

Bell Baxter High School



Health and Wellbeing Week 29th May - 2nd June 2017

Monday 29 th May	S3 Sports Heats
Tuesday 30 th May	S3 Sports Heats
Thursday 1 st June	Walk at Tenstmuir Forrest or Alternative Activities at School
Friday 2 nd June	Activities Day

OVERVIEW

Activities day has been a highly successful venture for Bell Baxter High School over the last several years. It demonstrates our commitment to building good working relationships with pupils and maintaining and improving the ethos of the school.

The events described in this booklet are designed to help young people develop their ability to work with others, to work independently, to offer them new challenges, to develop new skills, meet people in a different context and, hopefully, have fun.

Selected Activity

Some of our activities are more expensive than others, the price charged reflects the cost of the activity and we have made every effort to keep costs as low as possible.

We will try to give pupils their preferred choice but spaces in certain activities are limited and therefore we will have to prioritise. The organisation of the programme is complex and it is important that your child attends the activity he/she is given.

If any pupil is not committed to an activity by the deadline, he/she will be allocated a free in-school activity and be supervised.

We cannot guarantee refunds for non-attendance.

NOTE:

1. Prices and venues may change for an activity from that shown due to: less number of pupils attending than the maximum, the Activity Centre increasing its prices, availability, or bus company prices increasing. These are beyond the schools control and pupils will be advised if there is an increase in price.

2. As with each Activities Day, there is a chance you will not get your first choice due to: activities being oversubscribed, not running due to lack of numbers or other unexpected issues. As such, ensure you choose activities you are willing to do if you do not get your first choice as you are **EXPECTED** to attend your allocated activity if it is **ONE** of your choices.


The walk has been a successful part of a health related week in recent years. The walk is design to make pupils aware of the world around them, promote the importance of physical activity, develop peer relationships and enhance determination in young people. Different locations have included Cupar area, Hill of Tarvit and Loch Leven.


This year S3 pupils will have the opportunity to accompany S1 pupils in a walk at Tentsmuir Forest. Pupils will contribute £2 (on the day) for the bus which will take them to the location. Those pupils not wishing to participate in the walk will have activities in school, more information will be available on this next term.


Summary of Activities


Friday 2nd June 2017

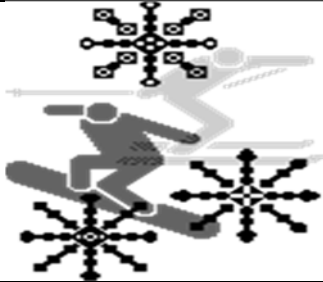
Number	Name of Activity	Page	Cost
1	Time Capsule	4	£21
2	Edinburgh Zoo	5	£24
3	M&Ds	6	£29
4	Paintballing - Bedlam	7	£48
5	Soar Braehead	8	£50
6	Trampoline Park - Airspace	9	£25
7a	Nae Limits - White Water Rafting	10	£45
7b	Nae Limits - Gorge Walking	10	£45
7c	Nae Limits – Tubing	10	£49
7d	Nae Limits - Canyoning	10	£54
8	Indoor Karting	11	£38
9	Exit Plan	12	£28
10	Edinburgh Dungeons	13	£24
11	Billy Elliott – set design	14	Free
12	Treetop Adventures	15	£35
13	Build Your Own Guitar	16	£70
14	Lochore Meadows	17	£13


Activity No 1	Time Capsule
	<p>The Time Capsule is Scotland's Ice Rink & Waterpark and it's no coincidence it's one of the top visitor attractions in the country. Why - because it is amazing fun. The Waterpark boasts the greatest water slides and rides around with the Storm Chasers, Tornado Tanturm and the Tipping Bucket all big family favourites!</p>
Website	https://www.nlleisure.co.uk/time-capsule/waterpark-features
Cost	£21 per person
Location	1 Ardgoil Drive, Cumbernauld, Glasgow G68 9NE
Departure	9.00am from School Car Park
Return	<p>4.30pm to School Car Park Please note: Parents/Carers are required to pick them up from the school car park at 4.30pm. Please adhere to the timings as on return the staff have to wait with children whose parent/carer is not present.</p>
Transport	1 bus (90 minute bus trip each way)
Maximum Numbers	50
Organiser	To be confirmed
Dress	Warm, casual and comfortable clothing for skating. Swimming attire.
Food/Drink	<p>LUNCH IS PROVIDED on this trip, included in the cost. However, you can take food and drink for the day or money to buy food from the café/vending machines.</p>
Toilets	There are toilets at the location.
Additional Notes	


