

HORIZONS SCHOOL HOLIDAY ACTIVITIES

Horizons holiday activities operate within CGS Care as optional extra giving opportunities in a range of learning areas, which enhance a students' cultural, creative, physical or technological intelligence. Through their participation, students discover hidden talents and build skills for life.

Children arriving before the start time of the activity need to be dropped off (7:30am – 9:00am) at the Year 3 classrooms, and will then be accompanied by CGS Care educators to the area where the programme will run.

At the completion of each programme the children will be accompanied to the outside eating area at near the Southside and Boarding House Buildings, where they will be served a small afternoon snack. Children can be collected from this area at 3:00pm unless CGS Care has been informed that after activity supervision is required.

To make an enrolment visit the My Family Lounge on the CGS website: CGS.ACT.EDU.AU/PRIMARY-SCHOOL/CGS-CARE

Childcare subsidy is claimable for all bookings of primary children. For further information, please contact CGS Care on 02 6260 9656 or cgscare@cggs.act.edu.au

DECEMBER 2018

Kids Pantry

10 – 14 December | Kindergarten – Year 6

Kids Pantry introduces children to an interactive and fun cooking experience where students learn new tips and try new flavours and is designed to give you the skills in the kitchen while getting your mitts dirty. We have so many fun activities for all ages with an international flavour. Young chefs prepare and cook their own individual meals and sit down with others to enjoy their culinary delights. Not only do the children learn valuable skills in cooking; they develop literacy and numeracy skills while socialising with peers; therefore enhancing confidence and self-esteem.

The sessions will run from 9:00am – 3:00pm Cost \$150 per day.

Vertikal

10 – 12 December | Kindergarten – Year 6 (Excursion depart 9:00am return 2:45pm)

Intensive Snow Sports Camp Vertikal caters to all levels of skiers and boarders, providing technical training on a non-stop ski slope that changes speed and angulation. All sessions are led by highly trained ski and snowboard instructors and focus on skill development through analysing and improving: Technique, Efficiency and control, Carving and angulation, Stability and biomechanics and Confidence. Each student will be individually assessed and provided with specific feedback and instruction to improve performance. Mirrors at the base of the mats enable students to see themselves in action and make adjustments on the spot. Racer? Slalom, alpine, or skier cross: we create the right conditions to challenge and improve skills. New to the sport? Our controlled environment is the perfect way to learn the basics of the sport maximise the on-snow experience. Repetition = effective training: nothing improves performance than regular practice. Please note Vertikal Horizon sessions are held off site and children will be transported via bus to the Vertikal site in Fyshwick.

The sessions will run from 9:00am – 3:00pm. Cost \$150 per day.

*Code Cadets

10 – 12 December | Year 2 – Year 6

Code Cadets is an opportunity for children to learn real programming in a fun, creative environment. They will learn the basic rules of computer code, how to think creatively about designing a programme, and get the chance to plan and create their own personal game or website. Children can put their projects online, and keep working on them at home.

The sessions will run from 9:00am – 3:00pm. Cost \$390 for 3 days.

**Please note: Code Cadets is a 3 day course.*

Gymnastics

11 – 12 December | Kindergarten – Year 6

Woden Valley Gymnastics Club (WVGC) is running a fun-filled and action-packed programme at CGS during the upcoming School Holidays! At WVGC we cater for many Gymsports including TeamGym, Performance Team, Artistic Gymnastics, Trampoline, Acrobatics, Free G and Tumbling! We focus on the 'Four F's' while delivering any programme – these are: Fun, fitness, fundamentals, Friendship and Safety. Over the 2 days the kids will learn about all of the above different types of gymnastics, including strength and shaping to execute the skills successfully.

The sessions will run from 9:00am – 3:00pm. Cost \$130 per day.

Dance

11 – 13 December | Year 2 – Year 6

Kulture Break is a charity organisation committed to the wellbeing and social inclusion of young people. Through a platform of creative arts we offer a positive message of wellbeing, empowerment and transformation for youth.

Join us for dance these school holidays at the Holiday Horizons Programme!

