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It's back!!

Our second Learning **Beyond the Curriculum week** The theme of this week is Wellbeing and will focus on providing students with opportunities to practise the 5 ways of wellbeing as well as enhancing their Learn Somexhingo personal development by learning outside of the classroom

Se Active Connect Give 7-Five Ways Wellbeing

This exciting week is a compulsory week for all students in years 7, 8 and 9. We encourage students to think carefully about selecting a balance of activities, to really gain the most from the week.





Learning Beyond the Curriculum

Through our diverse range of exciting enrichment activities, students will be exposed to a wide array of new experiences, which will support them to develop new interests and gain key skills and attributes that will help them in all aspects of their lives:

- Community Engagement
- Collaboration
- Creativity
- Enjoyment and fascination of learning something new
- Exploration of different cultures
- Leadership
- Planning
- Self expression
- Socialising
- Teamwork
- Working with new people

FOR 2025
Lot's of different activities following on from your feedback

Activity	Cost	Duration	Open to	Available days	Number of Spaces
The Apprentice	Free	1 day	All year groups	Monday, Tuesday, Thursday or Friday	40
Art and Photography	Free	2 days	All year groups	Monday & Tuesday or Wednesday & Thursday	20
Bake Off	£5.00	1 day	All year groups	Monday	16
Beach Volleyball Yellow Wave	£19.00 plus bus	1 day	All year groups	Every day	30 per day
Bike maintenance and biking experience	Free	1 day	All year groups	Monday (y7 & y8), Tuesday (y9), Friday (Advanced cyclists)	15
Board Games	Free	1 day	All year groups	Every day	25 per day
Bude	£515.00	1 week	Year 8	All week	40
Branching Out	£39.00	1 day	All year groups	Monday	50
Circus skills	Free	1 day	All year groups	Thursday or Friday	15
CSI	Free	1 day	All year groups	Friday	24
Get crafty with wood	Free	1 day	All year groups	Monday	24
The Crisp Packet Project	Free	1 day	All year groups	Friday	20
Crochet	Free	1 day	All year groups	Every day	15 per day
Culture Club - Japan	£2.50	1 day	All year groups	Friday	20
Digital creative story writing Discover the Cuckmere Valley	Free Bus Travel	2 days	All year groups	Tuesday & Wednesday or Thursday & Friday	20 per days 30
Dungeons and Dragons	Free	1 day 2 days	All year groups All year groups	Friday Thursday & Friday	18 for both days
Football	Free	1 days	All year groups	Monday (y7) Tuesday (y8) Wednesday (y9) Thursday (y7 & y8) Friday (y9)	40 per day
France - Paris	£640.00	4 days	All year groups	Monday - Thursday	Full
French culture and lifestyle	£2.50	1 days	All year groups	Tuesday	20
Green Fingers	Free	1 day	All year groups	Every day - you can choose to do this activity several times	20 per day
Harry Potter World	£45.00	1 day	All year groups	Monday or Tuesday	88 spaces in total
Historical Hike to Lewes	Free	1 day	All year groups	Tuesday	40
A Historical Tour of Brighton	Free	1 day	All year groups	Thursday	20
Intergenerational Community Links	Free	1 day	All year groups	Monday & Thursday	20 per day
Italian Culture and lifestyle	£2.50	1 day	All year groups	Thursday	20
Italy - Sorrento	£870.00	4 days	All year groups	Tuesday - Friday	Full
A literary tour of Brighton	Bus Travel	1 day	All year groups	Friday	20
Multi sports day	Free	1 day	All year groups	Every day	40 per day
PCS Oscars	Free	1 day	All year groups	Monday	20
Papercraft	Free	1 day	All year groups	Tuesday	20
Piddinghoe Lake - Water sports	£50.00 per day	1 or 2 days	All year groups	Monday, or Tuesday & Wednesday, or Thursday & Friday	45 per day
Play in a day	Free	1 day	All year groups	Friday	30
Portsmouth Dockyard Tour	£28.00	1 day	All year groups	Wednesday	45
From Rags to Riches	Free	1 day	All year groups	Wednesday	20
Read a book in a day	Free	1 day	All year groups	Every day - you can choose to do this activity several times	10 per day
Save our seas	Free	1 day	All year groups	Every day	30 per day
Sew, you would like to sew?	Free	1 day	All year groups	Monday or Tuesday	15 per day
Spanish Culture and Lifestyle	£2.50	1 day	All year groups	Wednesday	20
Sweet making workshop	£5.00	1 day	All year groups	Monday or Tuesday	20 per day
PCS Has Talent	Free	2 day	All year groups	Wednesday & Thursdays	20
Be a teacher for a day!	Free	1 day	All year groups	Monday	30
Team building and problem solving	Free	1 day	All year groups	Wednesday	50
Tennis	Free	1 day	All year groups	Friday	30
Visit to the Theatre Royal	£10.00	1 day	All year groups	Thursday	20
The Towner Gallery	Train Fare	1 day	All year groups	Friday	30