Activity No 2	Edinburgh Zoo
	<p>Spend a fun day at Edinburgh Zoo. Learn more about a wide variety of animals there from koala to bears and gorillas to elephants, snakes, spiders and many more animals. Come and enjoy the famous penguin parade or visit the pandas.</p>
Website	http://www.edinburghzoo.org.uk/animals-and-attractions/main-attractions/
Cost	£24 per person
Location	Corstorphine Road, Edinburgh EH12 6TS
Departure	9.00am from School Car Park
Return	<p>3.30pm to School Car Park Please note: Parents/Carers are required to pick them up from the school car park at 3.30pm. Please adhere to the timings as on return the staff have to wait with children whose parent/carer is not present.</p>
Transport	1 bus (1 hour bus trip each way)
Maximum Numbers	40
Organiser	To be confirmed
Dress	<p>Casual and comfortable clothing as pupils will be walking around the Zoo (pack a waterproof jacket). Pupils should take a backpack for any necessities (i.e. food, drink, phone, etc). Sunscreen just in case!</p>
Food/Drink	You will need to take food and drink for the day, or take money to buy lunch.
Toilets	There are toilets at the zoo.
Additional Notes	

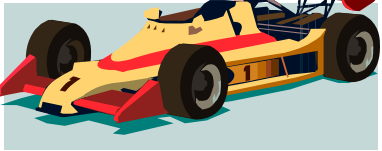
Activity No 3	M & D's
	<p>A visit to Scotland's largest theme park! M&Ds in sunny Motherwell! With 5 terrifying white-knuckle rides, over 20 kids' rides, 18 hole miniature golf, 'glow in the dark' indoor bowling, and a massive indoor complex.</p>
Website	https://scotlandsthemepark.com/
Cost	£29 per person
Location	Strathclyde Country Park, Belshill, Motherwell ML1 3RT
Start	9.00am
Finish	5.00pm Please note: Parents/Carers are required to pick them up from the school car park at 5.00pm. Please adhere to the timings as on return the staff have to wait with children whose parent/carer is not present.
Maximum Numbers	90
Organiser	Miss Cunneen
Dress	Casual clothing
Food/Drink	Pupils will need to bring food and drink for the day.
Additional Notes	


Activity No 4	Paintballing
	<p>Time to make some serious mess! Exciting game scenarios with helmet, goggles, mask, black Bedlam jumpsuit, paintball marker and 250 paint pellets included.</p>
Website	http://www.bedlampaintball.co.uk/paintball/edinburgh
Cost	£48 per person
Location	Craigton Farm, Winchburgh EH52 6PY
Departure	9.00am from School Car Park, school buses leave at 3.40 p.m.
Return	<p>3.30pm to School Car Park Please note: Parents/Carers are required to pick them up from the school car park at 3.30pm. Please adhere to the timings as on return the staff have to wait with children whose parent/carer is not present.</p>
Transport	1 bus (1 hour bus trip each way)
Maximum Numbers	80 pupils
Organiser	Miss McBride
Dress	Outdoor clothing (jeans or similar hardwearing) and sturdy footwear, i.e. trainers (pack a waterproof jacket). Pupils should take a backpack for any necessities (i.e. food, drink, phone, etc)
Food/Drink	<p>You will need to take food and drink for the day. NOTE: Take plenty of water as the cost of bottled water is expensive.</p>
Toilets	There are toilets at the centre.
Additional Notes	


Activity No 5	Soar Braehead Skiing/Snowboarding and Laser Tag
	<p>Morning: 1.5 hour Skiing/snowboarding lessons OR recreational time on the slopes for higher ability skiers/boarders</p> <p>Lunch: hot buffet</p> <p>Afternoon: 2 games of laser tag with time on the dodgems between games</p>
Website	https://www.snowfactor.com/ http://www.soar.intu.co.uk/home
Cost	£32 per person
Location	Soar INTU Braehead, Kings Inch Road, Braehead, Glasgow
Departure	8.30am from School Car Park
Return	5.00pm to School Car Park Please note: Parents/Carers are required to pick them up from the school car park at 5.00pm. Please adhere to the timings as on return the staff have to wait with children whose parent/carer is not present.
Transport	1 bus (2 hour bus trip each way)
Maximum Numbers	30
Organiser	Miss Piggott
Dress	Comfortable clothing and sturdy footwear (pack a waterproof jacket). Pupils should take a backpack for any necessities (i.e. food, drink, phone, etc) Skiing equipment, boots/skis provided. Clothing at extra cost.
Food/Drink	A hot buffet lunch is included in the price.
Toilets	There are toilets at the centre.
Additional Notes	


