

**A**  
**GROWTH**  
**MINDSET**

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

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

**Embrace**  
**Challenge**  
Learn  
From  
Criticism

Places will be  
allocated to  
activities on a  
'first come, first  
served' basis for  
all year groups.

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

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

**A**  
**N**  
**D**

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

**Aspiration Week**

**13th—17th July 2020**





# Aspiration Week

Monday 13th July—Friday 17th July 2020

**A**dventure

**S**kills

**P**roblem-solving

**I**nternational

**R**esidential

**A**chievement

**T**eambuilding

**I**nnovation

**O**utdoor

**N**eighbourhood

Welcome to the booklet for 'Aspiration Week' 2020! We are delighted to announce that Aspiration Week, an action-packed enrichment programme for Years 7—9, will run from Monday 13th July to Friday 17th July 2020 inclusive. The programme will run over 5 days. 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 hobbies or interests outside school 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 and possibilities to improve or to try new hobbies and interests. We have tried hard to cater for all interests and purses 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 departures or may return to Hele's School later than usual, and some activities may require students to meet at an alternative location, e.g. Girl Power, Golf, Mount Batten Week, etc. It is important that young people can make their own way safely to and from Hele's School at these times should they wish to pick these activities. **Please note** activities will be allocated on a first come, first served basis and it is essential that we hold the Off Site Trip/Medical Consent form for each child to process their application.

All activities are identified by a three letter code. Students should choose **three activities** in order of preference and complete the application form at the back of this booklet. **Incomplete forms will be returned.** The form should be returned to the collection box in **THE LIBRARY** no later than 9am on **FRIDAY 20TH DECEMBER**. **Please DO NOT hand your form to your Tutor.**

**The collection box will be emptied several times a day and each form is date stamped.**

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 in the **week beginning Monday 13th January**. Once your choice has been confirmed you will **NOT** be able to swap to another activity without the consent of your Head of House, so choose wisely! Whilst we will do everything we can to satisfy first choices, this may not always be possible. There are over 660 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 an alternative offered. If you have any questions about an activity you are interested in, then please get in touch with the **member of staff identified as an 'Information Point' on each activity.**

## Conduct and Behaviour

We expect students to maintain their high standard of conduct and behaviour during Aspiration 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 youngster 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 Aspiration 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 youngster is in receipt of a free school meal 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.

## And finally...

We know that Aspiration 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 (on behalf of the Aspiration Week Committee)*

## Aspiration 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 many opportunities for learners to experience success and to celebrate their achievements.
- ◆ To develop trust and the 'Team Hele's 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 from these insights both back at School and in other areas of their life.

# 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 exception to this rule is if the School has to cancel an activity due to insufficient numbers opting to do it; the deposit will be refunded in full in this case.)

Deposits will be required by **1st February 2020**. All payments must be completed by **1st May 2020** for a student to participate in their chosen activity.

The most convenient means of payment, for both the School and for you, is by using the **ParentPay** link and we urge you to use this facility. 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 pay by cash or a cheque made out to **"West Country Schools Trust — Hele's School"** This must be in a **sealed envelope marked with your child's name, Tutor Group and activity** on the front.

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.

## PUPIL PREMIUM AND FREE SCHOOL MEALS

01752 334191

If you have already received a letter advising you of additional funding available to support your child this academic year and wish for this to be considered for Aspiration Week, please contact Mrs Goodman on 01752 334191 for further advice.







# Action Unpacked

24  
Places

## Do you like a challenge? Do you want some adventure?

Join us for a week of action-packed activities and adventures that will not only be challenging but hugely rewarding.

Activities will include the following:

- Canoeing and kayaking
- Tree surfing at Tamar Trails
- Mountain Biking
- Bushcraft
- A trip to Woodlands Theme Park
- Indoor Climbing at The Barn

All specialist equipment will be provided.  
Go on, try something new!



Information from:	Mrs Whitfield
Total Cost	£120
Deposit	£40
Staged Payments	Plus: 2 x £40
Useful information	Minibus travel is included each day from school and return at the end of the school day.
Activity Code:	<b>ACT</b>





# Animal Antics

45  
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 :

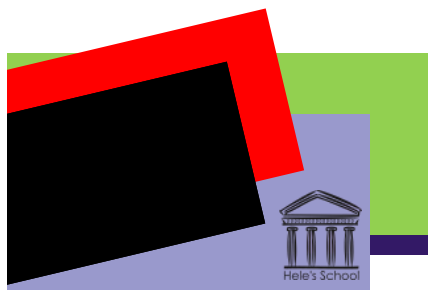
- ♦ Paignton Zoo
- ♦ National Marine Aquarium
- ♦ Living Coasts
- ♦ Visit from the Up Close and Personal team from Dartmoor Zoo
- ♦ Bonus trip to Woodlands Leisure Park and see the Hawk Display

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.



