



*Portobello High School*



# *Suspended Timetable 2017*



*Which will you choose?*

The Suspended Timetable will run from **Tuesday 27th June to Thursday 29<sup>th</sup> June 2017**. It is a chance for all pupils to take part in a wide choice of activities over the course of three days. **All pupils** should fill in the activity choice form.

<b>Activity No.</b>	<b>Activity</b>	<b>Approx. Cost</b>	<b>Max. Places</b>
<b>1</b>	Animania!	£35	40
<b>2</b>	Blackpool	£200	Limited
<b>3</b>	Could you have been yourself in by-gone eras?	£7	15
<b>4</b>	Film Festival	£15	S5-6 only
<b>5</b>	Exploring Edinburgh	£60	30
<b>6</b>	Fun, Fear and Frolics	£50	120
<b>7</b>	Golf	£25	20
<b>8</b>	Jump, Climb, Fly	£50	60
<b>9</b>	No Pain, No Gain	£120	40
<b>10</b>	Porty Film Fest	£25	28 S3-S5
<b>11</b>	Pride and Un-Prejudice – Health and Wellbeing	Dependent on numbers/activities	Limited
<b>12</b>	Summer Games!	Free!	45
<b>13</b>	The Great Outdoors	£50	30

**More details about the above activities in this booklet!**

# Animania!

**Leaders: Mrs Banks, Mrs Coats and Mrs Ford**

**Love animals and relaxing with your friends? This trip is for you! 3 days of fun at Edinburgh Zoo, Blair Drummond Safari Park and then a beach trip and movie of your choice.**



## What's included?

**Day 1: Edinburgh Zoo**

Get up close and personal with a zoo animal during a brief conservation talk, then choose what you see with your friends in your own time (guaranteed tickets to see the pandas, of course!)

**Day 2: Blair Drummond Safari Park**

Spend a day seeing a variety of animals and experiencing some of the rides and activities Blair Drummond has to offer, like the boat trip around chimp island and sea lion display!

**Day 3: Beach and a movie**

Weather permitting, this will be a day for beach games at Portobello Beach and a movie of your choice (with snacks!) in school. Bring popcorn!

**Activity Number: 1**

**Length of activity: 3 days**

**Approximate cost: £35 (at maximum numbers)**

**Maximum number of places: 40**

**Additional info: n/a**

## Blackpool Trip

Leader – Miss Richards

“Oh we do like to go beside the seaside, oh we do like to go by the sea”



### What's included?

Return coach travel

2 nights stay at a Bed and Breakfast

Blackpool Tower - Discover stunning panoramic views, a 4D Cinema & look down below from the great glass floor.

Trip to Blackpool Pleasure Beach

Trip to Madame Tussauds

**Activity Number: 2**

**Length of activity: 3 days and 2 nights**

**Approximate cost: £200**

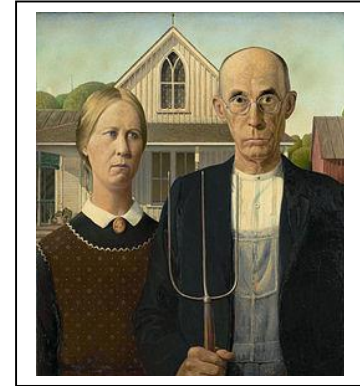
**Maximum number of places: 40** (spaces are very limited as this has been advertised for a while)

**Additional info: n/a**

## Could you have been yourself in by-gone eras?

**Leader: Ms Luty**

**Did people have a sense of self-expression in the past? Could the things that define you now have existed long-ago? Have rules always been made to be broken?**



### What's included?

Ever wondered if there were more ways to study in Social Subjects?

#### DAY 1: TAKE A SELFIE

Art History. Investigate self-portraits & see how the rules were broken.

- Recreate the best self-portraits of the past – what are the main messages they send?
- Can we capture our own self-portraits using mirrors & cameras?

#### DAY 2: STRICTLY COME DANCING

Dance History. Dance into the past & see how the rules were broken.

- What rules were being broken to make the changes?
- Can we find the magic of the rebellion of movement in the past?

#### DAY 3: BLING IT UP

Archaeology. Explore the riches of the past & see how the rules were broken.

- Does jewellery express gender or power or beauty – or them all?
- What choices surround beauty and our ideas of it?

**Activity Number: 3**

**Length of activity: 3 school days**

**Approximate cost: £7**

**Maximum number of places: 15**

#### **Additional info:**

Day 1: if you want to – your own camera / camera phone.

Day 2: dance shoes / trainers / comfy clothing to change into

Day 3: packed lunch

There is the opportunity to visit the National Museum of Scotland and the National Portrait Gallery – time and interest dependant

## Film Festival

Leader: Mrs Allen



### What's included?

A trip to the Edinburgh International Film Festival.

It involves the chance to see independently produced films that may not get a wide cinema distribution, the opportunity to hear media professionals discuss their work and practical activities to develop your understanding of professional media production.

**Activity Number: 4**

**Length of activity: 3 days**

**Approximate cost: £15**

**Maximum number of places: S5-6 only**

**Additional info:** Priority will be given to those studying Media.

## Exploring Edinburgh

**Leader: Mrs Latimer**

**Inchcolm Island, Edinburgh Zoo, Mary King's Close**



### What's included?

Inchcolm – a boat trip on the Forth to Inchcolm. This island is great fun to explore. There is a ruined Abbey, wild open spaces, and vicious sea birds.

