activities

The cost for each activity is shown at the bottom of each page, along with arrangements for payment. Some costs are approximate and will usually depend upon the final numbers opting for each activity, **although the amount shown in the booklet will be the maximum amount you can expect to pay**. Arrangements have been made to try to subsidise activities wherever possible to keep costs manageable.

Payments cannot be made until places have been confirmed by letter and will then appear on your ParentPay account. Once you have received confirmation of your child's place on an activity, you will be asked to pay either the amount in full or to pay the first instalment. Please refer to the individual activity outlines for payment requirements. Payment will act as a **non-refundable** and **non-transferable** deposit, so please make choices carefully! (Note: the only exceptions to this rule are if the school has to cancel an activity due to insufficient numbers opting to do it or if an activity is cancelled by the provider ( e.g. due to Covid) . In such circumstances the deposit will be refunded in full.)

Deposits will be required by **31st January 2024**. All payments must be completed by **Monday 29th April 2024** for a student to participate in their chosen activity. No changes to activities will be allowed after this date unless agreed by the Finance Department.

All payments should be made via the **ParentPay** link. This gives the flexibility to make payments whenever you choose, as well as eradicating the risk of your child 'misplacing' your hard earned cash or cheques on their way to school! ParentPay can be accessed via the school website:

[www.heles.plymouth.sch.uk](http://www.heles.plymouth.sch.uk)

If you do not have access to the internet and ParentPay, you can request a **BARCODE** letter which will link to the activity your child is assigned to.

If students are taking part in an activity that involves long journeys or specialist activities, you may be invited to an information evening nearer the time. This will give you a chance to meet staff members and find out more about the activity.

## Finance Support: 01752 334191

If you have already received a letter advising you of Pupil Premium funding to support your child this academic year and wish for this to be considered for Enrichment Week, please contact the Finance Department for further advice.

For all other students, if payment is a barrier to participation, please contact the Finance Department for further advice.







# Action Unpacked

24  
Places

## Feel the NEED for ADVENTURE?

Experience a range of land & water based outdoor activities on Dartmoor and the surrounding areas during the week's activities.

You will take part in: kayaking & canoeing, rock climbing, abseiling, scrambling, hill walking, mountain biking, tree surfing and more.

Explore some of the beautiful countryside that is on our doorstep, while undertaking the activities. This might lead you to developing a lifelong passion for returning to the area and the activities you undertake.

All specialist equipment will be provided but you will need to have suitable clothing, including a waterproof coat or jacket and footwear you can walk in all day and over a range of terrains. For the water activities you will need a change of clothes, shoes that you don't mind getting wet and a windproof jacket or cagoule.

If you have a wetsuit bring it along, but it's not essential. Wetsuits and waterproof cagoules will NOT be provided for the water based activities.

Mainly you will need a positive attitude about trying new things, the ability to work as part of a team and a good sense of humour.  
"Feel the fear and do it anyway"!

Transport is included to all venues.



Activity Leader	Mr Smith
Total Cost	£185
Deposit due by 31st January	£50
Suggested payment plan	Plus 2 x £50 1 x £35
Curriculum links & key skills	PE, Personal Development, Leadership, Teamwork, Employability Skills
Useful Information	Minibus travel is included each day from school. You do need to be able to swim 50m.
Activity Code	<b>ACT</b>



# Animal Antics

90  
Places

Do you have an interest in wildlife or exotic animals? This week will give you the chance to see a range of different species up close and learn about them and their natural habitats. You will have the chance to learn about sharks, see lions and tigers and dissect a squid!



The week includes animal based trips to :

- ♦ Plymouth Aquarium and behind the scenes
- ♦ Dartmoor Zoo
- ♦ Bonus trip to Woodlands Leisure Park and see the Hawk Display
- ♦ Newquay Zoo
- ♦ The Donkey Sanctuary in Sidmouth

The week will allow you to build an understanding about some of the issues facing animals around the world and to investigate some of those who live on our coasts. There will also be chances throughout the week to meet and handle geckos, bearded dragons and ferrets, amongst other animals.



