Community Living Week
12 April - 15 April
2011
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### COMMUNITY LIVING WEEK

**12 APRIL – 15 APRIL**

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1. **Action Day Adventures**  
   **Year(s)** 8-10  
   **Cost** $235-$290  
   **Contact** Mr Whinnen, Mr Parry

Are you up for it? Fit? Keen? Ready to go? If you say Yes! Yes! Yes! Yes! Then Action Day Adventures 2011 needs you. A day out Paintballing at Kuitpo, a day of rock climbing or abseiling at Victor Harbor or Morialta, maybe a Granite Island walk, add to that laser skirmish, some surfing at Middleton and some archery at Cabra and Ten Pin Bowling. It may be possible to pistol shoot at Marksman Indoor Range for ages 14 and over. Everything starts and finishes daily at Cabra.

2. **Aquatics at Port Noarlunga**  
   **Year(s)** 8-10  
   **Cost** $190  
   **Contact** Mr Carmicheal, Mr Ossitt, Ms Murray

This activity includes canoeing, surfing, kayaking, snorkelling, fishing and wave skiing. Wetsuits and other necessary equipment are provided. Be prepared to get wet! This activity also includes a 1 hour lock-in at the Beach House with unlimited use of all facilities. A bus will depart and return to Cabra.

3. **Beach, Surf, Movies and More**  
   **Year(s)** 6-9  
   **Cost** $150  
   **Contact** Ms Charewicz, Ms Smith, Ms Parker, Ms Graff

Based at Glenelg Surf Life Saving Club this is a fun-filled four days of learning to surf, board paddle and surf ski. You will receive a certificate issued by the Surf Live Saving Association. On the Friday we will be at the Marion cinemas (movie to be advised), lunch at McDonalds, then tenpin bowling.

4. **How Sweet it is!**  
   **Year(s)** 6-8  
   **Cost** $100  
   **Contact** Ms Russell, Ms Griffiths, Ms Caldwell

How Sweet it is will take your tastebuds on a whirlwind tour of the delectable kind. We’ll be baking up a storm, sharing with you many tips and techniques for baking and decorating cakes, cupcakes, slices, old fashioned sweets and much more. On the last day we will go on a tour of the Haighs Chocolate factory and have a scrumptious afternoon tea at Bracegirdles.
5. **Crusin’ Canberra**  
   **Year**: 10  
   **Cost**: $750 (to be confirmed)  
   **Contact**: Mrs Cross, Mrs Woodbridge

Come and explore the many wonderful sights of our beautiful nation’s capital. Architecturally designed and picturesque, this city offers many opportunities for leisure and education. Visit the Australian War Memorial, the Institute of Sport, Questcon Science and Technology Centre, the National Art Gallery, the Australian Museum, Old and New Parliament House and more. Cost includes airfares, accommodation, entry fees and some meals. Don’t miss out!

6. **Crafty Creations**  
   **Year(s)**: 6-10  
   **Cost**: $50  
   **Contact**: Mrs Tansell, Mrs Finlay

Express the creative side in you. Make lovely gifts for Mother’s Day or Father’s Day or just something for yourself. Enjoy making jewellery, cards, boxes, stationery and Christmas presents. This activity can be tailored made to suit your needs and imagination. You will have samples to bring home every day. All necessary materials will be provided. This activity is based at Cabra.

7. **Canvas Art @ The Changing Canvas Studio**  
   **Year(s)**: 6-10  
   **Cost**: $180  
   **Contact**: Mrs Ciccarello

Ever wanted to create a stunning canvas to decorate your bedroom, lounge room or dining room? Ever wanted to paint but didn’t know how to start or what to paint? The ladies at the Changing Canvas Studio are there to assist you. Try some modern art with mixed medium like gesso, collage and acrylic paint to complete your masterpiece. Come along and have some fun. This activity is based at The Changing Canvas Studio in Sussex Street, Glenelg.

8. **Fun with Fabric**  
   **Year(s)**: 6-10  
   **Cost**: $55  
   **Contact**: Mrs Hall, Mrs Selby

This is an activity that introduces you to sewing and textiles. You will learn to hand sew, embroider and use a sewing machine. You will have the opportunity to create, make and take something home every day. Design and make your own pencil case, bag, boxer shorts, teddy bear or pillow. Make these things for you to keep or to give as gifts. This activity is based at Cabra.
9. **Gamers Workshop**  
**Year(s)** 9-10  
**Cost** $50  
**Contact** Mr Sieradzki, Ms Becker, Mr Olds

The Cabra Gamers Workshop is a fun activity for students who are keen to learn how to create computer games. We will learn about writing game code, making graphics, adding animations and adding sound to games. The computer programs we will be using include GameMaker, 3D Studio, Flash & Photoshop. We will also be visiting CyberHive, a gaming café on Gouger Street in the city.