Dance provides a fantastic creative outlet for everyone, none more so than children. In a dance class your child will learn some core techniques and understanding of body awareness, musicality and memory, but most importantly FUN! There's more to a dance class than jumping up and down to a beat. Dancers all around the world enjoy dance for the actual real life benefits receive out of the dance studio. Dance helps build confidence, rhythm and coordination, all to a fun song. Very similar to martial arts and other sports, dance helps nourish the ideas of team work, cooperation and perverseness when things can get a little stressful. Take a break this holiday, prepare for your own dance concert in the lounge and welcome home your new dance superstar!

The sessions will run 9:00am – 3:00pm. Cost \$130 per day.

Chess and Sport

13 – 14 & 17 – 19 December | Kindergarten – Year 6

Professional Chess Lessons and Sport Lessons suitable for all chess and sporting abilities. Your child will participate in chess demonstration lessons and then use their knowledge in a variety of chess competitions and activities, all while interacting with other children. Children will also participate in a range of sporting activities including dodge ball, soccer, basketball, netball and handball. All lessons are presented by David Messina and Canberra ChessMates, and are designed to give all children further chess strategies to use in friendly and competitive games. The sporting breaks in-between lessons and competitions help to rejuvenate children. A pizza lunch with fruit-box is provided each day! This programme prides itself on exercising both the mind and body!

Chess and sport lessons will run from 9:00am – 3:00pm. Cost \$130 per day.

Pamper Morning

17 December | Kindergarten – Year 6 (9:00am – 12:00pm)

Looking for something different that your child will love? Why not come and join in on a MollyCoddle Parties morning of pampering. The customised pamper session is all about making your child feel spoilt, pampered and that little bit more grown up. Dressed in fluffy gowns, they will get their hair done, hands massaged, make their own edible face masques, then sit back, soak their feet and relax with cucumber on their eyes. The children will make their own jewellery, body scrubs and bath fizzers and let's not forget all the dancing, games and face painting. This will be a holiday programme talked about for a long time, don't let your child miss out and book in now.

The sessions will run 9:00am – 12:00pm Cost \$130 per day.

Dance with Kulture Break

17 – 18 December | Kindergarten – Year 1

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The sessions will run 9:00am – 12:00pm. Cost \$130 per day.

Mini Swimming Squad

17 – 18 December | Year 2 – Year 6 (9:00am – 12:30pm)

Please note this is not a learn to swim programme.

The swimming squad is open to those students who are confident swimmers and able to swim a minimum of 50 metres with confidence and in good style. The swim sessions will focus on developing swimming strokes and fitness levels and will also include games such as water polo. During mini swimming squad the children will work on stroke technique to ensure they are swimming efficiently in the water. All strokes will be covered, including starts, dives and turns, making children more confident and ready for the summer season.

Equipment needed: swimmers, towels, goggles, water bottle and healthy snack.

The sessions will run 9:00am – 12:30pm with break time included. Cost \$130 per day.

Wellness Retreat

18 – 20 December | Year 2 – Year 6

With a passion for discovering and encouraging mindfulness and wellness in youth from the inside out, Active Attitudes have developed a multi-day wellness retreat specifically targeting primary children and early teens. Participants will enjoy 1-3 days customised and dedicated to channelling their inner being, exploring through learning and fun; emotional regulation, Friendships and relationships, How to avoid bullying and what to do if you can't, the art of kindness, yoga and meditation, creative journaling, Positive thinking and affirmation, building self-belief and confidence, why practicing gratitude leads to success, Mindful colouring and craft and food and nutrition for wellbeing. The children also receive a take home My Mindful Year Jnr Journal - a work book we will use throughout the retreat packed with activities to encourage them to continue on practicing at home for time to come.

The sessions will run 9:00am – 3:00pm. Cost \$130 per day.

Claymation

18 December | Year 2 – Year 6

Students use a range of materials including Clay, Lego, Duplo, Stick Bots and other figures, along with a software programme called Stop Motion Pro and a computer. Students will use the skills learnt in this class to capture images of their characters in order to make a short film. Children are encouraged to bring Lego and other props from home if they would like to.