Edinburgh Zoo – we will meet some animals up close and you get lots of free time to visit your favourites.

Mary King's Close and Edinburgh Dungeon, chills and thrills as you explore Edinburgh's underground past

**Activity Number: 5**

**Length of activity: 3 days**

**Approximate cost: £60**

**Maximum number of places: 30**

### **Additional info:**

You will need to bring a packed lunch each day and a bus pass/change for the bus.

## Fun, Fear & Frolics

Leader: Miss Yeoman

If you like fun with your friends or want to make new friends, then this is the trip for you!!



### What's included?

- M&D's Theme Park
- The Time Capsule – includes Swimming, Flumes & Ice Skating
- Blair Drummond Safari Park

**Activity Number: 6**

**Length of activity: 3 days**

**Approximate cost: £50**

**Maximum number of places: 120**

**Additional information:** Suitable clothing needed; a packed lunch for each day or lunch money.

You may also bring a small amount of spending money.



# Golf

Leader – Mr Goodfellow

Think you're Tiger Woods? If golf is your thing, or just fancy trying it out, choose this activity!



## What's included? (detail below)

3 days of golfing fun! Activities will be dependent on numbers.

**Activity Number: 7**

**Length of activity: 3 days**

**Approximate cost: £25**

**Maximum number of places: 20**

**Additional info: n/a**

## Jump, Climb, Fly

Leader - Mrs Bradley

A fun filled three days with lots of outdoor activities including assault course and trampolining. Be prepared to get wet!!!!!!!!!!!!!!



### What's included? (detail below)

Day 1 – Jump session at Ryze Trampoline park in Midlothian, travel there and back by coach.

Day 2 – Outdoor Activity day at Fox Lake Dunbar including 4 different activities including Over Water assault course on Fox Fall and Ringo's on Fox Lake.

Day 3 – Visit to the Museum of Flight with Picnic.

**Activity Number: 8**

**Length of activity: 3 days**

**Approximate cost: £50**

**Maximum number of places: 60**

**Additional info: S1 –S3 only**

## No Pain No Gain

**Leader: Miss Willis**

**Channel your inner action hero with paintball and rock climbing before relaxing and reliving your experiences in a comfy cinema**



### What's included? (detail below)

Outdoor Paintballing

Climbing and abseiling at Edinburgh International Climbing Arena

Rebuild your aching muscles with a feeding frenzy and movie at the Omni Centre

**Activity Number: 9**

**Length of activity: 3 days**

**Approximate cost: £120**

**Maximum number of places: 40**

**Additional info:** Pupils should be up for action and physical challenge

# Porty Film Fest

Leaders: Mr Bracewell and Ms McGhee

Who is your favourite Tarantino, Coppola, Scorsese, Lucas or even Disney?  
What is your favourite film genre and can you convince others?



## What's included?

- If you are keen on film and fancy your own private cinema come along to the Porty Film Fest
- Trips out to the film guild at the Filmhouse Cinema on Lothian Road

**Activity Number:** 10

**Length of activity:** 3 days

**Approximate cost:** £25

**Maximum number of places:** 28 S3-S5

**Additional information:** See Mr Bracewell or Ms McGhee for more info.

## Pride and Un-Prejudice - Health and Wellbeing

Leader: Mrs Thornton



### What's included? (detail below)

Some of these suggestions are subject to change, but here's a flavour of what could be on offer!

Daily exercise - Walk in fresh air with a mindfulness technique in order to allow learners to appreciate the big and the small picture.

Meditation and yoga practice

Stonewall Training session

Possible mental health training

Baking as a means to gain positive mental state

**Activity Number: 11**

**Length of activity: 3 Days**

**Approximate cost:** Dependent on numbers and activities

**Maximum number of places:** Spaces will be limited to ensure that the maximum benefits can be had by all.

### **Additional info:**

Would also aim to have an active part of the day, walking for example, followed by 1 or 2 activities back at school.

# Summer Games!

Leaders: Mr Smith, Miss Hastings, & Miss Urquhart.

Fun in the Sun...or rain!



## What's included?

- Softball
- Kwik Cricket
- Capture the flag
- Outdoor team Games

**Activity Number: 12**

**Length of activity: 3 days**

**Approximate cost: Free!**

**Maximum number of places: 45**

**Additional information:** Weather permitting we may take the group to the beach. If students wish to take money for lunch that is at their parent/carers' discretion.

## The Great Outdoors

Leader: Miss Taylor

Climbing, Navigation + Survival skills



### What's included?

#### Day 1:

Climbing lesson and bouldering.

#### Day 2:

Get lost! Find yourself again!

Day walk up Arthur's seat, learn how to use a map and compass.

#### Day 3:

Bush craft skills day at Dalkeith Country park- learn to build shelters, light a fire and much more!

**Activity Number: 13**

**Length of activity: 3 days**

**Approximate cost: £50**

**Maximum number of places: 30**

**Additional info:** You will need to bring a packed lunch each day and a bus pass/change for the bus.