



April 2010

Dear Parents

### Curriculum Enrichment Week

During the week of 5 July all pupils in Years 7 to 10 will be following a specially designed programme of events and workshops in our Curriculum Enrichment Week. For four days, our pupils will have the opportunity to experience new things, acquire new skills, discover new places and challenge themselves individually and in groups.

Many of the activities have a cost associated with them. However, these are kept to an absolute minimum and on each day some activities are offered at no cost. We hope that all the pupils will take advantage of the vast array of opportunities presented to them. Inevitably some of the activities will be oversubscribed therefore we ask that, for each day, your child chooses three different activities in order of preference and limit to one residential activity. We will, of course do our best to allocate as many first choice activities as possible. Please encourage your child to discuss activities with friends before selecting, as once allocations have been made it is very difficult to make changes, especially where tickets have been secured in advance.

To select and advise your child's preferred activities please complete our online booking form on the School website: [www.cokethorpe.org.uk/go/cewform](http://www.cokethorpe.org.uk/go/cewform) by Tuesday 4 May. During May, I shall write to confirm your child's allocation for CEW.

If, for any reason, your child will not be in School for part or all of this week, please write to the Headmaster as soon as possible. Prize Giving on Friday 9 July is a compulsory School day and attendance in formal School uniform is expected.

Yours sincerely

K Walton  
Second Master

<b>PROGRAMME – MONDAY 5 JULY</b>	<b>COST</b>
<p><b>Archery</b> Have you ever tried Archery? If you like fresh air, the outdoors and exercise then discover the ancient skill and learn the art of shooting; coached by the experts from University of Oxford Archers.</p>	<b>£20.00</b>
<p><b>Blenheim Palace and Gardens</b> Explore the historical and magnificent stately palace. Afterwards take the Blenheim Heritage Trail, discovering the acres of beautiful parkland – how many questions can you answer correctly? Then enjoy a picnic by the lake. Finish the day with a visit to the Butterfly House and Maze.</p>	<b>£10.00</b>
<p><b>Caving in the Forest of Dean</b> An adrenalin-rich memorable visit to the Forest of Dean Activities Centre to tackle horizontal caving and exploring underground. Exciting and interesting. All equipment provided.</p>	<b>£20.00</b>
<p><b>Creative Writing 2 Day Workshop (Mon - Tues)</b> Spend a day exploring Oxford's magnificent museums, followed by a day creating your own piece of writing based upon these visits and your experiences.</p>	<b>Nil</b>
<p><b>Ghanaian Drumming Workshop</b> A rare opportunity to learn the skills and techniques involved in Ghanaian drumming. This dynamic workshop explores the drums and rhythms of West Africa. Discover how to play a simple traditional rhythm as well as how to understand and respond to non-verbal calls and instructions given by the lead drum. <i>No experience necessary</i></p>	<b>£15.00</b>
<p><b>Gliding</b> Enjoy an aero-tow launch and soar to a height of 2000 feet with Banbury Gliding Club at Hinton-in-the-Hedges Airfield. Experience engineless flight over the countryside in the capable hands of fully experienced and qualified pilots. If you show a keen interest and an aptitude for flying there may be the opportunity to take the controls when airborne. Pupils may choose 1 or 2 flight options during the day. <i>Pupils must be in good health</i></p>	<b>£65.00/£115.00</b>
<p><b>Golf Day at Lyneham</b> An opportunity to play golf at one of Oxfordshire's finest golf courses in the Wychwood Forest. <i>Pupils must have their own golf clubs and have a handicap certificate</i></p>	<b>£30.00</b>
<p><b>Graffiti to Jazz</b> Art explosion! A day's instruction working with a Graffiti artist, designing and creating your own masterpiece. Music will provide the backdrop!</p>	<b>£15.00</b>
<p><b>Historical Bath</b> Experience the unique charm of Bath. Includes a visit to the Roman Baths, a complex site of historical interest and a well-preserved Roman site for public bathing. Then jump on an open top bus for a tour of 'The Queen of English Cities' travelling around the Georgian city full of beautiful buildings and the famous Royal Crescent.</p>	<b>£23.00</b>
<p><b>Jewellery Making</b> Exercise your creative flair by designing and making your own silver-plated jewellery. The activity is great fun and rewarding.</p>	<b>£5.00</b>
<p><b>Longleat Safari</b> Africa comes to England as pupils have an opportunity to get up close and personal with a variety of wild animals, as well as enjoy the other activities that the park has to offer such as a maze, railway, beautiful country house and gardens as well as sailing on the safari boats.</p>	<b>£25.00</b>
<p><b>Needlecraft Workshop</b> Spend the day learning and enhancing your needlecraft skills. Techniques will include cross stitch, knitting and crochet. Take home a resources pack to enable you to continue what you have learnt.</p>	<b>£10.00</b>