Activity Leader	Mr Molyneux
Total Cost	£80
Deposit due by 31st January	£40
Suggested payment plan	Plus 1 x £40
Curriculum links & key skills	Science, Geography, Personal Development, Employability Skills, Conservation
Useful Information	All transport and entrance fees included. Packed lunch needed each day.
Activity Code	<b>ANA</b>



# The Art of Relaxation

30  
Places

This week involves a range of activities focused on doing things for yourself. These will include:

- Fitness at Fort Stamford
- Exeter RAMM Museum visit
- Charity shop challenge
- Crafting
- Pottery crafts at China Blue

Would you like to have a day in Exeter, having some time to wander around the shops, competing in a charity shop challenge and then using your bargains to make crafts? Visiting Exeter RAMM Museum? Perhaps having a day at **Fort Stamford** using all of the facilities might appeal to you? A trip to Totnes castle followed by pottery making at **China Blue**?

This week has been put together with you artistic people in mind. We want you to indulge in a range of activities that allow you to switch off from school. If you like the sound of what you have read then this activity is most definitely for you.



Activity Leader	Mrs Davies
Total Cost	£75
Deposit due by 31st January	£40
Suggested payment plan	Plus 1 x £35
Curriculum links & key skills	Team Building, Creativity, Employability Skills, Health and Well Being
Useful Information	
Activity Code	<b>ART</b>





# Get Stuck In!

**30  
Places**

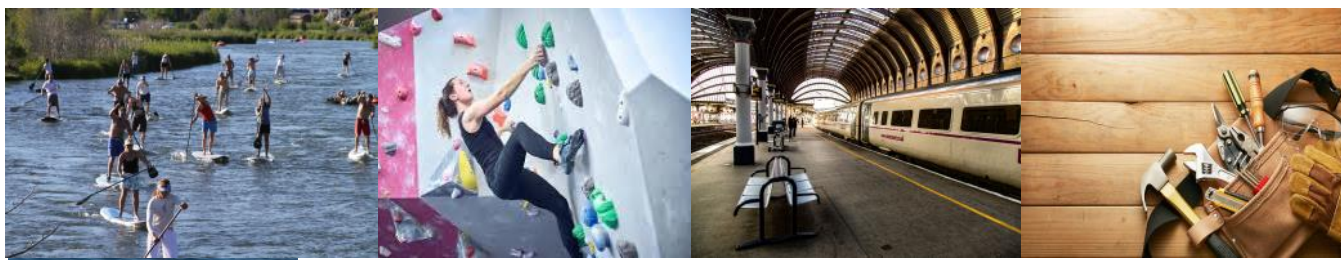
Are you interested in trying lots of different things, and pushing yourself?  
Do you work well in a team? Can you help others? Are you someone who likes to use their initiative?

We are looking for people who like to get stuck in and give everything a go!

Get Stuck In offers a variety of different activities during the course of the week, from climbing heights to practical skills, to water based and adventure activities. For some of you, some of these activities will be new and you may find you have to step out of your comfort zone. All you need is a 'can do' attitude alongside a willingness to be involved. Can you challenge yourself and 'Get Stuck In'?

- ♦ Climbing Hangar
- ♦ Practical skills development at the Skills Group, Langage, Plympton
- ♦ River Dart Country Park
- ♦ Exeter by rail (**meet at Plymouth Railway Station—train fare is included**)
- ♦ Mt Batten Watersports Centre

Transport is included to all venues.



Activity Leader	Mrs Pearce and Mrs Allen
Total Cost	£165
Deposit due by 31st January	£55
Suggested payment plan	Plus 2 x £55
Curriculum links & key skills	PE, Higher Education, Employability Skills, Teamwork, Personal Development
Useful Information	Mt Batten day: You need to be water confident even if not able to swim far, but all participants are provided with a buoyancy aid and a wetsuit with inherent buoyancy.
Activity Code	<b>GET</b>



# Golf Galore

24  
Places



Are you a golfing superstar in the making ?  
Do you just fancy giving a new game a go?  
Then this activity is for you!

## Golf week at Boringdon Golf Club

You will be given tuition by the club pros and put through your paces on the practice ground and on the course. There will be competitions throughout the week, assessments, and certificates will be presented based on your development. You will take part in a Ryder Cup type competition at the end of the week.

Coaching sessions on the following :-

**"Accurate irons"** - swinging with consistency and accuracy

**"Driving for show"**- driving the ball long and straight

**"Putting like the pros"** - gaining confidence over those nasty 5 footers

**"Chipping and pitching it close"**- getting up and down will knock shots off your score

**"Bunker play"** - playing from the sand will be easy after this session

Play on the 9 hole course with confidence after your coaching sessions. With lots of prizes to be won this is going to be an exciting week of golfing fun!