Information from:	Mr Blake
Total Cost	£65
Deposit	£35
Staged Payments	Plus: 1 x £30
Useful information	All transport and entrance fees are included. Pack lunch needed each day.
Activity Code:	<b>ANA</b>





# Day Trippers

45  
Places

A series of 5 individual day-long activities, led by different staff on each day, developing skills in various activities.

Activities will include a selection of day trips, and will be confirmed nearer the time. We are hoping to include the following:

- Murder-Mystery Treasure Trail; Discover more about a local town, following a self-guided tour. As you follow the Murder-Mystery themed route, can you solve the clues to find out whodunnit?
- A trip to the oldest jail in Cornwall (Bodmin) to look at the history of crime and punishment. A guided tour of the jail through the brand new visitor attraction for all!
- Planning and preparing a picnic lunch to take to Saltram House and the National Trust estate. A visit to the house, the gardens, the Plym estuary and bird watching area.
- An exploration of Plymbridge Woods and Cann Woods, looking at the trails and footpaths, the remains of old industry in the area and building dens in the woods.
- A day at the beach, playing games such as rounders and volleyball, paddling, rockpooling and relaxing. (No swimming allowed!)



Information from:	Mrs Ayres
Total Cost	£10 voluntary contribution would be appreciated
Deposit	£10
Staged Payments	N/A
Useful information	
Activity Code:	<b>DAY</b>



# DIY Pampering

30  
places

This is a unique opportunity to make products for yourself! Throughout the week you will learn new skills to create pampering products and jewellery for yourself and others.

You will be designing and making your own jewellery as well as making your own candles, bath bombs, soap and facemasks. You will take a trip to a Roly's Fudge shop on the Barbican where you will take part in a fudge making workshop. You will also visit the Skill Centre's Hair and Beauty department at Derry's Cross to meet the students and teachers and where you will get to practise your beauty skills and hair styling.

We will travel by coach to the Skills Centre and the Barbican and all transport is included in the cost of the activity.



Information from:	Mrs Lenden
Total Cost	£70
Deposit	£35
Staged Payments	Plus: 1 x £35
Useful information	
Activity Code:	<b>DIY</b>



# Elite Sports Coaching

30  
Places

Coaching in at least 6 sports in one week from professional clubs around Plymouth. A chance to learn new sports, or enhance your existing skills.

The Sports Department have arranged a fantastic week of professional coaching in the following sports:

Football—Plympton AFC  
 Martial Arts—South West Martial Arts  
 Tennis  
 Badminton/Table Tennis  
 Basketball—Plymouth Raiders  
 Volleyball  
 PLUS: botcha, sitting volleyball, curling

All you need is your P.E Kit plus lots of enthusiasm!



Information from:	Mr Burkey
Total Cost	£40
Deposit	£40
Staged Payments	N/A
Useful information	You will need to wear suitable sports kit and footwear during the week. Please bring plenty of water with you.
Activity Code:	<b>ELI</b>





# Girl Power for Y8 & 9s!

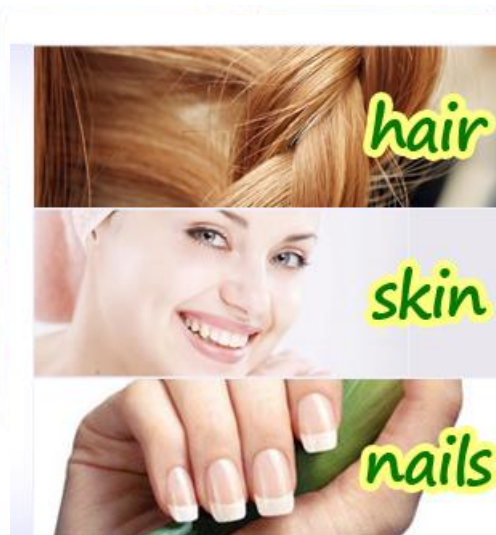
15  
Places

## *She believed she could, so she did!*

The 21st Century woman wants independence. She wants to work hard to build herself a secure future and she wants to have fun! With that in mind, how about a week of activities focussed on not only refining your existing skills, but also having a go at learning skills you may not have previously considered? Our action-packed week has five different activities to keep you on your toes:

- ◆ Health, fitness and general pampering at Fort Stamford Health Spa
- ◆ A day of Construction at Plymouth Skills Centre, Western Wood Way, Plympton
- ◆ Adventuring to Exeter by train to shop 'til you drop on a budget and 'do lunch' before catching the train back to Plymouth.
- ◆ Indulgent day on the Barbican.
- ◆ A day of learning Hair & Beauty skills at Plymouth Skills Centre, Derry's Cross, Plymouth.

