



June 29th, 30th &
July 1st 2022

SPIRIT WEEK June 29th, 30th & July 1st 2022

This is a chance for you to get involved in activities that you may not normally have the opportunity to do in school. Please read through the information in this booklet and make sure you know what is expected of you during SPIRIT Week 2022.

DRESS CODE

IT IS IMPORTANT THAT PUPILS ARE AWARE OF THE DRESS CODE AND FOLLOW IT CAREFULLY.

- **Years 7-9:** Normal school uniform is **NOT** required, although a smart alternative is expected.
- Do not wear impractical fashion clothes as you will not be allowed to take part in the activity (no ripped jeans, chains on jeans, crop tops, vest tops, short skirts/shorts, or hot pants).
- You must check each trip for individual requirements of what you should wear and bring additional equipment where necessary.
- Sensible footwear is required for all activities.
- **Think** about the weather and be prepared for the weather to change if it is an outdoor activity (layers and waterproof coats, as well as sun cream minimum SPF15).

Please use your common sense and ask if you are unsure

TIMINGS OF THE DAY

For activities **in school**, the timings for the school day are the same, please be in school by 8.40am each day. Please be aware some break and lunch times may vary. You must **check** the timings for each **offsite trip**. Onsite lunch will be at 11.45am – 12.30pm.

You will **NOT** be registered in your form rooms by your form tutor; instead, you will be registered for each trip or activity at the designated meeting point. Do not be late at the start of the day or after lunch or break.

BEHAVIOUR

For all of these activities we **expect the highest standards of behaviour**. Remember that on school trips you are representing the school. **Poor behaviour on an activity could lead to exclusion from future activities throughout school and during SPIRIT week.**

We expect you to take part fully in SPIRIT week and to show all of the SPIRIT values: Self-regulation, participation, integrity, resilience, inspired and tolerance.

On external trips **only** phones/cameras are allowed for pictures, but pupils are **not** allowed under any circumstances to post on social media.

YOU ARE EXPECTED TO HAVE A POSITIVE ATTITUDE, A SENSE OF HUMOUR, ENTHUSIASM AND BE WILLING TO TRY SOMETHING NEW.

Year 7

DISCOVER THE PEAK DISTRICT (each walk approx. 4/5 miles)

Meet - PG1, 2, 3, 4 - 8.40am for 8.45am departure, return at 3.00pm

Year 7 will have the opportunity to spend the day in the glorious countryside of the Peak District. We will walk and incorporate valleys and dales, a picnic lunch and if we are lucky an ice cream, while developing some map reading skills and walking skills.

- Bring your own lunch – NO 'fizzy' drinks (not as rehydrating as 'still' liquids)
- Bring plenty of water in a non-breakable container. Remember you will have to carry what you bring so choose wisely!
- High energy low bulk/weight foodstuffs are best

Clothing:

- Long or short sleeved 'T' shirt, thin fleece/lightweight sweatshirt
- Trousers or shorts – NO jeans/combat trousers/or heavy cotton chinos
- Preferably **walking boots or trainers**, which have an 'active' sole and protective heel support – **NO 'fashion flats', converse or sandals.**
- Lightweight waterproofs (jacket & trousers) Hat/sun cream/sunglasses
- Rucksack with wide straps that will not cut into your shoulders

Olympics

Meet - Tennis Courts - 8.40am

A day filled with various Olympic activities and multi-sport competitions focusing on a range of different team and individual activities. You will get involved in demonstrating the 7 Olympic and Paralympic Values. Wear your PE kit or suitable sporting attire and be aware of the weather. If it is sunny make sure you have sun-cream with you as well as plenty of non-fizzy drinks to keep you hydrated and ready to go on this action-packed day. If it is cold, make sure you are wearing tracksuit bottoms and a jumper; waterproofs may be required for wet weather. Provide your own lunch or use the school canteen.

Paracord/friendship bracelets

Meet - ST3 - 8.40am or 12.30pm

This half-day creative activity gives pupils the chance to make a paracord keyring and bracelet to take home as well as having a go at making different friendship bracelet designs. Provide your own lunch or use the school canteen. Wear sensible, comfortable clothes.

T-shirt Dyeing

Meet - D7 - 8.40am or 12.30pm

Using fabric paint and tie dye techniques students will apply colour to a plain white t-shirt, at the end of the workshop they will have created their very own unique t-shirts. Wear old clothes and ideally bring in a shirt/top to protect your own clothes. Provide your own lunch or use the school canteen.

Rock School

Meet - JB1/2 - 8.40am

Want to be in a band... learn some new musical skills... jam away with friends recording your own track... rock school is for you! Provide your own lunch or use the school canteen. Wear sensible, comfortable clothes.