PROGRAMME – MONDAY 5 JULY continued...	COST
<p><b>Scuba Diving</b>            A morning introduction to scuba diving and safe practice - learn how to dive safely and recognise dangers. Then travelling to Oxford Dive Centre (a PADI 5* IDC), to receive a final brief and then enter the swimming pool for a dive experience.  <i>Must be able to swim 50m, and not suitable for those with severe asthma or epilepsy</i></p>	<p><b>£50.00</b></p>
<p><b>Sculpture 3 Day Workshop (Mon - Weds)</b>            A three day workshop discovering the art of sculpting a masterpiece. Using timber and wire to build and create an armature, then using either plaster or concrete to add the finishing touches.</p>	<p><b>£20.00</b></p>
<p><b>SeaLife Centre</b>            Delve into the marine world at the SeaLife Centre where you will have your own VIP tour of the centre to view the fascinating variety of marine life and learn all there is to know with the aid of your own experienced guide.</p>	<p><b>£22.00</b></p>
<p><b>Ski and Skating Sampler</b>            Learn how to ski at Milton Keynes, an indoor snow slope with real snow. Receiving professional instruction, learn basic skiing skills; how to snow plough, transverse across the piste. In the afternoon enjoy the thrills of ice skating and perfecting your balance.  <i>Pupils will require warm clothing, including gloves</i>  <b>Beginners only</b></p>	<p><b>£18.00</b></p>
<p><b>Stop Motion Animation</b>            Using lego and playmobile you will have the chance to recreate your favourite films. Fancy being the next Steven Spielberg or Nick Park? Here's your chance – look on YouTube for examples and inspiration.</p>	<p><b>£3.00</b></p>
<p><b>Track Cycle Taster Day</b>            British cyclists dominated the track at the 2008 Olympics. Travelling to Newport for a 2 hour introduction into the Olympic sport. You will ride a fixed wheel bike around a 250m, banked velodrome, as fast as possible!  <i>Must be a confident cyclist and own a cycle helmet. Bikes supplied.</i></p>	<p><b>£18.00</b></p>
<p><b>Tree Adventure</b>            Spend the day in the Royal Forest of Dean. In the morning explore the gigantic sculpture trail in the woods. After a picnic lunch, get into harnesses and helmets for a physical challenging adventure amongst the trees on Motiva's rope course.</p>	<p><b>£25.00</b></p>
<p><b>Volleyball</b>            Experience the skills, tactics and determination needed to become a volleyball champion.</p>	<p><b>Nil</b></p>