Activity No 6	Trampoline Park
	<p>Trampoline Parks are a new way for people of all ages to enjoy exercise or to just have fun. Wall-to-wall trampolines are connected together to form a huge open play area with those at the edge literally going up the wall. These amazing open expanses of bounceable space are used for a variety of activities; an excellent experience.</p>
Website	https://air-space.co.uk/locations/glasgow/
Cost	£25 per person
Location	Air Space, Playsport, Stewartfield Way, East Kilbride
Departure	9.00am from School Car Park
Return	<p>3.30pm to School Car Park Please note: Parents/Carers are required to pick them up from the school car park at 3.30pm. Please adhere to the timings as on return the staff have to wait with children whose parent/carer is not present.</p>
Transport	1 bus (2 hour bus trip each way)
Maximum Numbers	100 pupils
Organiser	To be confirmed
Dress	Comfortable clothing. Pupils should take a backpack for any necessities (i.e. food, drink, phone, etc).
Food/Drink	You will need to take food and drink for the day, or take money to buy lunch.
Toilets	There are toilets at the centre.
Additional Notes	


<p style="text-align: center;">Activity 7</p>	<p style="text-align: center;">White Water Rafting, Gorge Walking, Tubing and Canyoning</p>
	<p>Nae Limits is one of Scotland's most innovative and established adventure and outdoor activity centres. Having operated for over 15 years, the centre have won awards for adventure activities and outdoor learning ventures.</p>
<p>Website</p>	<p>http://www.naelimits.co.uk/schools/</p>
<p>Cost</p>	<ul style="list-style-type: none"> • White Water Rafting: £45 • Gorge Walking: £45 • Tubing: £49 • Canyoning £54
<p>Location</p>	<p>Perthshire</p>
<p>Departure</p>	<p>9.00am from School Car Park</p>
<p>Return</p>	<p>3.30pm to School Car Park Please note: Parents/Carers are required to pick them up from the school car park at 3.30pm. Please adhere to the timings as on return the staff have to wait with children whose parent/carer is not present.</p>
<p>Transport</p>	<p>75 minute bus trip each way</p>
<p>Maximum Numbers</p>	<p>32</p>
<p>Organiser</p>	<p>Mr Fraser/Mr Runciman</p>
<p>Dress</p>	<p>Depends on the activity you are involved in. Please check website for further details</p>
<p>Food/Drink</p>	<p>Pupils are required to bring a packed lunch along with them on the trip.</p>
<p>Toilets</p>	<p>There are toilets at the activity centre.</p>
<p>Additional Notes</p>	


Activity 8	Karting and Combat Laser Tag
	<p>Karting - If you have ever wanted to experience the thrill of F1 or motorsport racing why not give indoor karting a go? It doesn't matter if you have never been before, or are a seasoned racer, the course will challenge your concentration and driving ability.</p> <p>Combat Tag - This is unlike anything you have experienced before, play in a series of missions, each purposely designed to ensure an adrenaline packed simulated combat experience!</p>
Website	http://scotkart.co.uk/locations/dundee/
Cost	£38 per person
Location	ScotKart, Dundee
Departure	9.00am from School Car Park
Return	3.30pm to School Car Park Please note: Parents/Carers are required to pick them up from the school car park at 3.30pm. Please adhere to the timings as on return the staff have to wait with children whose parent/carer is not present.
Transport	40 minute bus trip each way
Maximum Numbers	64 pupils
Organiser	Mr Ritchie
Dress	Comfortable clothing (jeans or similar hardwearing) and sturdy footwear (trainers at least). Pupils should take a backpack for any necessities (i.e. food, drink, phone, etc)
Food/Drink	You will need to take food and drink for the day.
Toilets	There are toilets at the centre.
Additional Notes	Pupils can catch the bus to and from school as normal.

Activity No 9	Exit Plan
	<p>Exit Plan Edinburgh is an exciting live escape room experience. Groups of 5 or 6 will be locked in an immersive themed game area consisting of multiple rooms and will need to work together to solve puzzles and overcome challenges within the 1 hour time limit in order to escape!</p> <p>Enjoy lunch at the Filling Station afterwards.</p>
Website	http://exitplannedinburgh.co.uk/# http://www.filling-stations.co.uk/restaurant/edinburgh-high-st
Cost	£28
Locations	Exit Plan, 3 Queen Street, Edinburgh EH2 1JE Filling Station, 235-241 High Street, Edinburgh EH1 1PE
Departure	School Car park at 9am
Return	School Car park approx. 3:30pm Please note: Parents/Carers are required to pick them up from the school car park at 3.30pm. Please adhere to the timings as on return the staff have to wait with children whose parent/carer is not present.
Transport	1 hour bus trip each way
Maximum Numbers	19
Organiser	Miss Spanner & Mr Hall
Dress	Casual
Food/Drink	Lunch is provided from The Filling Station (starter, main course and drink)
Toilets	Available at Exit Plan and Filling Station
Additional Notes	