The Apprentice



Have **you** got what it takes? Are you a budding entrepreneur? Are you creative? Have you got a great idea to solve one of life's problems? Will you be hired or fired?

Free - 1 day - All year groups This event will run twice Number of spaces: 40

Art & Photography



Students will be working with the Art department spending day 1 taking photos in Brighton and day 2 creating art work with the photographs.

Students will be expected to make their own way too and from Brighton for this event. They will meet with PCS staff in the town centre.

Bus Fare - 2 days - All year groups This event will run twice Number of spaces: 20

PCS Bake Off



Are you the next Mary Berry or Paul Hollywood? Students will spend the day honing their baking skills, whilst working against the clock.

They will have an opportunity to show off their organisational and time management skills at their best.

£5.00 - 1 day - All year groups Number of spaces: 16

Beach Volleyball Yellow Wave



Students will spend the morning learning how to play volleyball on the sandy pitches at Black Rock. This will be followed by a barbecue lunch. Students will then visit the marina with its arcades.

Students will be expected to make their own way too and from Brighton for this event. They will meet with PCS staff at the Yellow Wave Volleyball area.

£19.00 + bus travel - 1 days -All year groups This event will run every day Number of spaces: 30 per day

Bike Maintenance & Mountain Biking Experience



Students will spend the morning learning the basics of bicycle maintenance. In the afternoon they will cycle from Piddinghoe to experience parts of the South Downs Way. This will be a circular route accompanied by PCS staff.

Note: Cycles and Helmets can be hired from The Bike Hub free of charge. If a student wishes to bring their own bike, a correctly fitting helmet will be compulsory.

Free - Monday - 1day - Year 7 & 8 Tuesday - 1 day - Year 9 Friday - 1 day - Advanced Cyclists

Board Games



Students will spend the morning playing board/card games, they will then spend the afternoon creating their own board/card games for others to play.

Free - 1 day - All year groups This event will run every day Number of spaces: 30 per day



Bude



Our ever popular Bude trip to Cornwall is back again this year. Students will travel down to Cornwall by coach.

The students will experience a huge range of experiences such as surfing, climbing, abseiling, caving, kayaking, amongst other team building and self confidence boosting activities.

Still spaces available!

£515.00 - 1 Week - Year 8 Number of spaces: 40

Branching Out



Students will travelling by coach to this outdoor adventure park in Halland. Activities included will be low ropes, high ropes, climbing wall, giant swing, leap of faith, tree nets all organised by Branching Out.

£39.00 - 1 day - All year groups This event will run every day Number of spaces: 50

Circus Skills



Students will create their own juggling balls and then learn how to juggle with different numbers of balls.

As they become more proficient, they will learn additional simple circus skills.

Free - 1 day - All year groups This event will run twice Number of spaces: 15 per day

CSI PCS



Students will use their detective skills to work out who committed the crime.

There will a focus on team work and cooperation as they work together to solve the mystery.

Free - 1 day - All year groups Number of spaces: 24

Crafty With Wood



Students will spend a whole day finding out about artistic talents they did not know they had!

Working with a range of wood and materials they will produce some art pieces worthy of display in a local gallery!

Free - 1 day - All year groups Number of spaces: 24

Crisp Packet Project



Students are going to give life to one use plastics and save lives. They are going to recycle crisp packets by making survival items.