PROGRAMME – TUESDAY 6 JULY	COST
<p><b>Basketball</b> Pupils will discuss and learn basic strategy and techniques, then play in a mini-tournament. Taught by an American with extensive experience as a player and coach.</p>	Nil
<p><b>Candle, Bathbomb and Soap Making Workshop</b> A fantastic opportunity to improve your practical skills, learn the science behind making candles, bathbombs and some beautiful soap. Ideal gifts to take home at the end of the day.</p>	£7.50
<p><b>Chess Championship</b> If you like logical puzzles, if you like neat patterns, if you like thinking up interesting ideas, then the Chess Championship could be just what you need to participate in. Chess, the ancient and noble game of strategy. Let battle commence.</p>	Nil
<p><b>Cricket Tournament</b> Enjoy a two innings 20 overs per side cricket tournament with awards for the winning team, the bravest batsman and the most accurate bowler. End the day with a single wicket competition. <b>Year 7 and 8 only</b></p>	Nil
<p><b>Emirates and Wembley Stadiums</b> A dual visit to the two most spectacular sports stadia in London: Wembley, a state of the art stadium and home of English Soccer plus Emirates, home of the Arsenal Team. Tour the dressing areas, board rooms and gain access to where the general public are not usually allowed. A must for all soccer fans.</p>	£28.00
<p><b>Film Making Workshop</b> Master the art of film making. Studying popular adverts and short films learn how to operate media equipment and rival the professionals by producing and filming your own masterpiece.</p>	Nil
<p><b>Forensics Science Day</b> Travel to Bristol for the day to learn the basics techniques of Crime Scene Investigators and Forensic Scientists, including fingerprinting, casting and DNA profiling, which are used to eliminate suspects and analyse evidence for court cases. <b>Years 7 to 9 only</b></p>	£30.00
<p><b>Go Kart Racing</b> A day's racing at the Oxford Stadium. Pupils will attend a safety briefing, followed by a practice run, and then experience the thrills of racing from the grid. All equipment including safety protection and racing suits provided. <b>Year 8 and above only</b></p>	£45.00
<p><b>Heritage Motor Centre</b> Take part in a range of activities including a tour of the museum highlighting many aspects of Britain's rich motoring history. Programme includes a first driving lesson in a dual control Freelander, a 4x4 experience and go-kart time trials. <b>Year 9 and above only</b></p>	£30.00
<p><b>Horse Riding</b> The day includes a 4 hour ride through private woodlands and bridle paths with panoramic views of the Severn Vale and Cotswold Hills. We will stop enroute to enjoy a barbeque lunch. <i>Suitable clothing required - jodhpurs or jogging bottoms, riding boots or Wellington boots, riding hat (may be borrowed if necessary)</i></p>	£55.00
<p><b>Kitchen Garden</b> Getting down to earth. Spend the day working in the School's kitchen garden, learning about organic gardening, fruit and vegetable growing. Late afternoon, pick crops, display and sell produce, depending on availability. <i>Pupils must bring Wellingtons</i></p>	Nil

PROGRAMME – TUESDAY 6 JULY continued...	COST
<p><b>National Space Centre</b>            Discover all about space stations and then put your ideas into practice designing your own. Then journey through the largest planetarium on a voyage of discovery as well as challenging yourself on over 150 interactive experiences.</p>	<b>£28.00</b>
<p><b>Pop Artists Art</b>            A studio based activity researching well known and less well known pop artists to develop and produce an inspired piece of modern art.</p>	<b>Nil</b>
<p><b>Portsmouth Historic Dockyard</b>            An exciting historical trip to visit HMS Victory, HMS Warrior and the Mary Rose. Three fantastic naval ships to explore and see where Nelson died and witness the cramped living conditions first hand. A memorable day out.</p>	<b>£17.50</b>
<p><b>Rock Climbing and Rope Work</b>            A school based day learning to rock climb, abseil, rope ascending together with other mountain rope work activities.  <b>Year 7 and 8 only</b></p>	<b>Nil</b>
<p><b>Rocket Design</b>            Design your own proto-type rocket propelled by acetic acid and sodium bicarbonate. Enjoy the chance to experiment with rocket fuels and then see how high it can be launched.</p>	<b>£5.00</b>
<p><b>Slimbridge Wetland Centre</b>            Visit the internationally protected wildlife reserve on the banks of the River Severn, where you will spend time observing a huge diversity of wildlife and their habitats. Plus, enjoy a Land Rover Safari to observe and feed the birds.</p>	<b>£22.00</b>
<p><b>Yoga Workshop</b>            Discover the art of yoga. Strengthen the body, free the spine, balance the mind and body, work with energy and learn techniques to manage stress. Taught by a qualified yoga teacher.  <i>No experience necessary. Must wear loose clothing and bring a blanket</i></p>	<b>£25.00</b>
<p><b>Walking with Wolves</b>            A visit to the Wolf Conservation Trust to observe European and North American wolves in a 3 acre enclosure and learn more about these animals. There may also be an opportunity to walk amongst the ambassador wolves.</p>	<b>£20.00</b>

**PROGRAMME – WEDNESDAY 7 JULY****COST****Avebury Stones and Museum****£5.00**

A chance to explore the Avebury ring, the oldest stone ring that is known to be in existence. Visit the museum which details excavations of archaeologist Alexander Keiller where interactive displays and activities bring the landscape to life.