After this fabulous week of activities you'll be more than equipped to tackle the world as an independent woman! All specialist clothing, footwear and equipment will be provided; all you need is a enthusiasm and a positive attitude!



*You will need to arrange your own transport to each meeting place all week.  
Please speak to Mrs Pearce or Mrs Allen if you need any advice on this.*

Information from:	Mrs Pearce and Mrs Allen
Total Cost	£70
Deposit	£35
Staged Payments	Plus: 1 x £35
Useful information	You will need to make your own way to <b>ALL</b> venues and provide your own lunch.
Activity Code:	<b>GRL</b>



# Golf Galore

20  
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 all week at the 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 and assessments throughout the week, 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!

**Own transport required to and from the venue each day**



Information from:	Mr Carwardine
Total Cost	£75
Deposit	£40
Staged Payments	Plus :1 x £35
Useful information	See Mr Carwardine for advice on suitable shoes/trainers. <b>You will need to make your own travel arrangements.</b>
Activity Code:	<b>GLF</b>



# Harry Potter Hogwarts

30  
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 spells and manage your mischief by making a Marauder's Map. Rather than use the dangerous Polyjuice potion, why not get creative by making your own costumes? You can test your Harry Potter knowledge in a quiz and go on a treasure hunt for Fantastic Beasts. Fancy a game of Quidditch? Compete against the other Houses in a tournament.

Whatever way you want to travel, by broomstick or by Floo powder, you will not want to miss our visit by our own magical bus to the actual film set near [London!](#)

(And of course there will be an opportunity to watch some of the wonderful films as well.)



Information from:	Miss Sum
Total Cost	£95
Deposit	£40
Staged Payments	Plus: 1 x £55
Useful information	
Activity Code:	<b>HAR</b>





# Hollywood Comes To Hele's

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...**

Do you want to take on the challenge of making a  
**BLOCKBUSTER MOVIE?**

**Calling on movie fans!**



Ever dreamed of web-slinging like Spiderman? ... Fighting crime like Batman?  
... Cataloguing fantastic beasts like Newt Scamander?

Would you like to EXPERIENCE what goes on BEHIND THE SCENES ?  
...TRY YOUR HAND at directing, premier your film, WIN awards, popcorn and much more!

Join us for **Hollywood comes to Hele's** and you'll explore the technologies that make it all happen on the BIG SCREEN.

Information from:	Mrs Hammond
Total Cost	£10
Deposit	£10
Staged Payments	N/A
Useful information	
Activity Code:	<b>H2H</b>



# Homemade Home

15  
Places

Would you love to create? Would you like to try a range of crafts? Would you love to learn how to transform the items you no longer want into something beautiful?

This is an opportunity to learn some new skills that will help you enhance your room and help you save money on gifts.

During this activity, you will take your unwanted items such as: clothing, bedding, wool, card, picture frames etc.) and up-cycle them. The only limitation is your imagination. So start collecting items now!



Information from:	Mrs Ayres
Cost	£20
Deposit	£20
Staged Payments	N/a
Useful information	
Activity Code:	<b>HMH</b>



# Horse Riding and 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. Fitzworthy now has an excellent indoor riding arena so the weather will not stop you having a great time.

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!

Hard hats are provided.



Information from:	Mrs Greet
Total Cost	£185
Deposit	£50
Staged Payments	Plus: 3 x £45
Useful information	Transport and riding hats are provided. No open shoes allowed.
Activity Code:	<b>HOR</b>





# London Travellers

**30  
Places**

Do you consider yourself as a 'Culture Vulture'? Would you like to spend a week visiting some of the famous landmarks across London and experience the diversity, openness and richness that the capital city has to offer where over 300 languages are spoken?

This residential trip will include a variety of different activities that will take you across the capital. From visiting hot-spots of cultural hubs, exploring different religious holy spaces and learning about the 2,000 years old history, you will explore why London is famous for its art, architecture, history, food, culture and ethnicities. **Please note the deposit will be required by 24th January.**

**The trip will include visiting some of the places below:**

Science Museum	Shri Swaminarayan Mandir	Brick Lane/Spitalfields
House of Parliament	London Central Mosque	Oxford Street
Tower of London	St Paul's Cathedral	Chinatown
Speaker's Corner	Hyde Park	Poet's Corner
Buckingham Palace	Thames river taxis	Princess Diana Memorial Foundation
Natural History Museum	British Museum	British Library
Pall Mall	Carnaby Street	

**The following are included:**

Return train tickets from Plymouth to London Paddington  
Hotel accommodation in Central London (near Russell Square)  
Cooked full English/Continental breakfast  
Evening meals (different restaurants)  
Entrance to all visiting spaces and places  
5 day travelcard to all zones



Information from:	Mr Edwards and Mrs Skingle
Total Cost	£450
Deposit	<b>£120 required by 24th January.</b>
Staged Payments	<b>2nd instalment of £90 by 18th March. Final balance due by 14th April. (These dates are set by the Travel Company).</b>
Useful information	Travelling by train, all transport and meals are included; a packed lunch and snacks will be needed for Monday's travel.
Activity Code:	<b>LON</b>



# Mini Adventures

120  
Places

A busy week trying various sporting activities that may take you out of your comfort zone!