They will learn how to create items from the packaging of a popular savoury snack that can potentially save lives.

Free - 1 day - All year groups Number of spaces: 20



Crochet



Students will learn how to crochet and contribute to making a PCS tapestry.

Free - 1 day - All year groups This event will run every day Number of spaces: 15 per day

Culture Club - Japan



Cultural appreciation and language-based activities around all that is Japan - Origami, Animé, Japanese film and the potential to taste some Japanese delicacies.

£2.50 - 1 day - All year groups Number of spaces: 20

Digital Creative Story Writing



Students will spend the day writing and creating digital stories using a range of media including collage, plasticine animation, written and spoken word. They will produce a digital video story across the 2 days.

Free - 2 days - All year groups Number of spaces: 20 per day This is a 2 day event

Discover the Cuckmere Valley



Students will explore the area around the River Cuckmere observing the plants and animals.

They will engage in a variety of activities during the walk which will help them to appreciate the natural world.

Students will travel to and from the Cuckmere Valley by public transport with members of PCS staff. They will enjoy a picnic lunch during the day.

Bus Travel - 1 day - All year groups Number of spaces: 30

Dungeons & Dragons



Students will create their own characters and develop back stories.

They will follow this up with a short adventure campaign.

Free - 2 days - All year groups Number of spaces: 18 per day This is a 2 day event

Football



Students will spend the day developing awareness of skills and tactics used in football and play in a variety of competitions throughout the day.

You will need shin pads and appropriate footwear.

You will also need to be prepared to be outside if it rains.

Free

Monday - 1day - Year 7 Tuesday - 1 day - Year 8 Wednesday - 1 day - Year 9

France - Paris





Students will spend 4 days exploring Paris. They will visit monuments and key landmarks including Montmartre and Sacre Coeur, as well as take a tour along the Seine on a Bateau Mouche.

Students will also spend a day at Parc D'Asterix and another day visiting the PSG Football Stadium.

Please note: This trip is now full

£640.00 - 4 days - All year groups

French Culture & Lifestyle



Students are going to spend the day taking part in a variety of activities 'all things French'.

They will have an opportunity to learn the rules of and play some 'Pétanque' and then make some canapés/cook up some French cuisine to eat to finish the day off.

£2.50 - 1 day - All year groups Number of spaces: 20

Green Fingers



Students will look at biodiversity at PCS and in our local environment.

They will provide basic maintenance to our butterfly banks and other natural habitats around the site.

They will learn basic gardening skills and find out more about the different foods that are grown in our local area. There may be an opportunity for food tasting.

Free -1 day - All year groups This event will run every day Number of spaces: 20

Harry Potter World



Due to the popularity of this trip, we will be running it on 2 separate days.

Students will travel by coach and experience a tour of the Warner Brother Studios to discover more about the making of the Harry Potter films.

£45.00 - 1 day - All year groups This event will run twice Number of spaces: 43 & 45

Historical Hike to Lewes



Students will walk from PCS to Lewes - can you rise to the challenge! Upon arrival students will discover some of the interesting historical sites of Lewes - the County town of East Sussex.

Free -1 day - All year groups Number of spaces: 40

Historical Brighton Tour



The Pavillion, The North Laine, The Lanes, Volks Railway, are amongst many of the historical places of interest to be visited in Brighton

Students will be expected to make their own way to and from Brighton for this event. They will meet with PCS staff in the Town Centre.

Bus Travel & entry fees to the Pavillion -1 day - All year groups Number of spaces: 20

Intergenerational Community Links



Students will visit local care homes accompanied by PCS staff.



They will meet up with elderly members of the community, play games and find out more about the similarities and differences between their lives.

Free -1 day - All year groups This event will run twice Number of spaces: 20

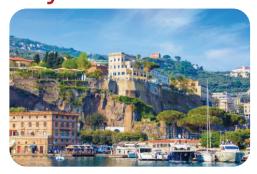
Italian Culture & Lifestyle



Students are going to spend the day taking part in a variety of activities 'all things Italian'. They will explore the world of Italian music and film and then cook up some delicious Italian delicacies to eat to finish the day off.