10. **Golf at the Patawolonga**  
**Year(s)** 8-10  
**Cost** $155  
**Contact** Mrs Cibich

Meet me at the golf course or driving range for a lesson from a golf professional. Then play 18 holes on the north course of the Patawolonga. At the end of the week those of you who reach a suitable level may have a game. Make your own way to and from the golf course.

11. **Innes National Park Camp**  
**Year(s)** 9-10  
**Cost** $225 (plus your own food)  
**Contact** Mr Von der Borch, Mr Zandona

Come and discover the beauty of this coastal national park. An adventurous spirit and love of camping are essential and will be fostered. Activities include bushwalking, swimming and fishing. Students will form small groups for tenting and cooking. Each group is responsible for supplying necessary tent, cooking gear and food supplies. And, yes, there are toilets(basic).
12. **K.I. Camp**  
**Year(s)** 6-9  **Cost** $470  
**Contact** Ms Fort, Ms Cahalan, Mr Cutting, Mr Morizzi

We will coach and ferry to Kingscote and on to Flinders Chase where we sleep in dorms. Be ready to tour around the island to see the incredible sights. Go caving at Kelly Caves, romp around the Little Sahara, then visit Remarkable Rocks and Admirals Arch. Add to that the Raptor display (birds of prey), bush walking, visiting the beach and a game of volleyball. A must if you enjoy touring and outdoor activities.

13. **Let's Dance!**  
**Year(s)** 6-10  **Cost** $150  
**Contact** Ms T. Davidson-Bennett

Learn the latest dance moves direct from Australia and America, bust out the new Hip Hop and Jazz-Funk moves which are being used in the latest video clips. From technique to choreography this is the place to be! So if you're already a dancer and want to learn some new moves or a beginner and just want to learn how to groove, this activity is for you! Build your confidence and strut yourself on the dance floor. Based at Cabra and presented by Mitcham Dance Studio.

14. **Marvellous Melbourne**  
**Year(s)** 10  **Cost** approximately $600 (to be confirmed)  
**Contact** Mr Antenucci, Ms Masia

Fly to Melbourne and back for a wonderful four days exploring the sights of this exciting city. Ride the trams, visit the National Gallery, the zoo, Queen Victoria markets, the Old Melbourne Jail and cruise the Yarra River. There will be some time for shopping and exploring. A fantastic trip you won't forget! Don't miss it!

15. **Mixed Sports Bag**  
**Year(s)** 6-8  **Cost** $150  
**Contact** Ms Hejka, Mr Wickins, Ms O'Halloran

Enhance your sporting skills in swimming, diving, netball, indoor cricket or soccer. Enjoy a day at Greenhills Adventure Park - paddle boating, golf and more. Learn self defence from qualified instructors, go ten pin bowling and visit the Adelaide Aquatics Centre. Departing and returning to Cabra each day.
16. **Modelling & Personal Development**  
**Year(s)** 8-10  
**Cost** $210  
**Contact** Mrs Guastella

This activity is run by Tanya Powell Model Agency and covers skin care, manicures, pedicures, make-up, haircare, etiquette, communication, deportment, voice production and catwalk. Two days will be held at Cabra and the final day at the modelling agency in the city. You will be involved in a photographic shoot and receive a certificate for your efforts.

17. **Outdoor Challenge**  
**Year(s)** 6-10  
**Cost** $190  
**Contact** Mr Sharkey, Ms Burton

Students will participate in a variety of daily activities in the Adelaide Hills with an overnight stay. They will visit Monarto Zoo and Warrawong Sanctuary where they will observe animals at night and help with environmental projects. A day will be spent at Woodhouse Scout Camp completing the Challenge Hill course. There will be bushwalking and bike riding available. Departing and returning to Cabra each day except for one overnight stay.