Please note: School iPads will be available for all students to use. Those students in Years 4 – 6 who choose to use their own iPad during Claymation will need to download the Stop Motion Studio Pro app (approximately \$7.00).

The sessions will run 9:00am – 3:00pm. Cost \$130 per day.

Christmas Baking

19 December | Kindergarten – Year 6

Come get your Christmas bake on!! Children will be baking and decorating Christmas themed baked treats. Children will measure and mix along with friends in a fun and interactive environment. Christmas Baking will be offered to children of all ages. CGS Teacher and owner of Cutting Edge Cookie House, Sarah Maldon, will work with the children to create their very own Christmas Cookie creation. This is a hands on experience, where the children make their cookies and explore the many wondrous ways you can create an edible masterpiece! At the end of the session, each student will bring home their creation to share with their family during the Christmas Season.

The session will run 9:00am – 3:00pm. Cost \$130 per day

Lego Robotics

9 December | Kindergarten – Year 2

Robotics is a hands on lesson in design and programming. In robotics, children can design and build mechanical arms, cars, and other designs using Lego electric motors designed for this age group. Children can follow set instructions, or design their own devices. Instructors will help the students learn the basics of design and mechanics, and this is a great preparation for programming and robotics in future years.

The sessions will run 9:00am – 12:00pm. Cost \$130.

Lego Robotics

20 – 21 December | Year 2 – Year 6

Robotics is a hands on lesson in design and programming. In robotics, children can design and build mechanical arms, cars, and other designs using Lego electric motors designed for this age group. Children can follow set instructions, or design their own devices. Instructors will help the students learn the basics of design and mechanics, and this is a great preparation for programming and robotics in future years.

The sessions will run 9:00am – 3:00pm. Cost \$130 per day.

Active Attitudes Sports Clinic

20 – 21 December | Kindergarten – Year 6

Active Attitudes delivers Sports & Wellness Clinics to over 20,000+ participants each year throughout Australia. Over time we have done our best to ensure the programmes we deliver are both fun and interactive as well as aiming to improve confidence, coordination and skill development for kids of all ages, gender and ability. In conjunction with Holiday Horizons we bring to you SUPER SUMMER SPORTS & ACTIVITIES. Each participant will have the chance to join in on incorporating fun, games, new skills and activities catering for all levels. Includes a FREE show bag for each child and a certificate of completion

The sessions will run 9:00am – 3:00pm. Cost \$130 per day.

Science

20 – 21 December | Kindergarten – Year 6

The human body is an amazing biological machine, and we have many questions about it. Why is my blood red? What would happen if we had an exoskeleton instead of bones? How does my body help me fight off illness? Children will answer these questions and many more through experiments, instruction and play.

The sessions will run 9:00am – 3:00pm. Cost \$130 per day.

JANUARY 2019

Ceramics and Art Programme

9 – 10 January | Kindergarten – Year 6

The art programme will be an opportunity for children to explore a range of art materials and techniques varying from drawing, painting, papier mache and ceramics. Over the day the children will be able to explore the materials and techniques for longer periods of time and in depth. The children will have the opportunity to extend on particular activities depending on their interests.

The sessions will run 9:00am – 3:00pm. Cost \$130 per day.

Drama

9 – 11 January | Kindergarten – Year 6

The performing arts is a great way for children to express their creativity and to build confidence in public speaking. This holiday programme encourages children to be themselves and to explore the acting world through characterization and expression. In groups, they will create their own short play and perform it on stage on the final day.

The sessions will run 9:00am – 3:00pm. Cost \$130 per day.

Chess and Sport

14 – 16 January | Kindergarten – Year 6

Professional Chess Lessons and Sport Lessons suitable for all chess and sporting abilities. Your child will participate in chess demonstration lessons and then use their knowledge in a variety of chess competitions and activities, all while interacting with other children. Children will also participate in a range of sporting activities including dodge ball, soccer, basketball, netball and handball. All lessons are presented by David Messina and Canberra ChessMates, and are designed to give all children further chess strategies to use in friendly and competitive games. The sporting breaks in-between lessons and competitions help to rejuvenate children. A pizza lunch with fruit-box is provided each day! This programme prides itself on exercising both the mind and body!