Open to everyone, even if you don't have a handicap - girls and boys of all standards welcome to attend. Come and join the fun!

You do need to make your own way to Boringdon Golf Park.



Activity Leader	Mr Carwardine
Total Cost	£105
Deposit due by 31st January	£45
Suggested payment plan	Plus 2 x £30
Curriculum links & key skills	PE, Experience of workplace, Employability Skills, Personal Development
Useful Information	See Mr Carwardine for advice on suitable shoes/trainers. <b>You will need to make your own travel arrangements to Boringdon Golf Club.</b> Transport is only provided on the Wednesday to Central Park.
Activity Code	<b>GLF</b>



# Hele's Hogwarts

32  
Places

Hele's becomes the most magical school ever - for one week only!

Are you *Sirius* about Harry Potter? The boy who lived? If you are, then this really is the experience for you.

Once you have been sorted into your house, you will create a little magic by conjuring up your own potions and manage your mischief by making a Marauder's Map. You can test your Harry Potter knowledge in a quiz and go on a treasure hunt for Fantastic Beasts. During the week you will compete in your house teams in a variety of Harry Potter themed crafts and games. You will not want to miss our visit to the **actual film set in London!** (And of course there will be an opportunity to watch some of the wonderful films as well.)



Activity Leader	Miss Norman
Total Cost	£105
Deposit due by 31st January	£50
Suggested payment plan	Plus 1 x £55
Curriculum links & key skills	Media, PE, Literature, Experience of workplace, Teamwork, Creative Arts, Employability Skills,
Useful Information	The cost of this activity includes travel by coach to Harry Potter Studios and the entrance fee. The trip to Watford will be on the Wednesday of Enrichment Week and will require an early start and a late finish.
Activity Code	<b>HAR</b>





# Hele's Block Buster Movies

30  
Places

## Hele's Goes to

# HOLLYWOOD

**This Summer, 30 Hele's pupils will WRITE, DIRECT and STAR in AMAZING SCENES inspired by Hollywood Movies...**

Calling on movie fans!



- ... Ever dreamed of web-slinging like SPIDERMAN?
- ... Fighting crime like BATMAN?
- ... Cataloguing fantastic beasts like NEWT SCAMANDER?

Or do you think you could make these films better? Try your hand at costume and prop design, script writing, acting, directing and editing.

Join us at **Hele's Goes To Hollywood** and you could re-create your own Hollywood blockbuster (on a slightly smaller budget!)

Plan, shoot and edit your own  
**60 SECOND BLOCKBUSTER!**

Activity Leader	Miss Hammond
Total Cost	£10 (Voluntary Contribution)
Deposit due by 31st January	£10
Suggested payment plan	N/A
Curriculum links & key skills	Media, Communication, Drama, Design, IT, Employability Skills, Teamwork, Personal Development
Useful Information	
Activity Code	<b>HGH</b>



# Horse Riding & Stable Management

30  
Places

Do you love horses and want to learn more about horse care? Do you want to learn to ride a horse? Or improve your horse riding? Then this activity will be right up your street, regardless of ability!

Join us for an action packed week at Fitzworthy Riding Stables, Corntown, near Cornwood.

You will be trained in stable management and general horse care with a very hands on approach and also receive basic riding instruction, plus there will be a woodland ride.

At the end of the week we will have our very own gymkhana to show off the skills you have learnt and compete for rosettes; a fantastic and fun way to end our week!

The centre now has an indoor riding school too!

Hard hats are provided.



Activity Leader	Mrs Greet
Total Cost	£295
Deposit due by 31st January	£70
Suggested payment plan	Plus 3 x £75
Curriculum links & key skills	Teamwork, Communication, PE, Employability Skills, Personal Development
Useful Information	Transport and riding hats are provided. No open shoes or jeans allowed.
Activity Code	<b>HOR</b>





# Hot Wheels

25  
Places

A twist on just mountain biking, this skills-based week will include other "wheely good" activities such as skate boarding and carting.

Mountain biking is challenging and you are going to be pushed in terms of your skills, riding local trails as well as some a little further afield we hope, if we can source a minibus and trailer (which is currently proving very difficult). As well as improving your fitness and bike handling you will also learn how to better maintain and repair your bike; this will give all participants the confidence that comes with knowledge.