18. **Rock Climbing and Mountain Biking Camp**  
**Year(s)** 6-9  
**Cost** $370  
**Contact** Mr Oakley, Mrs Laube

This is a four day bush-based program, staying in tents. You’ll participate in a variety of activities, such as rock-climbing at the Onkaparinga Gorge, mountain-biking through Kuitpo forest, rope-bridge climbing, bouldering, wilderness survival trekking and shelter building. Come along for some extreme fun!
19. **Rosa Matto Cooking**  
**Year(s)** 8-10  
**Cost** $140  
**Contact** Mr Nicholas, Ms Lubatti

Take a journey through Italy and its regional cuisine. Learn to prepare and cook all the traditional favourites like pasta, gnocchi, pizza, risotto, canoli, tiramisu and much more. Enjoy sampling all the dishes you prepare as you sit down for typical Italian style lunch each day. Buon appetito! All classes will be held in the Home Economics Centre at school.

20. **Silver Jewellery and Glass Beading**  
**Year(s)** 8-10  
**Cost** $120  
**Contact** Mrs Stagg, Ms Wilson

Work on your own designs to create silver pendants, rings and bracelets. Use a variety of skills including piercing, riveting and wax casting. Make your own glass beads to complement your jewellery. All materials are supplied. This activity is based at Cabra.

21. **Surf’s Up!**  
**Year(s)** 8-10  
**Cost** $200  
**Contact** Ms Mann, Mr. Finkemeyer

This activity is for beginners only. Come and have fun learning the technique of surfing from qualified instructors. Visit some of Adelaide's popular surf breaks including Moana Beach, Southport and Middleton. Lessons, wetsuits, boards and transport from Cabra to beach and return are included in this price.
22. **Terrific Tasmania**  
**Year(s)** 8-10  
**Cost** $650 (to be confirmed)  
**Contact** Mr O’Dea, Ms. Jones

This tantalising trip to Tasmania to tour and taste the Tassie temptations, too terrific to turn tail towards! We will tour Launceston, Cradle Mountain, Hobart, Port Arthur, Tamar, Derwent Rivers and much more. Take in the beautiful countryside, lovely cities, great company and a flexible schedule.

23. **Victor Harbor Adventure Camp**  
**Year(s)** 7  
**Cost** $330  
**Contact** Mr Jarrad, Mr Heath

Daily aquatic activities are scheduled for you to enjoy Adelaide’s best tourist destination. Be ready to camp, swim, surf and body board. For some added fun and adventure we will plan Greenhills Adventure Park, Granite Island and penguin watching.
COMMUNITY LIVING WEEK—April 12th – 15th
KEY INFORMATION for Students AND Parents

CLW is an important part of the curriculum at Cabra. It is an expectation that all students from Year 6 –10 participate in an activity. If a student is unable to attend CLW a letter communicating the reason for their absence must be provided by a parent/guardian to the respective Deputy Principal, Mrs N. Laube for Year 6 –9 or Mr J. Cameron for Year 10, by 11h March.

The booklet is designed to help you choose your CLW activity. Read it carefully - discuss it with your parents and teachers and find out more at the information session on Tuesday 1st March.

Once you have decided your activity choices please fill in the attached choice form and have it signed by your parent/guardian. The form is to be returned to your Home Class teacher on or before Wednesday 9th March. I will endeavour to place students into their 1st choices where possible.

Once students have been placed in an activity it is highly unlikely that any changes can be effected. So please choose the first 3 activities very carefully.

Please note the cost of each activity. These costs must be entered into the space provided on the Choice Sheets signed by Parent/Guardian. The prices quoted are based on optimum numbers in each activity. Should numbers not reach this optimum, the final price may need to be adjusted accordingly.

Payment for CLW activities is due on or before April 6th 2011. Please place payment for student’s activity in envelope provided with:- “Name & Number of activity” and student’s details i.e. Name & Class. All payments are to be taken to the BOOK ROOM.

Any student who fails to attend their CLW activity without prior warning will incur full charges for the activity they have chosen (as most activities are booked and paid for in advance - the cost per head being calculated on full attendance).

Mrs Sandra Ciccarello
CLW CO-ORDINATOR
COMMUNITY LIVING WEEK 2011  
Tuesday 12th – Friday 15th April  
CHOICE SHEET

This form is to be returned to your home class teacher on or before Wednesday 9th March.

To ensure friends are selected for the same activity you can staple your choice sheet with a maximum of 2 others.

Name: _______________________________  Home Class: ________

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I have read the ‘key information’ and agree to my child participating in any of the above activities.

Parent/Guardian Signature: _______________________________ Date: ____________