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Dance

14 – 16 January | Year 2 – Year 6

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Lego Robotics

14 – 15 January | Year 2 – Year 6

Robotics is a hands on lesson in design and programming. In robotics, children can design and build mechanical arms, cars, and other designs using Lego electric motors designed for this age group. Children can follow set instructions, or design their own devices. Instructors will help the students learn the basics of design and mechanics, and this is a great preparation for programming and robotics in future years.

The sessions will run 9:00am – 3:00pm. Cost \$130 per day.

*Code Cadets

16 – 18 January | Year 2 – Year 6

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The sessions will run from 9:00am – 3:00pm. Cost \$390 for 3 days.

**Please note: Code Cadets is a 3 day course.*

Gymnastics

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The sessions will run from 9:00am – 3:00pm. Cost \$130 per day.

Dance with Kulture Break

21 – 22 January | Kindergarten –Year 1

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The sessions will run 9:00am – 12:00pm. Cost \$130 per day.

Kids in the kitchen

21 – 22 January | Kindergarten –Year 6

Kids in the Kitchen offers a hands on cooking experience for children in Kindergarten to Year 6. Our young chefs will improve their skills in the kitchen while preparing their own meals in an encouraging atmosphere. Come along to measure, mix and have fun. The children are welcome to enjoy their meals together with their peers at School.

The sessions will run 9:00am – 3:00pm. Cost \$130 per day.

Active Attitudes Sports Clinic

22 – 24 January | Kindergarten – Year 6

Active Attitudes delivers Sports & Wellness Clinics to over 20,000+ participants each year throughout Australia. Over time we have done our best to ensure the programmes we deliver are both fun and interactive as well as aiming to improve confidence, coordination and skill development for kids of all ages, gender and ability. In conjunction with Holiday Horizons we bring to you SUPER SUMMER SPORTS & ACTIVITIES. Each participant will have the chance to join in on incorporating fun, games, new skills and activities catering for all levels. Includes a FREE show bag for each child and a certificate of completion.

The sessions will run 9:00am – 3:00pm. Cost \$130 per day.

**If your child is attending Holiday Horizons on Wednesday 23 January – Please pack their swimmers and towel as we will be having water fun in our lunch break.*

Science

23 – 25 January | Kindergarten – Year 6

Science is fun and easy to do at home! Children will learn about the world we live in through fun science experiments they could replicate at home. Each day a different topic will be explored along with new, and exciting experiments. Please note Days one and three contain food.

The sessions will run 9:00am – 3:00pm. Cost \$130 per day.

**If your child is attending Holiday Horizons on Wednesday 23 January – Please pack their swimmers and towel as we will be having water fun in our lunch break.*

Art and Craft

29 – 31 January | Kindergarten – Year 6

Children will explore the use of colour aiming to learn to be flexible when creating modern works. Using monochromatic, contrasting, and inverted styles children will use the media of their choice to portray their understanding of colour theory.

The sessions will run 9:00am – 3:00pm. Cost \$130 per day.

Flower Arrangements

30 January | Year 2 – Year 6

Creativity with flowers, come along for a fun filled day of learning the art of floristry. The floral workshop will be a fantastic opportunity for students to learn about caring for flowers and the basic skills required to make floral arrangements such as wreaths, box arrangements and hand-tie bouquets in a fun and enjoyable environment.

The sessions will run 9:00am – 3:00pm. Cost \$130 per day.