£2.50 -1 day - All year groups Number of spaces: 20

Italy - Sorrento



Students will spend 4 days in a beautiful hotel in Sorrento on the Almalfi coast visiting the historic town of Pompei and walking up Mount Vesuvius.

The visit also includes a boat trip along the coast to discover the area in more depth.

Please note: This trip is now full

£870.00 - 4 days - All year groups

A literary tour of Brighton



Graham Green, Lewis Carroll, Jane Austen, Charles Dickens and of course the well known, best selling author Peter James all have links to Brighton.

Students will have an opportunity to embark upon a cultural tour of Brighton to find out more about the haunts of these well known writers and the inspiration for their writing. There will be a literary-spot treasure hunt!

Students will be expected to make their own way to and from Brighton for this event. They will meet with PCS staff in the Town Centre.

Bus Travel -1 day - All year groups Number of spaces: 20

Multi Sports Day



Students will spend the day partaking in a variety of different sporting activities.

such as badminton, pickleball, spikeball, volleyball, basketball, rounders, & softball.

Free -1 day - All year groups This event will run every day Number of spaces: 40

PCS Oscars



Students will spend time working with iPads writing and creating their own films.

They will also have the opportunity to watch and analyse a film/extracts from films to support the creation of their own.

Free -1 day - All year groups Number of spaces: 20

Papercraft



Students will have fun with paper. From animals to kites, they will use newly found skills to be creative.

Free -1 day - All year groups Number of spaces: 20



Piddinghoe Lake



Students are invited to spend 1,2 or 3 days at Piddinghoe Lake engaging in a selection of exciting water based activities including paddle boarding, sailing and kayaking.

All year groups Monday - £50.00 - 1 day Tuesday & Wednesday -£100.00 - 2 days Thursday & Friday -£100.00 - 2 days

Number of spaces: 45 per day

Play in a day



Students will create a play in a day. They will spend the day planning, rehearsing and finally putting on a show at the end of the day to a small audience.

Free -1 day - All year groups Number of spaces: 20

Portsmouth Dockyard | Read a book in a day



Go beyond the surface at Portsmouth Historic Dockyard. Uncover secrets long thought lost at sea, the true story of heroes past and present, and get to grips with the ships that made history. This is a day over 500 years in the making, what will your adventure be?

Students will travel by coach to Portsmouth.

£28.00 - 1 day - All year groups Number of spaces: 45

From Rags to Riches



Upcycled fashion - Anti fast fashion Students will be using different materials to create a new textile project.

They will be learning about fast fashion and its impact on the environment.

Free -1 day - All year groups Number of spaces: 20



Spend the day 'losing yourself' in a book. Use this as an opportunity to indulge yourself with no other distractions in a quiet space in our school library.

Bring your own book or choose from the vast selection in the school library.

Free -1 day - All year groups Number of spaces: 20

Save Our Seas!



Students will venture down to the local beach with PCS staff to gather and sort debris that can be found on our shoreline.

They will collect any useful objects they find to bring back to school to be used for Art and DT projects during the week.

Free -1 day - All year groups This event will run every day **Number of spaces: 20**



Sew, you would like to sew?



Beginners and experienced sewers welcome. Students will learn different sewing techniques using different fabrics and materials.

Free -1 day - All year groups Number of spaces: 15 per day This event will run twice

Spanish Culture and Lifestyle



Students are going to spend the day taking part in a variety of activities 'all things Spanish'.

They will explore the world of Spanish music and film and then cook up some delicious tapas to eat to finish the day off.

£2.50 -1 day - All year groups **Number of spaces: 20**

Sweet Making Workshop Be a teacher for a day!



Students will spend the day learning how to make (and maybe eat!) different types of confectionery and sweets.

£5.00 -1 day - All year groups Number of spaces: 20 per day This event will run twice

PCS Has Talent



Students will have the opportunity to choose any song they like, they will learn the lyrics or the musical accompaniments and will spend the day rehearsing.

They will round off the day with a performance.

Free - 2 days - All year groups Number of spaces: 20 per day This is a 2 day event



Students will spend the day engaging in a series of team building activities, working with primary school students, helping them with their organisation and cooperation skills.

