

ST IVES SCHOOL



BE INSPIRED

September 2018

ST IVES SCHOOL 'BE INSPIRED' SEPTEMBER 2018

St Ives School places a very high value on developing our students' moral, cultural and social understanding and the wider education of children 'beyond the classroom'.

We think the wellbeing of young people is so important, that we dedicate one afternoon each week (Thursday afternoon) for our 'Be Inspired' programme. We change the timings of the school day slightly to allow us to do this without removing curriculum time. This means all students can benefit from taking part in 'Be Inspired' and won't miss out because of transport or other after school commitments. Using an afternoon of school time for extra-curricular activities is a model used by many 'top schools' across the country and we think it also benefits our students.

As you would expect, this programme is fully inclusive. All activities are open to students of all abilities and both genders. Some classes are mixed age to encourage students to work together and share ideas. Following the student choices, we will finalise class lists and students will be given one 'Be Inspired' option for the Autumn Term from their choice of 3. We will be able to update students in September about their individual 'Be Inspired' programme for 2018.

To help students to choose a wide range of activities, we have divided the programme into skill areas:

- **Creative Activities**
- **Mind and Body Activities**
- **Active and Adventurous Activities**

We hope this programme achieves its aims: to inspire students to achieve and learn; to develop the broadest range of skills and understanding; to enrich learning.

If there are any questions about the 'Be Inspired' programme, please contact Mr Armstrong:
(garmstrong@st-ives.cornwall.sch.uk)

BE INSPIRED



CREATIVE ACTIVITIES

Fun with Fabrics	Let your creative side flow as you design and make a useful items using textiles.	No additional cost for this activity
Masterchef	Master Chef is a great chance to develop and demonstrate a variety of different cooking skills. You will be working in groups to accomplish a range of cooking challenges and build team work techniques.	Ingredients will need to be supplied by the parents/carers
Design and Make	Make and problem solve a project based around a speaker. Perfect for budding engineers.	No additional cost for this activity
Song Writing	Want to write a hit song? Learn how to write and arrange a catchy tune. Choose your theme, write your lyrics and compose your hit song. An acoustic experience led by Mr Gillard, over 40 years a songwriter.	No additional cost for this activity
Photography	Photography will look at the history of photography and using digital cameras to capture images in different environments. Also, you will be creating edits of your own work using different software to finally create a selection of images to print.	A contribution of £2 will be required to cover the cost of photographic paper.
Thread Wrapping	This club will teach you how to make hair wrapping and friendship bracelet using different techniques.	No additional cost for this activity
Knitting for Beginners	Learn the basics of knitting including: how to cast on; basic stitches such as knit and purl; how to cast off; increasing and decreasing; how to add new colours to make stripes; stitch patterns such as rib, basket weave and garter eyelet; some basic pattern reading. Also, start your first knitting project!	All students will be given knitting needles and wool to borrow. Additional wool can be supplied by parent/carer.
Photoshop (Yr 10-11)	Adobe Photoshop is one of the most well-known and comprehensive image editing software existing in the market today. It is the software that most professionals use. It can transform simple pictures into masterpieces. Photoshop is more than just software. It is a way to express yourself through images.	No additional cost for this activity