Activity No. 10	Edinburgh Dungeons
	<p>Come to Edinburgh Dungeon and learn about Edinburgh's gruesome past if you dare! Step back in time and meet serial killers Burke and Hare along with Mary King's ghost. 80 minute tour.</p> <p>Enjoy lunch at the Filling Station afterwards.</p>
Websites	https://www.thedungeons.com/edinburgh/en/ http://www.filling-stations.co.uk/restaurant/edinburgh-high-st
Cost	£24
Locations	The Edinburgh Dungeon, 31 Market Street, Edinburgh EH1 1DF Filling Station, 235-241 High Street, Edinburgh EH1 1PE
Departure	School Car park at 9am
Return	School Car park approx. 3:30pm Please note: Parents/Carers are required to pick them up from the school car park at 3.30pm. Please adhere to the timings as on return the staff have to wait with children whose parent/carer is not present.
Transport	1 hour bus trip each way
Maximum Numbers	50
Organiser	Miss Spanner & Mr Hall
Dress	Casual
Food/Drink	Lunch is provided from The Filling Station (starter, main course and drink)
Toilets	Available at The Edinburgh Dungeon and Filling Station
Additional Notes	

Activity No. 11	"Billy Elliot the Musical" (set making)
	<p>We are the first school in Scotland to get the licence for the production of "Billy Elliot the Musical". The production takes place on 20th to 23rd June.</p> <p>Be part of the design team who build and paint the set. This will involve construction and painting of scenery for the production.</p>
Cost	No cost
Location	In school - Stage / Assembly Hall
Departure	Not applicable
Return	Not applicable
Transport	Not applicable
Maximum Numbers	30
Organiser	Mr Robb
Dress	Old clothes
Food/Drink	Pupils are required to bring a packed lunch
Toilets	As normal
Additional Notes	

Activity No. 12	Treetop Adventures
	<p>Traverse the treetops across rope bridges, high wires, cargo nets and zip lines. Aloft! is an action at altitude experience. Negotiate your way from tree-to-tree using see-saws and cargo nets; shimmy along testing tightropes and experience the thrill of traversing the treetops by zip line (who needs vines?). Tackle the testing obstacles as you make your way round each stage, finishing in style as you fly down our 170 metre zip wire. Adrenaline rushes guaranteed as well as a healthy sense of achievement. Pats on the back all round. As an additional bonus, fire up the laser guns. But fear not, because lasers don't hurt. Losing hurts. But remember it's the taking part that counts.</p>
Cost	£35 per person
Location	Crieff Hydro
Departure	9.00am
Return	4.30pm Please note: Parents/Carers are required to pick them up from the school car park at 4.30pm. Please adhere to the timings as on return the staff have to wait with children whose parent/carer is not present.
Transport	1 hour bus trip each way
Maximum Numbers	30
Organiser	Miss McNeil
Dress	Casual Clothing
Food/Drink	Packed lunch and water required
Toilets	On Site
Additional Notes	

Activity No. 13	Build your own Guitar
	<p>By the end of the day, pupils would have not only built their own guitar, but have developed their skills in basic guitar maintenance etc. This would include payment for a Guitar Tech and the cost of the guitar pack.</p>
Cost	£70
Location	In school - rooms 107 and 108
Departure	Not applicable
Return	Not applicable
Transport	Not applicable
Maximum Numbers	20
Organiser	Miss Hutchison
Dress	CASUAL
Food/Drink	Pupils are required to bring a packed lunch
Toilets	
Additional Notes	

Activity No. 14	Lochore Meadows
	<p>Come along and have lots of fun. Rounders, football and a treasure hunt. Watersports such as canoeing are available at an additional cost. BBQ lunch provided.</p>
Cost	£13
Location	Lochore Meadows, Lochgelly KY5 8AL
Departure	9.00am from School Car Park
Return	3.30pm to School Car Park Please note: Parents/Carers are required to pick them up from the school car park at 3.30pm. Please adhere to the timings as on return the staff have to wait with children whose parent/carer is not present.
Transport	40 minute bus trip each way
Maximum Numbers	40
Organiser	To be confirmed
Dress	CASUAL
Food/Drink	Pupils are required to bring a packed lunch with them for this trip.
Toilets	There are toilets at the location.
Additional Notes	