



Dear Parent / Carer,

Activities week will be running again for students in Years 7 to 9 in the week of **Monday 12th June to Friday 16th June 2023**.

Details of all the activities in this booklet will provide students with the chance to develop a particular skill or interest over the whole week. All of the activities have been carefully selected to provide safe and secure but challenging educational experiences. We believe that high quality educational experiences outside the classroom can challenge, inspire and motivate students.

Please read through the booklet and **complete the application form** no later than **Wednesday 1st February 2023**. Your child may wish to discuss with friends which activities they would like to participate in as a group. However, please be aware, It is not possible to guarantee that students will be allocated their first choice, as some activities may be over-subscribed. It is not a case of "first-come, first-served," but groups will be finalised by **10th February**.

Many of the activities will be taking place at various locations around the island. It will be your child's responsibility to arrive punctually at the appropriate location if applicable. Starting and finishing times should allow for the use of the bus service. Car-pooling among parents is another possibility.

This programme of events may be subject to change due to the on-going pandemic. Whilst we hope that all events will take place as planned, we cannot know in advance what regulations may change prior to activity week. We will of course keep you updated.

Activities vary in cost and this should be taken into consideration when discussing a choice of activity with your child. Any student who does not choose an activity will be expected in school, in full school uniform, following a full timetable.

Students must ensure that they are demonstrating positive behaviour throughout the year otherwise this may result in your child being taken off an activity. Should this occur then they will remain in school completing learning. There will be no refunds given as a result of this.

I hope this booklet will help you and give you the opportunity to discuss the exciting activities with your child.

Grainville School

Activity Week 2023

Refund Procedure

All activities are costed on a non-profit making basis. Payments are made to the companies organising the activity based on the number of staff and students who have been allocated to it and the final payment will have been made approximately four months prior to the activity taking place. Should we cancel any places we incur high cancellation fees, and in some cases are unable to make a cancellation. Considering this and based upon our experiences, the following terms and conditions regarding refunds have been introduced.

- All initial deposits are non-refundable unless the activity is withdrawn by the school or is over-subscribed.
- For off-Island trips: where students are unable to take part in an activity through circumstances beyond their control (e.g., illness) we will attempt to find a replacement student. If we are unable to find a replacement, no refunds will be possible. We would advise that you take out your own travel insurance to cover this situation.
- Staff leading activities, especially those which leave the school site, must be confident that students will be well behaved and excellent ambassadors of Grainville School. A student can be withdrawn from an activity at the last minute due to poor behaviour and we must reiterate that no refunds will be made.

Activity Week 2023

Important Dates

Choice Form Return Deadline

Wednesday 1st February

Confirmation of activity

Friday 10th February

Activities Week Dates

Monday 12th June – Friday 16th June 2023

Payment plan – off island trips (Rome, Barcelona and London)

Deposit	- £50 – 11 th January 2023
1st instalment	- £190 - by 3 rd February
2nd instalment	- £190 - by 3 rd March
3rd Instalment	- £190 - by 3 rd April
4th Instalment	- £180 - by 3 rd May

**On island payment plans will be organised through
your activity leader**

Activity Week 2023

London

Never visited England's bustling capital city? Well, now is your chance! This 5-day trip includes all the best activities that London has to offer. You can look forward to:

- Flying to London on the Monday and returning on the Friday
- 4 Nights hotel accommodation
- Breakfast on each day
- Transport for London tickets (for all tube and rail travel excluding Heathrow Express)
- Evening meals on each day
- Entrance to Harry Potter Warner Bros. Studios
- A spooktacular London Ghost Walk
- A tour of London's beautiful St Paul's Cathedral
- See London by boat on the Thames River Cruise
- Get a bird's eye view of London via the London Eye
- A tour of William Shakespeare's Globe Theatre
- Watch a play by the Royal Shakespeare Company
- Go to see a fantastic West End Show
- Get geeky at the world-famous Science Museum



Cost	£800 (payable in instalments)
Activity Leader	Miss Kemp
Available to	All
Maximum number of students	30 (16 places left)
Important Information	<p>Students will need to bring spending money to cover the cost of lunches and any souvenirs that they may wish to purchase</p> <p>Hotel rooms will be shared and organised by both gender and year group</p>

On Yer Bikes

On this activity pupils will cycle to various locations around the island to enjoy many activities that Jersey has to offer.