Other days will include a visit to Prime Skate park in Plymouth, with equipment hired at the venue, Mount Hawke in Cornwall and then we plan to spend time building and racing our own carts in school. We will need to collect suitable materials over the coming months and you will play an important part in this!

You will need your own mountain bike in good working order, with gears and 2 working brakes. A cycle helmet is essential during the week, and we will brief all students on suitable clothing/equipment at a later stage. This activity is suitable for all levels of rider/skater; a sense of adventure and a willingness to be pushed out of your comfort zone is essential.



Activity Leader	Mr Whitehead
Total Cost	£60
Deposit due by 31st January	£30
Suggested payment plan	Plus 1 x £30
Curriculum links & key skills	PE, Communication, Teamwork, Technology, Employability Skills, Personal Development
Useful Information	You must have a helmet and mountain bike with at least 7 gears and working brakes. It is important that your bike is in good working order.
Activity Code	<b>HOT</b>



# Hele's Library of Curiosity

25  
Places

New for 2024

Do you love stories, reading books, watching movies and losing yourself in a world of imagination? YES! Then we have the place to be .... Hele's Library of Curiosity! Join us in a technicolour adventure of upside down worlds, Mad Hatter's tea parties, gothic escapades, romantic engagements and murder mystery challenges. We, the Librarians of Curiosity, want YOU to be part of this wonderful, whimsical world where we will delve into the places, people and poetry of some of the most creative minds in English literatures (and that includes yours).

**Monday: Alice in wonderland**—Delve into the inspiring mind of Lewis Carroll by exploring his fantasy novel. What was his inspiration and how has it influenced storytelling since it was published? Watch the Disney 2010 film version. Cosplay, whimsy and eating of jam tarts greatly encouraged on this day spent onsite at Hele's.

**Tuesday: Visit to Antony House Torpoint** where the 2010 version of Alice in Wonderland was filmed, including a behind the scenes tour to tell us how sets were created. A picnic on the spot the famous quadril dancing scene was made and croquet on the lawn.

**Wednesday: Visit to the home of Jane Austen and Mary Shelley in Bath.** Explore the dark, haunting mind of Mary Shelley and the tragedy that influenced her memorable and magnificent writing.

**Thursday: A visit to Greenway near Brixham** to see Agatha Christies house. This is one for the fans of clever crime fiction, puzzle and clues. How did this opulent country home influence one of the greatest crime writers of all time?

**Friday: Murder Mystery Games and Mad Hatter's Tea Party at school**



Information from:	Miss Miller
Total Cost	£100
Deposit due by 31st January	£50
Suggested payment plan	1 x £50
Curriculum links & key skills	Creativity, Personal Development, Literature, Media
Useful Information	
Activity Code	LIT

# Mini Adventures

150  
Places

A busy week visiting local adventure venues that may take you out of your comfort zone! Learn how to work as a team and make decisions, whilst having fun

## Proposed Activities:

Mount Batten:	Paddle boarding/kayaking
Skiing:	Including ski lessons, snow tubing, tobogganing
Woodlands:	Fun at Woodlands Theme Park
Haldon Forrest:	Treetop adventures, baboonzled, team games
ClipNClimb:	Climbing adventures
Adrenaline:	Trampoline and games

Packed lunches will be required each day. Transport is included.



Information from:	Mr Dyer
Total Cost	£180
Deposit due by 31st January	£50
Suggested payment plan	Plus 1 x £50 2 x £40
Curriculum links & key skills	PE, Leadership, Communication, Teamwork, Employability Skills, Personal Development
Useful information	You need to be water confident even if not able to swim far, but all participants are provided with a buoyancy aid and a wetsuit with inherent buoyancy.
Activity Code	<b>MAD</b>





# Outdoor Explorers

15  
Places

Outdoor explorers will give you a week of exploring the great outdoors. Not only will it be great fun, but you will also receive the John Muir Discovery Award after successful completion of the week.

Discover hidden streams, bottomless pools and climb granite tors!

You will spend a day in school investigating Dartmoor and its fascinating history followed by 3 days when we will be out on Dartmoor exploring. We will wrap up the week by creatively presenting what we have done to the school community.

There will be a range of activities to discover more about Dartmoor including hiking, climbing and conservation. Our conservation days will be working with the Dartmoor Rangers of Dartmoor National Park to support their conservation efforts leaving a lasting impact of our week.