Circus Sensible

Meet - Sports Hall - 8.40am

Circus Skills Workshop Days include a Show/Demonstration, plus Circus Skills Workshops in groups. Skills vary but can include Juggling with balls, scarves and clubs, Plate spinning, Poi, Devilstick, Chinese Diabolo, beginners Stilts, Feather balancing, Cigar boxes, Fun Wheels, Chinese ribbons etc. Provide your own lunch or use the school canteen. Wear sensible, comfortable clothes.

Studio S Dance

Meet - PE3 - 8.40am

Learn... choreograph... perform... develop your dance skills in this workshop... perform to show your creation. You will need suitable clothing such as sportswear, trainers etc. Please bring a snack and plenty of water as you will be working hard! Provide your own lunch or use the school canteen.

Drama

Meet - JB3/4 - 8.40am or 12.30pm

Complete the greatest showman drama workshop. Provide your own lunch or use the school canteen. Wear sensible, comfortable clothes.

Imperial War Museum

Meet - LP2/3/4 - 8.40am for 9.00am departure, return for 3.00pm

Your experience at IWM North will change your perspective on world-shaping events. Explore displays on First and Second World War themes such as the Blitz, evacuation, life on the home front, rationing and trench warfare. Wear sensible, comfortable clothes. Bring a pack lunch, snacks and plenty of water. There is a gift shop and a small café at the museum.

Orienteering and Climbing Wall

Meet - EB2 - 8.40am

As a part of our SPIRIT week, you have a chance to take part in a range of activities based around orienteering onsite. You will have the chance to take part in team building activities, problem solving and orienteering challenges. Guaranteed to challenge you and to be loads of fun with friends!! You will also get to try and climb the wall! You might get DIRTY. **You should bring some old clothes, appropriate footwear.** Please bring a snack and plenty of water as you will be working hard!

Cake Pops and Fudge Making

Meet - D5 - 8.40am

Join us in the food department for a fun filled session creating a variety of sweet treats, including cake pops and fudge! You will also get the chance to decorate a presentation box to take your baked goodies home in! In school activity, please bring a packed lunch or use the school canteen.

Photography

Meet - D10 - 8.40am

In the morning, students will take a series of photographs whilst visiting the Salt Line. They will be taught a range of photographic techniques, including shallow depth of field to enable them to capture interesting shapes and textures. In the afternoon, students will process their work in the photography studio and manipulate their images using photoshop techniques inspired by artists including, Danielle Zalman. Provide your own lunch or use the school canteen. Wear sensible, comfortable clothes and bring plenty of water.

Duke of Edinburgh Taster

Meet - EB6/7 - 8.40am

The Duke of Edinburgh Award taster session will be a range of fun activities, that gives you an insight into the award. You will have the opportunity to participate in the award in Year 9. Throughout the taster session, we will explore a variety of activities such as cooking on stoves, team-building games, bush craft and orienteering/map skills. Provide your own lunch or use the school canteen. Wear sensible, comfortable clothes.

Dance

Meet - Gym - 8.40am

Learn... choreograph... perform... develop your dance skills in this workshop... perform to show your creation. You will need suitable clothing such as sportswear, trainers etc. Please bring a snack and plenty of water as you will be working hard! Provide your own lunch or use the school canteen.

Lego – Newcastle College

Meet - D3 - 8.40am to leave at 8.45am, return for 3.00pm

A day out at Newcastle College developing your design, maths, and programming skills by completing challenges using the Lego robotics kits. Wear sensible, comfortable clothes. Bring a pack lunch, snacks and plenty of water.

Nature Walk

Meet - EB8 - 8.40am

We will be taking a walk around Alsager and through the salt line to look at the local wildlife as we go. Through certain parts we will be taking a look at what is there and what it might mean. There will be the opportunity to find things out about nature that we walk past every day without noticing, have a picnic alongside the river and hopefully enjoy the sunshine over the course of the day. You will develop skills like navigation, spotting clues about where we are and a few survival tips too. Wear sensible, comfortable clothes. Bring a pack lunch, snacks and plenty of water.

Clothing:

- Long or short sleeved 'T' shirt, thin fleece/lightweight sweatshirt
- Trousers or shorts – NO jeans/combat trousers or heavy cotton chinos
- Preferably **walking boots or trainers**, which have an 'active' sole and protective heel support – **NO 'fashion flats' or converse**
- Lightweight waterproofs (jacket & trousers) Hat/sun cream/sunglasses
- Rucksack with wide straps that will not cut into your shoulders

Albert Docks – the Liverpool Museum

Meet - Best Bite - 8.40am for 8.45am departure, return for 3.00pm

Explore Liverpool's local history in the Museum of Liverpool and around Albert Docks. Wear sensible, comfortable clothes. Bring a pack lunch, snacks and plenty of water. There is a gift shop, a picnic area, and a small café at the museum.