This will include cycling to Rocco's crazy golf in St Ouen's, spending the day at the Amazin Adventure park, a beach day and BBQ in St Brelades, Cinema, Pizza Hut and more.

Pupils **MUST** have their own bike and safety helmet for this activity and completed Level 2 Bikeability (formerly Cycling Proficiency) training. More information is available on the Jersey Sport website, and courses can be arranged by emailing bookings@jerseysport.je



Cost	Approximately £90
Activity Leader	Mr Cheeseborough
Available to	All
Maximum number of students	30
Transport	Must have a mountain bike and helmet
Eating Provision	Lunch provided on 4 of the 5 days
Important Information	Must be able to meet at La Frigate for drop off and pick up – or be happy for child to make their own way there

Friendly Beasts

Do you totally adore animals and want to become more confident around them? Are you enthusiastic about wildlife and local conservation?

Join us for a week of memorable legged, winged, shelled and scaly themed experiences and activities around the island.

Take part in a "behind the scenes" tour with VIP access at several prominent local centres and learn about a wide range of animals, from those small enough to fit in the palm of your hand right through to those weighing over 750kg.

The week also includes the exciting opportunity to experience what it would be like to own a pony for a day: get stuck in, learn how to groom, feed, care for and ride your new friend.

Plus, it wouldn't be complete without lots of opportunities for laughter, some silliness, games and some added treats.



Cost	Approximately £100
Activity leader	Ms N Quenault
Available to	Years 7 & 8
Maximum number of students	30
Transport	Students must make their own way to and from the various locations (one will be out West, one North, one East and it is anticipated that the remaining days will start and finish from school)
Eating Provision	Lunchboxes and drinks to be provided
Important Information	There is a weight limited of 10.5st/67kg for the pony riding activity.

Best of Jersey

Ever fancied climbing the endless sand dunes at St Ouen followed by football or frisbee on the beach? What about showing off your trampolining skills at De Mond Gymnastics Academy?

With endless outdoor activities including survival skills and bushcraft in St Catherine's Woods and surfing at Laneez Surf School, this week will take you around the coast of Jersey sampling all that our fabulous Island has to offer!

There will be multiple opportunities to treat yourself to an ice cream and sink your toes in the sand!



Cost	Approximately £100
Activity Leader	Miss Marett and Mrs Channing
Available to	All
Maximum number of students	20
Transport	Minibus/Coaches
Eating Provision	Students must provide own packed lunch and plenty of water!
Important Information	Students must wear sun cream, must be able to swim confidently and demonstrate responsible behaviour. Trainers and sports clothing are needed each day

Multiculture week

Do you want to experience elements of the different cultures we have in Jersey? Then this is the activity week for you.

We have a wide range of exciting activities, including a day trip to France.

- British day
- Portuguese day
- Polish day
- Spanish day
- French day

This activity week will be packed with fun things to do. Speak to Mrs de Jesus-Oeillet to find out more.



Cost	Approximately £100
Activity Leader	Mrs De Jesus-Oeillet
Available to	All
Maximum number of students	20
Transport	Students must make their own way to and from the various locations each day
Eating Provision	Students must provide their own packed lunch and plenty of water
Important Information	A final itinerary will be communicated when bookings have been made. For example capoeira.

Wild Adventures

If you enjoy action packed adventures, then this is the trip for you. Join us for a week around the island sampling some of the great activities it has to offer.

An action-packed week of adventurous activities from coasteering, rock climbing, paddle-boarding, abseiling, kayaking, boogie boarding, seashore safari, raft building, bushcraft, archery, orienteering and shelter building.

This week will make you see the outdoors in a whole new way. Join Kazz in an outdoor experience you will never forget. Transport to and from school included.



Cost	£200
Activity Leader	Mr Gallichan and Kazz Padidar
Available to	All
Maximum number of students	30
Transport	2 x minibuses
Eating Provision	Students must provide their own packed lunch and plenty of water
Important Information	Students must be able to swim 50m and wear sun cream. Students to wear trainers and sports clothing

Week out west

If you enjoy action packed adventures, then this is the trip for you. Join us for a week in the west of the island sampling some of the great activities it has to offer.

We join Absolute adventures for 2 days of kayaking, rock jumping, SUPing and more - but the fun doesn't stop there.