The week will help you to build lots of new skills and knowledge and is a great first step if you are interested in completing The Duke of Edinburgh Award, Ten Tors or if you are interested in joining the CCF.

- Day 1: Preparing for your explore days!
- Day 2: Explore 1- Hiking around Burrator
- Day 3: Explore 2- Climbing at Hound Tor
- Day 4: Explore 3- Conservation with the Dartmoor Rangers
- Day 5: Your chance to share what we've done!



Activity Leader	Mr Rogers
Total Cost	£75
Deposit due by 31st January	£40
Suggested payment plan	Plus 1 x £35
Curriculum links & key skills	Geography, PE, Conservation, Employability Skills, Teamwork, Communication, Biology, Personal Development
Useful Information	You will have the opportunity to gain your John Muir Award.
Activity Code	<b>JON</b>

# Rocking Romans

30  
Places



New for 2024

A week having fun with various Roman based activities and more!

We will be going to London to visit the British Museum and look at their fine collection of Roman artefacts. They range from stone and metal sculptures of emperors and gods to jewellery, silverware, pottery, and glass, including the famous cameo glass Portland Vase.

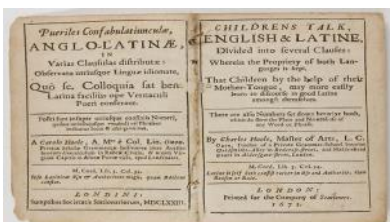
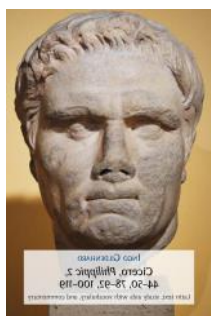
In the afternoon, we will get a bird's eye view from the London Eye to see many famous landmarks. This will be followed by a river boat cruise down the Thames.

The week will also include a walking tour around Exeter with a Roman Centurian who will provide you with lots of local Roman information.

Isca (Exeter) will reveal its Roman influence! There will be a visit to the Exeter Museum and some free time in the afternoon to see the cathedral and shops.

We will go to Ocean studios in the Royal William Yard and spend the day making a vessel in terracotta clay using slabs. These will be decorated using both black and white slip and be enhanced by a method called sgraffito. Students will also make unique patterns that reflects Roman ideologies. These patterns will be used to develop designs onto a T-shirt using block printing which is a typical form of print in the Roman times!

There will also be two days of Roman arts and crafts in school involving mosaic picture making and the building of a colosseum!



Activity Leader	Mrs Brookshaw
Total Cost	£175
Deposit due by 31st January	£60
Suggested payment plan	Plus 1 x £60 1 x £55
Curriculum links & key skills	Teamwork, Employability Skills, Personal Development
Useful Information	Transport is provided. Own Lunch Required.
Activity Code	<b>LAT</b>





# Sports Pursuit!!

30  
Places

Could there be any better way of finishing the school term than an action-packed sports week? Using a network of professional providers and contacts we aim to give you the best send off to the summer!

Final details of our week are tbc but likely to include all your favourite sports at Hele's as well as Climbing at Plymouth Climbing Hanger, Coaching from Argyle and Plymouth Patriots and a day at Albion.

Each day we will meet at school before participating in activities by one of the chosen providers. We could be travelling to see them in their natural setting! On site activities will finish by 3pm and off-site activities will see us returning to school as close to 3pm as possible.

Transport is included.



Activity Leader	Mr Cusack
Total Cost	£110
Deposit due by 31st January	£40
Suggested payment plan	Plus 2 x £35
Curriculum links & key skills	PE, Teamwork, Communication, Employability Skills, Fitness, Problem Solving, Personal Development
Useful Information	
Activity Code	<b>SPO</b>



# Star Baker

15  
Places

New for 2024

Have you ever wanted to learn some professional baking skills? Your journey starts here!

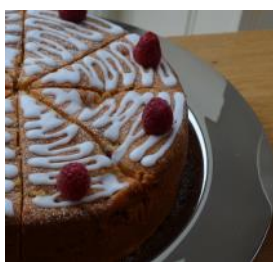
As part of the week we will be teaming up with bakers from the amazing Hufong Bagel Company to discover how a real bakery works.