*Suitable walking footwear required*

**Batsford Arboretum****£18.00**

Enjoy a guided tour of the 55 acre arboretum and botanical garden, which contains around 2900 trees.

**Bletchley Park****£12.50**

A visit to the world famous home of the WW2 codebreakers. Discover the parks history, visit the exhibitions and understand how many breathtaking codebreaking successes shortened the war and saved countless lives. Enjoyed a guided walk whilst gaining a real insight into what it was like when fully operational and see Colossus, the world's first semi-programmable electronic computer.

**Cabinet War Rooms and The London Eye****£25.00**

Morning visit the Cabinet War Rooms: "This is the room from which I will direct the war". Step back in time and visit Churchill's Headquarters; only recently opened with incredible displays and war creations hidden deep under Westminster. Spend the afternoon taking a flight on The London Eye and enjoy spectacular views of the Capital, whilst learning about its design and engineering.

**Canoe Explorer****£15.00**

Experience a day paddling on the river in Canadian canoes from Lechlade to Newbridge. Open to all ages and abilities.

*Must be able to swim 50m*

**Cockroaches to Pigs****£15.00**

A dissection Course: The opportunity to investigate a range of organisms from different parts of the animal kingdom. Dissect a worm, cockroach, crayfish, fish and pig. Plus, watch footage of a human dissection by Gunther von Hagens. This is a biologically explicit activity.

**Colour Me Beautiful****£40.00**

Improve your self-confidence and personal presentation. Spend the day experimenting with colour, learning how to choose make-up and clothing to suit your colour, shape and style. Sessions will also include style personality, personal presentation including breathing techniques and how to walk!

**Year 10 only**

**Cotswold Falconry****£15.00**

A day of 'close encounters' where you will learn how to handle, train and fly birds of prey. Watch the yellow headed caracara, peregrine falcons, greater kestrels and many more in the amazing flying demonstrations.

**Dance Workshop****£14.00**

Bollywood comes to Cokethorpe. Enjoy a day of Bollywood style and Indian classical dance, run by a professional dancer. A lively and energetic workshop.

*Suitable for all abilities*

**Fly Fishing****£28.00**

An opportunity to fish and catch trout at the beautiful Bushyleaze lakes. Instruction in groups of four. All kit and boats included.

*Sunglasses for eye protection essential*

**Glass Painting****£3.00**

An opportunity to show your creative flair. Design and paint your own glasses, mirrors and photo frames. An ideal personalised gift for a friend.

**Golf Day at Lyneham****£30.00**

An opportunity to play golf at one of Oxfordshire's finest golf courses in the Wychwood Forest.

*Pupils must have their own golf clubs and have a handicap certificate*

**PROGRAMME – WEDNESDAY 7 JULY continued...****COST****Heritage Motor Centre****£30.00**

Take part in a range of activities including a tour of the museum highlighting many aspects of Britain's rich motoring history. Programme includes a first driving lesson in a dual control Freelander, a 4x4 experience and go-kart time trials.

**Year 9 and above only**

**London Dungeons****£22.00**

Take a journey back in time exploring the London Dungeons and experience the devastation of The Great Fire of London. Take a ride of doom, feel the adrenaline pump and your heart shoot into your throat as you drop, screaming into the darkness below! Prepare to get wet on a ride that takes you to Hell and back. Then take a seat in the salon of death, hold on to your stomach as you enter Tooley Street's where history's most terrifying blood soaked surgeon is performing. This trip not for the faint hearted. You have been warned!

**Oxford Castle Unlocked****£7.00**

An opportunity to experience the mysteries and spooky events that took place at Oxford Castle in centuries gone by, as well as meeting its inhabitants! The 18th century prison buildings tell the story of the gaol over four centuries. Explore D Wing and its round Debtors' Tower from cell to cell, where the changing times and prison conditions are told through the lives and words of real characters from the past.

**Physics Power Nerd Workshop****Nil**

Take everyday events and convert them into complex experiments. Find out if there are underlying equations that govern banality.