Test your balance and try to stay dry on the sofa rides in St Brelade's Bay. We will spend a day at Creepy Valley flying down zip wires, testing out the King Swing, aerial trekking and firing paint balls.

The group will also have a day learning how to surf in St Ouen's bay as well as spend a full day having fun at the Amaizin Maize enjoying go-karting, tobogganing, pillow jumping and more.



Cost	Approximately £200
Activity leader	Mrs Cooper and Mrs O'Malley
Available to	All
Maximum number of students	30
Transport	Students must make their own way to and from the various locations out west each day
Eating Provision	Students must provide their own packed lunch and plenty of water
Important Information	Students must be able to swim 50m and wear sun cream. Students to wear trainers and sports clothing for walking between venues

Island walking

Have you ever wanted to walk some of Jersey's most beautiful coastlines whilst chatting to your friends?

Over the week we will undertake some of the most scenic walks that Jersey's coastline has to offer.

It will be hard work at times BUT some of the rewards are; spectacular views of the other Channel islands and France, increased fitness levels, a real sense of achievement and a great sleep each night (as you will be exhausted!!)



Cost	Approximately £20
Activity leader	Mr Goffee-White
Available to	All
Maximum number of students	14
Transport	Feet, minibus, liberty buses
Eating Provision	Bring your own or buy en route
Important Information	Must like walking in any weather!

Well-being week

A week where your well-being is at the forefront of everything we do.

Sessions on this activity will include cooking, swimming, a beach day, nutritional advice from a personal trainer or possibly muay-thai session and smoothy making, and lots more fun and mindfulness activities.

Enjoy trip to the cinema to finish our wellbeing week.



Cost	Approximately £35
Activity leader	Mrs Callec-Coyle
Available to	All
Maximum number of students	30
Transport	Students will meet at the correct locations every day
Eating Provision	Students will be required to provide their own food on some days
Important Information	A final itinerary will be communicated when bookings have been made

Island Padel

Come and experience the brand-new state of the art facilities that Island Padel has to offer.

Enjoy a fun and energetic week, learning, playing and competing in Padel (the fastest growing racket sport in the world!) with the top coaches on the island.

A hot lunch will be provided each day.

Friday will finish the week off with an all-day tournament.

To learn more about the amazing facilities and coaches please visit:

<http://www.islandpadel.com/>
@islandpadeljersey



The Home of Padel in Jersey

Cost	£210
Activity leader	Mrs Goulart
Available to	All (12 max)
Maximum number of students	12
Transport	Students will need to be dropped and picked up from St.Clements Recreational Ground
Eating Provision	Hot lunches included

Football week

The week will be based on fun and enjoyment and aim to help develop students technical ability as well as increase their knowledge of the game.

The days will be split into small coaching sessions ending with small sided games.

Students will also have access to virtual talks from professionals working in football as well as a visit to the Jersey Esports for a Fifa tournament.

The week will end with a tournament at Springfield stadium and prize giving.



Cost	Approximately £100
Activity leader	Mr Grocott
Available to	All
Maximum number of students	60
Transport	In school
Eating Provision	Bring your own lunch
Important Information	Astro turf suitable trainers and shin pads will be required every day

Craft week

For students who love to craft.

Learn how to design and make a cushion cover. Have a go at making jewellery, friendship bracelets, designing a bag or decorating a sign.

This week will be packed with crafty activities.

All materials will be provided.



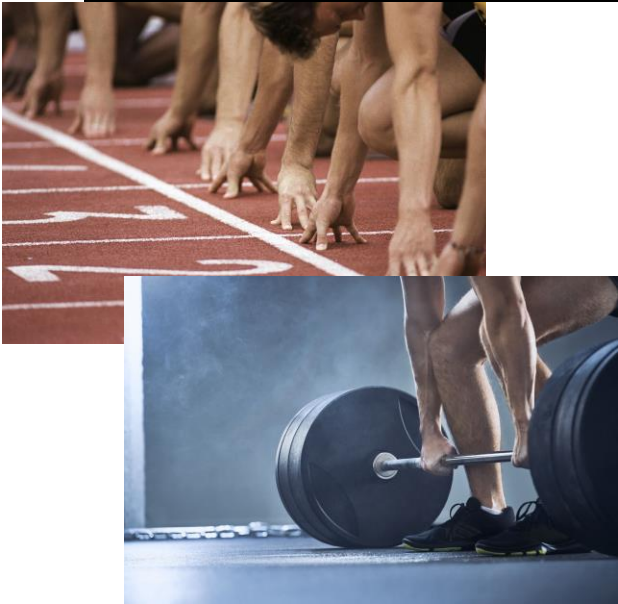
Cost	Approximately £50
Activity leader	Mrs Bardsley, Ms Martinez
Available to	All
Maximum number of students	15
Transport	In school
Eating Provision	Students will be required to provide their own food on 4/5 days
Important Information	Sun protection required, If the weather is good, we may be outside