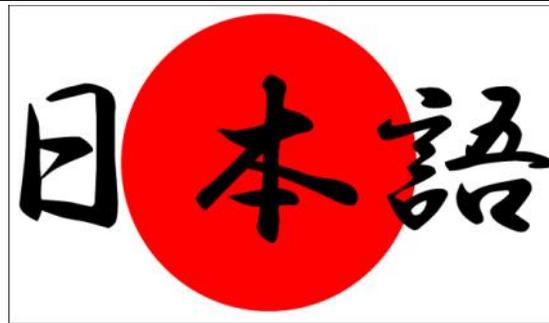


CREATIVE ACTIVITIES

Music Makers	Learn about and have fun with music. If you play an instrument or would like to try, this is the activity for you.	No additional cost for this activity
Scrapbooking	Take part in the world of scrapbooking. This is a method of preserving, presenting, arranging personal and family history in the form of a book, box, card. Typical memorabilia include photographs, printed media, and artwork. What will you uncover? What will you help preserve?	Additional scrapbooking material can be supplied by parent/carer.
St Ives Eco Club	(In conjunction with Surfers Against Sewage) Look at ways you can have a positive impact on our environment and marine life, and reduce the use of single use plastics around the school. Work with the community to help generate awareness, build positive attitudes and enable other students to change habits both in school and in their home life that help protect the beautiful world we live in.	No additional cost for this activity.
Origami	Origami is the Japanese word for paper folding. It is an art form that has been handed down from through many generations. Origami involves the creation of paper forms usually entirely by folding. Animals, birds, fish, geometric shapes, puppets, toys and masks are among the models that anyone can learn to make.	No additional cost for this activity.
Mock Trials/Crime and Punishment. (Years 10-11)	Mock trials- an insight into how law and criminal justice system works in the UK. An opportunity to get involved in bar mock trials preparation with a dedicated mock trials team.	No additional cost for this activity.
Film Production	This course is perfect for those with an interest in any aspect of the film industry. You will be actively investigating the exciting world of Film Production by watching and making movies. You will develop skills in: camera techniques, film analysis and production design.	No additional cost for this activity.
Model making	You will experience the world of modelling by building and painting your own plastic model kit from companies like Airfix and Revell. This engrossing pastime is ideal for those looking to de-stress and unwind.	Additional modelling kits would need to be supplied by parent/carer.
Sculpture	Design and make your very own Barbara Hepworth (world famous sculptor) inspired sculpture, experiment with a range of materials and techniques to create your own masterpiece.	No additional cost for this activity.
Colour Science	An investigation into the science of colour (paints, dyes, fireworks, makeup). The 14 week term will included planning an investigation, researching it, carrying out some scientific techniques to analyse substances and producing a report about it (video, poster, written). Students will be accredited with a bronze CREST award (national science certificate) for completing more than 10 hours on a project.	No additional cost for this activity.

MIND AND BODY ACTIVITIES

Strategy Gaming	Experience the excitement and addictive world of strategy gaming. This activity will give you opportunities to test your skills and mental agility in games such as Chess, Risk, Magic the Gathering and more.	No additional cost for this activity.
Yoga	Want to improve your strength, flexibility and focus? Yoga is fantastic for improving each of these areas and improves your health and wellbeing. Practising yoga is ideal for those looking for a physical challenge with the added bonus of helping to de-stress and unwind.	No additional cost for this activity. School PE kit required.
Dance	In Dance we will be choreographing a group piece based on the Hip Hop piece- Emancipation of Expressionism by Boy Blue Entertainment. We will use basic hip-hop and contemporary in choreographic tasks to create a performance piece.	No additional cost for this activity.
Japanese for Beginners	You will discover a new language through speaking and writing, along with developing your awareness about a different culture	No additional cost for this activity.
Games with Maths	You will experience the magic and mystery of the world of maths through a series of mathematical games, puzzles and challenges. Each week has different challenge to excite, engage and challenge anyone with an interest in problem solving.	No additional cost for this activity.
Debate Club	Learn how to win every argument you have! This stimulating activity will give you an insight into critical thinking and develop your confidence with both speaking and writing. The culmination of which will be entry to the Rotary Club's 'Youth Speaks' competition.	No additional cost for this activity.
Football Fanatics	A must pick for any keen football fan. Each week looks at a different aspect of the beautiful game including the history of football, the development of formations and a chance to play a variety of football games including Subutteo! Note: the sessions are in a classroom, you will not be playing football.	No additional cost for this activity.



ACTIVE AND ADVENTUROUS ACTIVITIES

Skateboarding	Travel to Mount Hawke each week to skate and to receive professional skate tuition. Don't forget you will need a helmet!	A cost of £5 per session will need to be paid by the parent/carer (12 sessions in total).
Bushcraft	You will be taught how to build natural shelters, attempt to light fires, learn how to navigate using natural methods and understand the different ways of obtaining clean water in the wild.	No additional cost for this activity.
Aussie Rules Football (Years 7-9)	Learn how to play the exciting sport that is the national game of Australia. This fast paced and competitive game will really develop you fitness and team spirit.	No additional cost for this activity. School PE kit required.
Basketball (Years 9-11)	Develop your skills in the three main areas of dribbling, passing and shooting. Enjoy friendly competitions in 1v1, 3v3 and full court basketball to take your game to the next level. Open to boys and girls: see you on court.	No additional cost for this activity. School PE kit required.
Fitness	You will be given the opportunity to work with a qualified personal trainer and strength & condition specialist to help you achieve your health and fitness goals. This is a perfect option if you're looking to get fitter, stronger and healthier!	No additional cost for this activity. School PE kit required.
Netball	Netball is a non-contact sport, so anyone can play. There's also a strong sense of friendship and team-bonding within netball teams which will help if you want to play for the school teams. You will be taking part in netball based training sessions, including a range of activities, such as: agility, speed, passing, game play and umpiring.	No additional cost for this activity. School PE kit required.
Golf	Run by Matt Tucknotte who is a PGA professional. The lessons will be based using the practice areas of the golf club and when suitable students will progress on to the course to play a few holes. Students will have coaching in putting, chipping, short and long iron play and Driving, as well as course etiquette.	A cost of £3 per session (max of 12 sessions).



Please fully complete this 'Be Inspired' form with your preferred choices and return to Reception as soon as possible.

Every effort will be made to allocate your first choice. Please be aware that some activities have limited spaces and so it may be necessary to allocate your reserve choice.

Student Name:	Year Group: (in September 2018)
First Choice	
Reserve Choice 1	
Reserve Choice 2	



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