## Proposed Activities:

Mount Batten: Paddle boarding/kayaking  
 Adrenaline Quarry: Waterpark, Zip Wire and Go Karting  
 Woodlands: Fun at Woodlands Theme Park  
 Tree-surfers: Tree-surfing, Zip-line, Archery and Leap of Faith  
 The Climbing Hangar: Learn to conquer that mountain, team games  
 Packed lunches will be required each day.



Information from:	Mrs L Smith in the SIMS office
Total Cost	£140
Deposit	£50
Staged Payments	Plus: 2 x £45
Useful information	All transport is included.
Activity Code:	<b>MAD</b>



# Mountain Bikes!

**24**  
Places

Mountain bike activity, off-road, all-terrain cycling. Includes visits to Haldon Forest mountain bike trails, Lanhydrock, Bodmin, Cornwall, as well as local sites. You will be supervised by members of staff who are qualified Mountain Bike instructors and will be taught a range of riding skills and techniques to improve your capabilities during the week. The basics of bicycle maintenance and repair will be covered as part of the course too.

You must be prepared to push yourself hard during the week-long course and you will certainly finish the week fitter than when you started! All riders will be expected to cycle up-hill rather than get off and push!

The course is suitable for all abilities. You will need your own mountain bike with gears and 2 working brakes. A cycle helmet is essential during the week. If you have any questions, please don't hesitate in contacting Mr Whitehead.



Information from:	Mr Whitehead
Total Cost	£50
Deposit	£30
Staged Payments	Plus: 1 x £20
Useful information	You must have a helmet and mountain bike with at least 7 gears, as well as a working front and rear brake. It is important that your bike is in good working order. A sleeping bag is needed for the overnight stay.
Activity Code:	<b>MBK</b>





# Surf's Up

**24  
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.

The "Learn to Surf" week will be delivered to you as part of the British Surfing Association Junior Surfer Scheme, offering you the opportunity to gain a nationally-recognised surfing qualification and certificate.

We will travel to Bantham 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) is provided and included in the price.



Information from:	Mr Lovell
Total Cost	£180
Deposit	£50
Staged Payments	Plus: 2 x £65
Useful information	You should be confident in the water and able to swim at least 50m. Opportunity to gain British Surfing Association Junior Surf Scheme Level 1 and Level 2 qualifications, depending on progress made.
Activity Code:	<b>SUR</b>



# Water Sports at Mountbatten

18  
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 (weather and tide permitting), such as:

- dinghy sailing
- hawk sailing
- wind-surfing
- kayaking
- gorge walking
- paddle boarding

You will be taught by fully qualified instructors how to set up the sail boats, and get immersed in the excitement of playing games, racing, climbing along cliffs and jumping 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!

To keep the cost down, pupils will be expected to make their own way to the Mountbatten centre and arrange to be picked up at the end of the day.



Information from:	Mrs J Lee
Total Cost	£225
Deposit	£75
Staged Payments	Plus: 3 x £50
Useful information	You will need <u>to make your own way</u> to and from Mount Batten each day or share transport with a friend.
Activity Code:	<b>WSP</b>



## Aspiration Week 2020 Choices Form

Please detach the completed form and return it to the collection box in Student Services as soon as possible, but no later than **9AM FRIDAY 20TH DECEMBER**. Please **DO NOT** send any payment at this stage.

**Please note: The London Trip deposit IS required by 24th January.**

Every form will be date stamped on receipt.

Student name: .....

Year: ..... Tutor Group: .....

Please write down the CODES of your top 3 choices.  
**YOU MUST MAKE 3 CHOICES**  
INCOMPLETE FORMS WILL BE RETURNED TO YOU

	Activity Code	Activity Title
1 <sup>st</sup> choice		
2 <sup>nd</sup> choice		
3 <sup>rd</sup> choice		

Please write  
clearly and  
initial any  
changes

- I wish my son/daughter to be considered for one of the three Aspiration Week activities listed above.
- I agree to make the payment in full before they will be permitted to take part in the activity.
- I understand that places are available on a **first come basis** and if my child is unable to get any of their choices, I will be contacted as soon as possible.
- I consent to my child's name being shared with third party organisations where necessary in accordance with GDPR 2018 guidelines and for health and safety reasons.

Signature: .....  
(Parent/Carer)

Print name: .....  
(Parent/Carer)

*Please note that we will be unable to allocate a place on an activity without a signature.*