Students will be required to travel independently to Plymouth town centre on this day where they will be met by Hele's staff and taken to the bakery on foot.

Over the course of the week you will learn:

- How to make spectacular and delicious bread, including sourdough
- How to make the perfect pizza and focaccia
- How to prepare professional standard buns and cakes
- How science, art and business skills combine to make a successful bakery

Throughout the week, you will produce sweet and savoury treats for friends and family, and, at the end of the week, you will take home some baking equipment to continue your baking journey.



Activity Leader	Mr Sinclair
Total Cost	£33
Deposit due by 31st January	£20
Suggested payment plan	Plus 1 x £13
Curriculum links & key skills	Employability Skills, Teamwork, Personal Development, Business Skills
Useful Information	You will need to be able to make your own way into town and home again one day of the week.
Activity Code	<b>BAK</b>



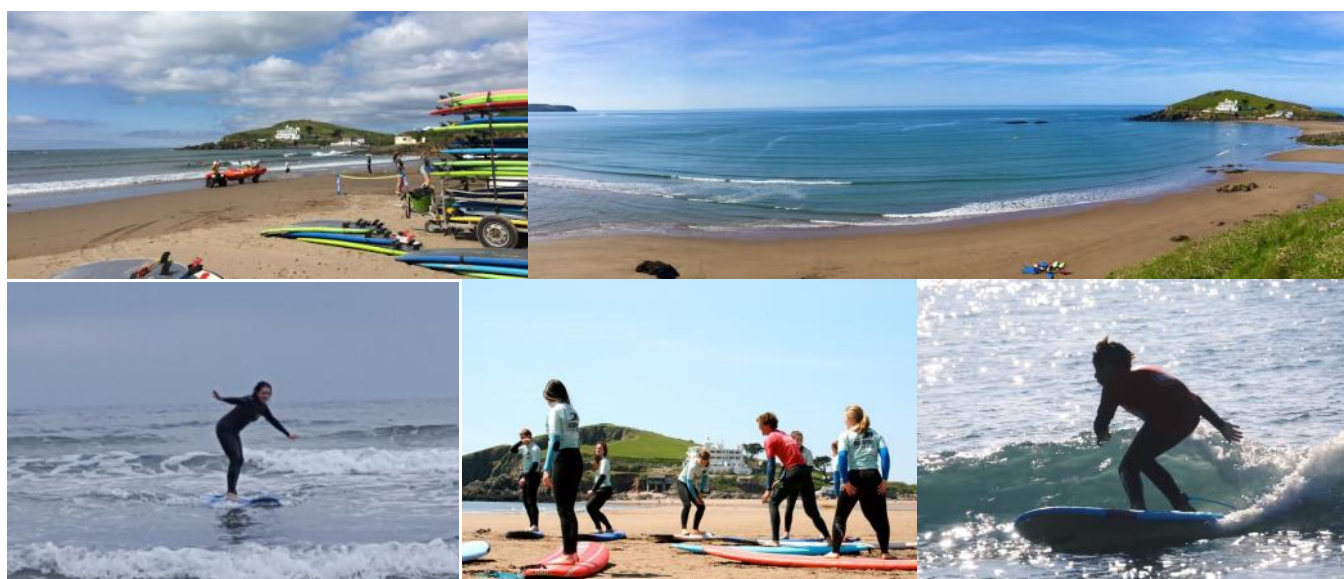
# Surf's Up

**30  
Places**

Are you a real water baby? Do you love and admire our fantastic South Devon coastline and all it has to offer? Or are you the sort of person that simply relishes a challenge? If you are any of these, then you will enjoy everything that this 5 day surfing week has to offer.

By the end of the week you will be competent enough to stand on a surf board and catch waves unassisted. Depending on your progress, you may even be able to ride your board freestyle! You will learn new skills, work as part of a team and take part in physical challenges. Having lots of fun in the water is also a certainty.

We will travel to Bigbury Beach by minibus each day from Hele's School. You will receive 3-4 hours of surfing tuition each day. All surfing equipment (surf board, wetsuit, safety vests) will be provided and included in the price.