Lego Robotics

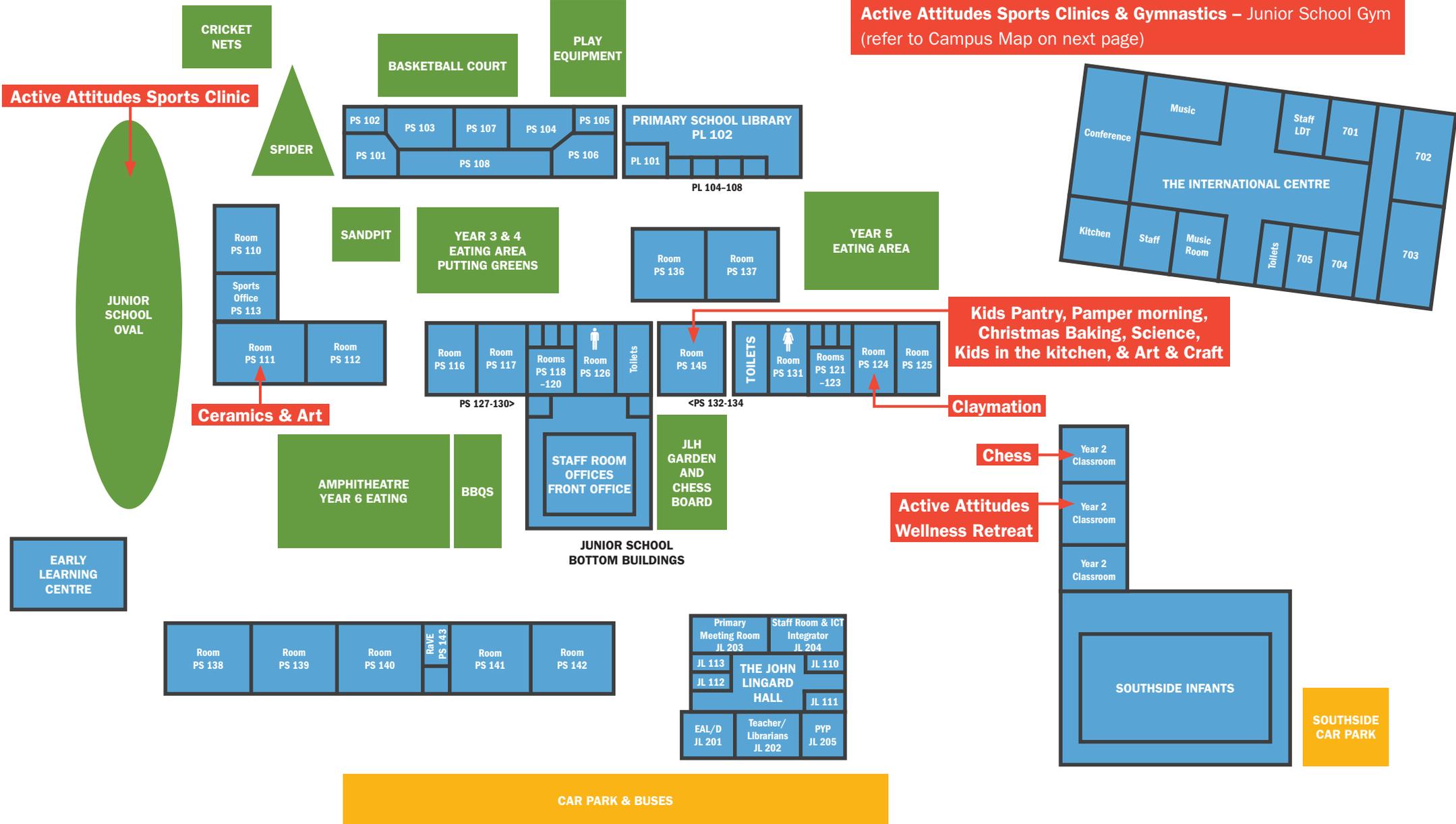
31 January – 1 February | Year 2 – Year 6

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HORIZONS SCHOOL HOLIDAY ACTIVITIES MAP

Lego Robotics & Code Cadets – Multi Media Centre
Mini Swim Squad – Pool
Dance & Drama (K – Year 6) – Human Movement Studio
Active Attitudes Sports Clinics & Gymnastics – Junior School Gym
 (refer to Campus Map on next page)



CAMPUS MAP



Dance & Drama

Active Attitudes Sports Clinic, Gymnastic & Mini Swim Squad

Lego Robotics & Code Cadets



KEY	
	MAIN ROADS
	PATHWAY
	SERVICE ROADS (NO ENTRY)
	BUILDINGS
	OVALS & SPORTING FACILITIES
	DROP OFF ZONE
	VISITOR PARKING
	ENTRANCE
	ACCESSIBLE ENTRY
	BUS STOP
	ENTRANCE GATE
	FENCE