**Pop Art Canvas****£7.00**

Working from own family portrait turning them into Pop Art canvas. A studio based activity.  
*Pupils will need to bring in some photographs for this workshop*

**Riding – Talland Equitation****£80.00**

Enjoy a day course at the Talland School of Equitation, world renowned BHS & ABRS approved equestrian centre. You will be given your own pony to look after for the day, and then take part in 2 group riding lessons together with a group stable management session.  
*Riding dress and hat required*

**Tennis Mixed Doubles Tournament****£3.00**

Inspired by Wimbledon fortnight? Learn and develop your skills in all aspects of the game. Experiment with strokes, length and angle of shots. End the day competing in a tournament, followed by strawberries and cream.  
*Suitable for all abilities*

<b>PROGRAMME – THURSDAY 8 JULY</b>	<b>COST</b>
<p><b>Army Flying Museum</b> Based near Andover the Museum of Army Flying is home to a unique collection of aviation history. The museum contains over 35 aircraft and gives a glimpse into the life of a soldier.</p>	<b>£13.50</b>
<p><b>Bag Embellishment</b> Learn the art of bag embellishment. First draw your design on paper then have fun transferring your special design to embellish and make your own fashion statement.</p>	<b>£5.00</b>
<p><b>Cadbury World</b> Maybe your last chance ever to visit and experience the famous Cadbury World. Learn and discover the history of the making of the famous Bourneville chocolate. Your journey will take you back in time to the Mayan Indians and Aztecs. Finish the day by creating your own piece of chocolate heaven and savour its delight.</p>	<b>£18.50</b>
<p><b>Clay Pigeon Shooting</b> Shooting with the professional at one of the UK's leading Shooting Schools. All equipment provided. <i>Suitable for all abilities</i></p>	<b>£70.00</b>
<p><b>Cotswold Wildlife Park</b> Take time to explore the 160 acres of parkland housing a fascinating and varied collection of mammals, birds, reptiles and invertebrates from around the world. Walk or even take the train to visit the new exhibits and learn how they have evolved and how they survive in their natural habitats.</p>	<b>£12.00</b>
<p><b>Cycling: Route 7/8</b> A full day's cycle ride, departing from School and travelling to Wytham Wood along local lanes and some off-road tracks, approximately 20 miles. <i>Own roadworthy bike, backpack, padlock and cycle helmet are essential</i> <b>Year 7 and 8 only</b></p>	<b>Nil</b>
<p><b>Cycling: Route 9/10</b> Plot your route using an ordinance survey map before departing from School for a full day's cycle tour, covering 25-35 miles through local villages, stopping enroute for a picnic lunch by the river. <i>Own roadworthy bike, backpack, padlock and cycle helmet are essential</i> <b>Year 9 and 10 only</b></p>	<b>Nil</b>
<p><b>Enginuity</b> Spend the day working with a team from the Ironbridge Enginuity project designing, problem solving and making large scale model aeroplanes from willow and other materials. Then flight test vehicles to carry rocket propelled eggs. <b>Years 7 to 9 only</b></p>	<b>£10.00</b>
<p><b>Gliding</b> Enjoy an aero-tow launch and soar to a height of 2000 feet with Banbury Gliding Club at Hinton-in-the-Hedges Airfield. Experience engineless flight over the countryside in the capable hands of fully experienced and qualified pilots. If you show a keen interest and an aptitude for flying there may be the opportunity to take the controls when airborne. Pupils may choose 1 or 2 flight option during the day. <i>Pupils must be in good health</i></p>	<b>£65.00/£110.00</b>
<p><b>Hidden Oxford - Punting and Tour of Colleges</b> Improve your co-ordination and balance skills. Starting out from the Cherwell Boathouse a two hour punting trip, followed by picnic lunch in University Parks. In the afternoon a tour of Hidden Oxford encompassing Magdalen College and Addisons Walk.</p>	<b>£12.00</b>
<p><b>Oxford Museums Exploration</b> A visit to the Oxford Science Museum and the Science Centre of Oxford University, including a tour of the chemistry block. Enjoy an afternoon guided tour of the Natural History Museum and Pitts Rivers Museum full of shrunken heads! A necessity for the budding scientist.</p>	<b>Nil</b>

**PROGRAMME – THURSDAY 8 JULY continued.....****COST****Poker Tournament****£5.00**

Learn how to bluff your way to victory in what is the ultimate test of skill and nerve. Pupils will learn the basics of the game and then compete against fellow pupils.