Sports Extravaganza

Meet - Astro - 8.40am

Multi-sport competition day focusing on a range of different team and individual activities. Wear your PE kit or suitable sporting attire and be aware of the weather. If it is sunny make sure you have sun-cream with you as well as plenty of non-fizzy drinks to keep you hydrated and ready to go on this action-packed day. If it is cold, make sure you are wearing tracksuit bottoms and a jumper; waterproofs may be required for wet weather. Provide your own lunch or use the school canteen.

Make-up Masterclass

Meet - PE1 - 8.40am

Have a masterclass with the best make-up artist around... learn the look and make up your model. Provide your own lunch or use the school canteen. Wear sensible, comfortable clothes.

Ceramics

Meet - D8/9 - 8.40am

An external ceramic sculptor is coming into school, Nick Marsh, to teach skills in working with and experimenting with Clay. He will structure the sessions to allow pupils to create a ceramic piece that they can take home in the morning session and then in the afternoon pupils complete group work to create objects for the sensory garden, ceramic wind chimes and textured tiles to go into a seating area. Provide your own lunch or use the school canteen. Wear sensible, comfortable clothes.

Tech and Animation

Meet - Sports Hall - 8.40am

In this activity you will get the chance to get hands on with some tech. We will program some robots, write code to run on micro bits and do some animation. This is a chance to get physical with computing and we won't be sat at desks all day! All you will need is some resilience and some creativity - an ability to code is NOT required. Provide your own lunch or use the school canteen. Wear sensible, comfortable clothes.

First Aid

Meet - LP1 (Wednesday) 8.40am

Meet - Hollinshead Hall (Thursday & Friday) 8.40am

Complete the British Heart Foundation CPR course and receive a certificate on completion. The course includes primary survey (DRSABC); dealing with an unresponsive but breathing casualty (recovery position); dealing with an unresponsive/not breathing casualty; heart attacks; choking; and major bleeds. It will include practical demo & practice, plus video scenarios. Provide your own lunch or use the school canteen. Wear sensible, comfortable clothes.

Graffiti Stars

Meet - Design Quad - 8.40am

Our graffiti workshops are fun, full of colour, hands on and engaging from start to finish with all the elements to make up an experience of a lifetime. Create your own individual board and contribute to a larger display. Provide your own lunch or use the school canteen. Wear sensible, comfortable clothes which you don't mind getting dirty. An old t-shirt may be useful to put on over your own clothes.

If for any reason you are unable to attend school at any time you **MUST** ring in to confirm your reason for absence otherwise it will be recorded as unauthorised/truanting. Attendance is mandatory!

YEAR 7 - MEETING PLACES AND TIMES

ACTIVITY	MEETING POINT	TIMINGS
Walking	PG1/2/3	8.40am - 3.00pm
Paracords and bracelets	ST3	8.40am - 11.45am or 12.30pm - 3.10pm
T-shirt Dyeing	D7	8.40am - 11.45am or 12.30pm - 3.10pm
Olympics	Tennis Courts	8.40am - 3.10pm
Rock School	JB1/2	8.40am - 3.10pm
Circus Sensible	Sports Hall	8.40am - 11.45am or 12.30pm - 3.10pm
Studio S Dance	PE3	8.40am - 3.10pm
Drama	JB3/4	8.40am - 11.45am or 12.30pm - 3.10pm

Please remember to say thank you to the staff running your SPIRIT week activity. There are lots of people working really hard to make sure you are able to enjoy SPIRIT week. Make sure it's an enjoyable experience for everyone.

YEAR 8 - MEETING PLACES AND TIMES

ACTIVITY	MEETING POINT	TIMINGS
Imperial War Museum	LP2/3/4	8.40am – 3.00pm
Orienteering and climbing wall	EB2	8.40am - 11.45am or 12.30pm - 3.10pm
D of E taster	EB6/7	8.40am - 11.45am or 12.30pm - 3.10pm
Photography	D10	8.40am – 3.10pm
Cake pops and Fudge	D5	8.40am – 3.10pm
Lego	D3	8.40am – 3.00pm
Dance	Gym	8.40am – 3.10pm
Nature walk	EB8	8.40am – 3.10pm

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YEAR 9 - MEETING PLACES AND TIMES

ACTIVITY	MEETING POINT	TIMINGS
Albert Docks	Best Bite	8.40am – 3.00pm
Make-up Masterclass	PE1	8.40am – 3.10pm
Sports Extravaganza	Astro	8.40am – 3.10pm
Ceramics	D8/9	8.40am – 3.10pm
Tech and Animation	Sports Hall	8.40am – 3.10pm
First Aid	LP1 (Wednesday) Hollinshead Hall (Thursday & Friday)	8.40am – 3.10pm
Graffiti Stars	Design Quad	8.40am – 3.10pm

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