Sports performance

This activity will provide students with an opportunity to develop their skill and physical abilities at some of Jersey's elite sports facilities.

With workshops and coaching secured at Strive Health Club and Jersey CrossFit, students will be able to access outstanding strength and conditioning programmes and have an opportunity to learn key aspects of video analysis to improve performance.

Students will also learn from specialist nutritionists in a week guaranteed to inspire our next island athletes.



Cost	Approximately £120
Activity leader	Miss Silva & Mr Walters
Available to	All
Maximum number of students	14
Transport	Information on this will be shared once the final itinerary is confirmed
Eating Provision	A packed lunch will be required
Important Information	Students will require suitable sports clothing and footwear to participate in practical sessions

Surfing

Spend a week learning to surf with Le Port Surf School at St Ouen's Bay.

Le Port surf school is fully licensed and insured with friendly instructors who will have you up and riding in no time!

We will aim to be in the sea twice a day with beach games, coasteering and other activities in between.



Cost	£125 - Includes all equipment
Activity leader	Scott Eastwood and Mr McCarthy
Available to	All students, maximum of 15
Maximum number of students	15
Transport	Meet at Le Port Surf School
Eating Provision	Bring a packed lunch or money to eat at El Tico or the Splash
Important Information	Students must be confident swimmers

Watersports

A week in St Brelade's Bay at Active Island Sports, completing a range of activities depending on the weather and tide.

Activities will include blow-karting, SUP, Super SUP, surfing, canoeing, rib ride, dinghy sailing and windsurfing, coasteering (sometimes) and banana boat ride.

Beach games will also be included.



Cost	Approximately £160
Activity leader	Mr Aouane
Maximum number of students	18
Available to	All
Transport	Students will be expected to meet at St Brelade's Bay every day by 9am. Students need their own transport to and from the bay or to travel by Liberty bus
Eating Provision	Students should bring a large packed lunch, including breaktime snacks and water
Important Information	Activities will be co-ordinated by Active Island Sports. For more information feel free to visit their website

Cycling Jersey

Jersey has over 100 miles of cycle routes following green lanes, cycle paths and former railway tracks. This activity is an opportunity to get out on these routes and explore the island with as little cycling on main roads as possible.

Requirements:

Helmet and roadworthy geared bicycle (bikes with only one gear and e-bikes are not suitable). Packed lunch, drinks and snacks each day. Spare innertube to suit bicycle being used, or a repair kit if using a bike with tubeless tyres.



Cost	Free
Activity leader	Mr Le Mottee
Available to	All
Maximum number of students	12
Transport	Own Bicycle
Eating Provision	Bring a packed lunch, drinks and snacks each day
Important Information	Students will preferably have completed Level 2 Bikeability (formerly Cycling Proficiency) training. Bikeability training will be beneficial not just for this activity, but whenever riding on the road. More information is available on the Jersey Sport website, and courses can be arranged by emailing bookings@jerseysport.je

Golf

Golf is one of the fastest growing sports on the island with more people taking the opportunity to play, without needing to be a member of a club. Everyone has to start somewhere; my first lessons were on activity week when I was in Year 7. Be the next Tiger Woods, or simply just enjoy the sport, come along and have a go!

Lessons will take place daily with qualified coaches at various locations including the prestigious La Moye Golf Club.

Participants will have an opportunity to develop driving, chipping and putting as well as learning about managing equipment and scoring a variety of tournaments.



Cost	£200 approximately (depends on numbers)
Activity leader	Mr Hooper
Available to	All
Maximum number of students	16
Transport	Meet at the various venues. (Own Transport)
Eating Provision	Bring a packed lunch, drinks and snacks each day
Important Information	Golf clubs and balls supplied if you need them – you do not need to have your own