Free -1 day - All year groups Number of spaces: 30

Team Building & Problem Solving



Students will take part in a variety of teamwork and problem solving activities. You will work inside and outside of the classroom and half of the day, weather permitting, at the big Park looking for clues.

This will use physical and mental aptitude.

Free -1 day - All year groups Number of spaces: 50



Tennis



Experienced and beginner tennis players welcome. Learn new skills, find out how to play like a pro.

Spend the day having some coaching and then participating in some fun mini tournaments.

Free -1 day - All year groups Number of spaces: 30

Visit to The Theatre Royal



Students will have an opportunity to discover what happens behind the scenes at the Theatre Royal in Brighton with a follow up workshop.

Students will be expected to make their own way to and from Brighton for this event. They will meet with PCS staff at the theatre.

£10.00 - 1 day - All year groups Number of spaces: 20

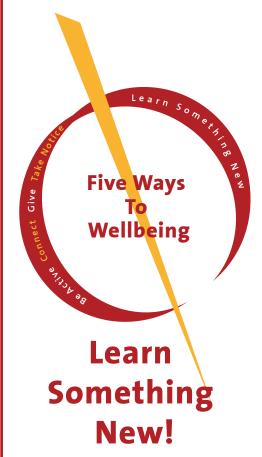
Towner Gallery Eastbourne



Students will visit the Towner Gallery.

Students will be expected to make their own way too and from Brighton for this event, where they will meet at Brighton station and and travel by train with PCS staff to and from Eastbourne.

Train Fare -1 day - All year groups Number of spaces: 30



What Next?

Each student will have a Google form in their PDI Google Classroom. Every student in years 7, 8 and 9 must fill this in.

Everybody will take part in activities this week.

Students who are going on a residential to Bude, Italy or France will have to indicate this on the form.

Note: Those students participating in the trips to Italy and France are expected into school on Monday 7th July where they will begin their preparation for the trip.

All other students are to complete the form following the instructions.

Whilst we will endeavour to provide students with their chosen activities, it is important that they indicate reserve choices in the event of activities being booked up.



Frequently Asked Questions

How many activities can I choose?

You need to be doing an activity every day. When you tick your choices on the Google Form make sure that you have looked at which day it is taking place. There is then the opportunity to try to do similar things with different friends. We can not promise, but we will try to make this happen. Some activities take place across more than one day, please take care to read the booklet properly so that you can map out your week.

What if there are not enough spaces for what I would like to do?

We will try to make sure everybody can take part in the activities they have chosen. We have indicated how many spaces there are for each activity this year. We do ask that you put 3 reserve choices down in case some activities prove to be very popular.

I would like some financial support with paying for an activity, how do I know if I am eligible and how do I request a reduction?

Please ask your parent/carer to contact the school by email pcs-enquiries@swale.at who will be able to refer you to the appropriate person for advice.

What are the timings of the day?

All of the activities take place during the school day. Exact timings will be shared with you once you have confirmation of your activities.

What will I need to wear?

For all onsite activities, students will be asked to come in in their PE kit. For all other activities, suggestions will be made once you have confirmation of your activities. (You will not be expected to wear your school uniform!)

What will happen about lunch?

You will have a lunch break as normal if you take part in activities in school. For those activities off site, we will advise on a packed lunch (with the exception of the barbecue option). For those students in receipt of Free School Meals who are off site, we will provide a packed lunch if required.

Will I need any extra money?

That is your own decision, if you have chosen an activity in Brighton, with bus travel, you will need to pay for travel. If you are in school, you will not need any extra money. If you have paid for coach travel to an activity, you might wish to bring some money for souvenirs.

When is the deadline to make choices?

The deadline to make choices is **Friday 13th December.**

When will I find out if I have been accepted on to an activity that needs payment if I don't yet know?

Once we have received all of the choices we will then set up parent pay accordingly. You will receive an email letting you know if and when parent pay has been set up for you.

When will I find out what I will be doing if I am doing my activities in school?

All choices and a full programme of events will be shared with students in term 4.

What will be the end product of our Learning beyond The Classroom Week?

We shall be creating a showcase of experiences to share with our local community.