

Year 8 Discovery Week 2019

Monday 15th July

Health workshops – Cost £12.00

Self Defence

Come and try self defence this Discovery Week! A local self defence instructor is coming in for the day to teach you the basic techniques in self-defence. These skills are built around different strikes using a variety of body parts to the attacker's weak points. These include defences to grabs, bear hugs and ground pin-downs. You can also develop your ability and power by using the kick bags. The emphasis is on avoiding confrontation but to arm yourself with the suitable skills if the situation cannot be avoided. A very worthwhile and useful session to get involved with.

Get Green

A chance to try your hand at some attractive gardening projects by preparing and planting some flowers, herbs or vegetables in mini pots to take home and continue to look after. Enjoy getting your hands dirty while improving the environment. See if you have green fingers while at the same time creating attractive displays or presents to take home. Gloves will be provided if you are worried about breaking your nails! You may even get time to decorate your pots.

Food

Make delicious real homemade lemonade which you will bottle and take home. You will also get the opportunity to participate in a blind tasting quiz.

or

The Globe Trip – Cost £27.00

Come and enjoy a guided tour of Shakespeare's world famous Globe theatre in London. See the building as it was in Shakespeare's day and learn about how it was reconstructed. You will also take part in a workshop where you will be introduced to some of Shakespeare's iconic characters and stories. There will also be a chance for you to visit the Shakespeare exhibition and gift shop.

or

Wellbeing Day – No Cost

An opportunity to take part in wellbeing activities for the mind and body.

Tuesday 16th July

Take Your Daughters to Work Day

All Year 8 pupils will take part in this day. Details to follow in the Spring term.

Wednesday 17th July

African Drumming – Cost £10.00

Pupils will have fun learning how to play African drums with exciting rhythms, research Africa and participate in a short play as part of the Music Curriculum.

or

A Play in a Day – No Cost

Have you ever thought about how a play is taken from the script and then turned into a production? What roles and skills are needed to do this? In groups you will be given an act from a play and will work to decide who will act and who will take the non-acting roles that are still key to productions. You will be able to make some changes: adding and dropping bits to make it really exciting and you could even add songs if you wish! The day will end with 'live' production of the play.

Thursday 18th July

Aladdin – Cost £36.00

An exciting opportunity to see the award-winning musical of Aladdin before the show closes in August 2019. After lunch at school we will travel to the West End by coach and attend the 2.30pm matinee performance of the Disney classic. Estimated return to school via coach at around 7pm. This trip has limited places and names will be chosen at random if it is oversubscribed.

or

Whole School House Competition – Movie Day – No Cost

Embrace your inner Director or acting persona! Work in groups to write a script and create your own movie. Get creative with props and produce a movie that will be screened as part of a show reel. There will be awards and popcorn.

Wednesday 17th July to Thursday 18th July

Residential Visit – Battlefields, Belgium and France – Cost £221.00

2014 - 2018 marks 100 years since the First World War and this is a unique opportunity for the pupils to visit the battlefields in France and Belgium. They will also visit a recreated trench system and be part of the last post ceremony at Menin Gate, the largest British memorial to the missing.