Activity Leader	Mr Lovell
Total Cost	£230
Deposit due by 31st January	£60
Suggested payment plan	Plus 2 x £60 1 x £50
Curriculum links & key skills	PE, Teamwork, Communication, Employability Skills, Fitness, Problem Solving, Personal Development
Useful Information	You should be confident in the water and able to swim at least 50m.
Activity Code	<b>SUR</b>





# Water Sports at Mountbatten

24  
Places

If you are a water lover, then this is the activity for you. During this multi-activity week you will be participating in a variety of water based activities such as dinghy sailing, hawk sailing, wind-surfing, kayaking, gorge walking and (weather and tide permitting) paddle boarding. You will be taught by fully qualified instructors how to set up the sail boats, play games, race, climb along cliffs and jump off rocks (safely)! Activities involve journey planning and skill development.

All equipment will be supplied. You will of course need to be able to swim and have lots of enthusiasm.

Transport is included.



Activity Leader	Mr Cartwright
Total Cost	£230
Deposit due by 31st January	£50
Suggested payment plan	Plus 3 x £60
Curriculum links & key skills	PE, Teamwork, Communication, Employability Skills, Fitness, Problem Solving, Personal Development
Useful Information	You should be confident in the water and able to swim at least 50m. Transport is included.
Activity Code	<b>WSP</b>

# Wellness Week

30  
Places

## Wellness Week

A week of empowering activities to promote health and wellbeing of mind and body:

- find balance with yoga on the green at the Royal William Yard
  - nourish your skin and hair with homemade beauty products at a workshop with Lush
    - stimulate your creative side crafting jewellery, candles and decorations
  - let your inner beauty shine through with Summer festival hair and make-up tutorials
    - achieve harmony with a social media detox
  - feed your body and mind with healthy juices and smoothies
  - seek inspiration from great women of Plymouth in a Q&A session with social media influencers and business leaders
  - energise your body with sea swimming at Mount Wise lido and, for the bravest, stand up paddleboarding
- discover peace on a nature walk and share a picnic lunch in the sun



Activity Leader	Ms Hallam
Total Cost	£55
Deposit due by 31st January	£30
Suggested payment plan	Plus 1 x £25
Curriculum links & key skills	PE, Teamwork, Communication, Employability Skills, Fitness, Problem Solving, Personal Development
Useful Information	Transport is included
Activity Code	<b>WEL</b>



## And Finally... It's nearly the Holidays, Get me Out of Here!

We can't promise you the jungle, but we will be testing your knowledge and giving you the skills required to pass any Bushtucker Trial (or future GCSE).

A week of mainly classroom based activities, including knowledge quizzes from across the curriculum, outdoor learning such as campcraft and first aid training, and the opportunity to complete or refresh the Heart Start training session, as recommended by the British Heart Foundation. This activity will also include some walking to local environs with the possibility of some community work, and we will finish the week with some games and a shared lunch or picnic to send you off on your summer break in good spirits.

If you prefer to remain close to the school site and have a calm and purposeful week, closely linked to your lessons and curriculum, this is the activity for you. Any student who does not opt in to any of the other activities will be added to this one.

Activity Leader	Mrs Ayres
Total Cost	£5 Voluntary contribution
Deposit due by 31st January	
Suggested payment plan	
Curriculum links & key skills	PE, Teamwork, Communication, Employability Skills, Fitness, Problem Solving, Personal Development
Useful Information	
Activity Code	<b>FIN</b>

# Enrichment Week 15th–19th July 2024

All applications are being taken electronically. Please complete the link sent via InTouch with your 3 preferred choices.

The deadline for all applications is:  
**8am Monday 11th December**

Places **will not** be allocated on a first-come first served basis, although we will look at when applications are received where activities are over-subscribed. We will endeavour to meet the requests of as many students as possible across their 3 choices.

Oversubscription criteria are listed over leaf.

If you have any problems please do not hesitate to email  
[dyerp@heles.plymouth.sch.uk](mailto:dyerp@heles.plymouth.sch.uk)

## Enrichment Week 2024

### Over-subscription criteria

Sometimes we have more students signing up for trips than spaces available and so we've created criteria for allocating places.

In order of priority, for the Enrichment Week 2024, we will select to achieve a place for those:

- in care

- in receipt of Free School Meals

- eligible for Pupil Premium funding

- with SEND

- who meet the deadline for return of applications

Within those priorities we will consider students:

- in current Y9 over current Y8

- in current Y8 over current Y7

We also seek to ensure a gender balance/ year group balance where appropriate. Any places allocated where criteria alone can no longer be applied will be allocated using randomiser software (eg the randomiser feature on Excel)