**Polo Day for Beginners****£90.00**

Enjoy a first Polo experience. The day will include safety briefing and background on the sport. Polo tactics, with the aid of a video get the basic tactics and rules. Introduction to the swing, climb aboard the wooden horse to practice. Learning how to ride a polo pony and use stick and ball effectively – putting together what you have learnt on the wooden and the real horse. The day will end with a mini tournament plus prizes for the winners.

*Suitable clothing required - jodhpurs or jogging bottoms, riding boots or Wellington boots, riding hat (may be borrowed if necessary)*

**Rock Climbing and Rope Work****Nil**

A school based day learning to rock climb, abseil, rope ascending together with other mountain rope work activities.

**Year 9 and 10 only**

**Sailing at Farmoor****£40.00**

A full day's sailing instruction at Farmoor. Exploring different manoeuvres possible on the water in a challenging yet safe environment. Novice and experienced sailors welcome.

*Wetsuit shoes or old trainers essential*

**Thorpe Park****£40.00**

This trip is not for the faint hearted. Ride Colossus the world's first 10 loop rollercoaster. Strap in for an extreme ride where chaos reigns supreme on Vortex, or if you dare, ride Nemesis Inferno corkscrew through the crater and confront your greatest foe... fear.

**Late return 8.00pm**

## RESIDENTIAL COURSES - UK BASED

### MONDAY 5 – THURSDAY 8 JULY

**COST**

#### Centre Parcs

**£260.00**

*Journey into the heart of the Sherwood Forest*

**Accom: Log Cabins**

An adventure involving physical adventure and team building. Participate in a number of activities from swimming, climbing, archery, bowling and biking. Bikes will be supplied.

*Own cycle helmet essential and must be able to swim 50m*

**Years 7 and 8 only**

#### Cowes Week

**£275.00**

*Four days on the Medina River*

**Accom: Dormitory's**

Each day will be a physical challenge. Discover the excitement of multi-activity water sports in Cowes and the Solent. Try your hand at dingy sailing, keel boating and kayaking. All instruction, wetsuits and buoyancy aids provided.

*Must be a competent swimmer*

**Boys only**

#### Golfing on the Lleyn Peninsula

**£200.00**

*Improve your golf technique, game, skill and tactics.*

**Accom: Camping**

An opportunity to develop your game of golf, playing 5 rounds of golf on North Wales's challenging and beautiful links golf courses. Test your ability on the windswept dunes. Own golf clubs essential.

**Competent golfers only**

### MONDAY 5 – TUESDAY 6 JULY

**COST**

#### Canoe Expedition

**Accom: Camping**

**£40.00**

*A challenging river journey*

This is a two day canoe expedition with an overnight camp at The Biblins Forestry Commission site. Discover the great outdoors and surrounding picturesque environment. Travelling by KataKanu along the scenic River Wye from Goodrich to Monmouth, even venture over some small rapids. At the end of Day 1 set up camp (tents supplied) and enjoy a hearty BBQ around the camp fire.

*Must be a competent swimmer*

**Year 8 and above only**

#### Forest Adventure

**Accom: Camping**

**£41.00**

Enjoy a camping expedition in the Forest of Dean taking part in problem solving, team challenges and group activities such as boat building. The group will visit Symonds Yat Rock to view the nesting of Peregrine falcons and scenic views of the Wye Valley and other outstanding features.

**Years 9 and 10 only**

### WEDNESDAY 7 – THURSDAY 8 JULY

**COST**

#### Canoe Adventure

**Accom: Camping**

**£40.00**

*An exhilarating river trip*

A two day KataKanu adventure on the upper River Thames, camping overnight at Cokethorpe's boat shed. Learn to improve your skills whilst having fun in the great outdoors. At the end of Day 1 set up camp (tents supplied) and cook a BBQ supper, followed by games and stories by the camp fire.

*Must be a competent swimmer*

**Year 8 and above only**

#### Forest Adventure

**Accom: Camping**

**£41.00**

Enjoy a camping expedition in the Forest of Dean taking part in problem solving, team challenges and group activities such as boat building. The group will visit Symonds Yat Rock to view the nesting of Peregrine falcons and scenic views of the Wye Valley and other outstanding features.

**Years 7 and 8 only**