



# SUSTI 2017

## Summer Activities



Wednesday 28 June & Thursday 29 June 2017



Dear Parent/Carer

After such a successful programme of activities in previous years, we have decided to continue with our alternative timetable during the last week of the session. The programme offers pupils opportunities to learn new skills and to achieve in ways they may never have thought possible. The chance for staff and pupils to work together informally is enjoyed by all.

Please help us in our organisation by ensuring your children return their choice forms on Monday 27 March.

Yours sincerely

Allyson Dobson  
Headteacher

To Pupils

Welcome to SUSTI (Suspended Timetable) 2017!

Once again we are pleased to offer you an alternative timetable during the last week of the school session. During the SUSTI period the normal school timetable will be replaced with a varied programme of interesting and challenging activities.

The programme will run for two days: Wednesday 28 June and Thursday 29 June. There will be normal classes on the last day of term, Friday 30 June.

Information about activities on offer, and details of approximate costs, can be found in this booklet.

**Please note the following:**

- All activities last for two days.
- Prices vary according to the activity chosen.
- Limited funds are available to assist individual pupils.
- You are asked to identify a first choice, but also to include alternatives.
- A place on your first choice activity cannot be guaranteed.

**What you need to do:**

- 1) Read through this booklet and decide on the activities in which you would like to participate.
- 2) Complete the form at the back of this booklet.
- 3) Return the form, and your £5 deposit, to the school office on Monday 27 March. (Final payments will be collected later.)

Ms Guesnier  
SUSTI Committee Chair



## Rock Climbing & Canoeing or Kayaking

Leader: Mrs Tait  
No of Places: 8  
Price: £18-£23

Two days of professional instruction in rock climbing and canoeing or kayaking in beautiful locations in East Lothian. Test your skills!

**Day 1** Kayaking or canoeing on the Whiteadder Reservoir in East Lothian.

**Day 2** Outdoor rock climbing in North Berwick.

**You will need:** Wear comfortable clothing for climbing. Bring a towel, a change of clothes and a packed lunch, snack and a drink each day. All equipment will be provided.



## Alton Towers and Movies (Current S3, S4 & S5 only)

Leader: Mr Knight  
No of Places: 43  
Price: £50

Day trip to Alton Towers Theme Park. Leave Wednesday 28th June at approx 1am and returning late Wednesday 28th/Thursday 29th June. Spend the second day relaxing and catching up on the events of the day before.

**Day 1** Spend the day at Alton Towers.

**Day 2** Spend the day chilling and watching some classic movies.

**You will need:** Lunch/snack money; Warm clothing; A change of clothing in case you get wet; A pillow/blanket for the bus  
Nerves of Steel!!!



## 3 Robot Rampage

Leader: Mrs Kane  
No of Places: 18  
**Price: Free**

Are you up for a challenge? Do you have what it takes to build and code a robot? Based in school, this activity will challenge you to work use VEX Robot kits to build a robot. You will also develop coding skills to programme the robot to complete an obstacle course.

**Day 1** Building a VEX Robot.

**Day 2** Coding the VEX Robot to complete an obstacle course.

**You will need:** Packed Lunch



## 4 Escape the Lake

Leader: Miss Harvey  
No of Places: 14  
**Price: £50**

Race against time to find clues and puzzle your way out of trouble at Escape Hour on the Royal Mile. Grab an all you can eat buffet at Cosmo's and swing from the Ropes Course at Foxlake in Dunbar.

**Day 1** Foxlake Ropes Course and Ringos

**Day 2** Take bus to Escape Hour on the Royal Mile then all you can eat lunch at Cosmo's

**You will need:** Day one – Swimming costume/ trunks, trainers you don't mind getting wet, towel, change of footwear and a willingness to fall into water! Money for lunch at McDonalds or a packed lunch.

Day two – Nothing special required



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## Cinema, Lunch & Bowling!

Film of your choice at the Fountain Park cinema, lunch in either (Pizza Hut, Mr Basrai's or Nando's) and 2 games of bowling!

Leader: Miss Millar

No of Places: 43

Price: £35

**Day 1** We will get picked up in the morning to go to the cinema, then to lunch and then bowling & return for 3.30pm.

**Day 2** To be confirmed by the group (we will do an activity in school).

**You will need:** Extra money if you want to buy snacks at the cinema.

A jacket . Wear nice socks as you take your shoes off at bowling!

Packed lunch for day 2.



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## Expressive Arts Workshops (based in school)

Leader: Ms Gordon

No of Places: 20

Price: £5

Pupils will have the opportunity to explore and apply their creativity by taking part in a range of art, craft, photography and drama activities.

**Day 1 & 2** Throughout the two days you may explore and create a range of 3D Artworks which may include Clay, Animation, and Mixed Media Crafts. In addition you may choose to take part in Drama Games and Group Activities.

**You will need:** Packed lunch (Snacks will be provided)

Wear appropriate clothing as you may get messy!



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## Xtreme Laser Combat

Leader: Ms Shankland

No of Places: 35

**Price: £16 + lunch money**

Xtreme Combat: you will be split into two teams and experience different mission using state of the art infra red weapons in the all-weather combat arena near the Airport. A bus will be provided to this venue and then afterwards we will go to McDonalds for lunch.

**Day 1** In and around Dalkeith (weather permitting)

**Day 2** Xtreme Combat and McDonalds!

**You will need:** To bring a picnic lunch (day 1)

Wear outdoor clothing that may get dirty and trainers. Remember your money for a McDonald's lunch on day 2!



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## Horse Riding with Stable Management

Leader: Ms Mackay

No of Places: 8

**Price: £35**

You will receive an hours riding lesson and then experience the hands on side to looking after your own horse for the afternoon, suitable for all abilities of rider. You'll 'neigh' be bored!

**Day 1** Choice of movie (horse themed obviously) with sweets and juice.

**Day 2** Hands on horse experience with riding and horse management.

**You will need:** Warm clothes and waterproof jacket, good footwear that must have a heel, e.g. hiking boots or similar, riding hats are provided.



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## Catch It Cook It Eat It!

Leader: Mr Robertson

No of Places: 20

**Price: £40**

The trip will include a morning or afternoon sea angling of the coast of the fishing village Eyemouth.

You will get a tour of a live shell fish factory that includes lobsters, crab and prawns.

While we are in Eyemouth you will have a lunch at the famous Giacopazies Fish and Chip take away (very nice ice-cream as well).

Hopefully time will allow us to visit the beach.

We will cook all the fish we have caught on day 2 turning them in to delicious meals.

**Day 1** Fishing trip, Live seafood factory tour, beach visit, Chip shop lunch.

**Day 2** Cooking all the fish we have caught on day 1.

**You will need:** Waterproof coat, wellington boots, suncream, baseball cap and an adventurous attitude!



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## Fun, Fun, Fun! (Lunch Club members only)

Leader: Miss Jardine

Lunch Club Only!

**Price: Free**

All Fun Fun Fun. Lunch Club members will enjoy games, a film and a picnic.

**Day 1** Games and a film

**Day 2** Make and take picnic

**You will need:** Weather appropriate clothing i.e. jackets or sun cream!





## 11 Paint and Prune!

Leader: Miss Tranent  
No of Places: 20 max  
**Price: Free**

Come and spend time in the fresh air, helping to tidy and do odd jobs in the school garden. We will paint the shed, prune the plants and enjoy our lunch out in the sunshine. Strawberries and icecream for the hard workers!

**Day 1** Painting the shed, weeding & outdoor lunch.

**Day 2** Clean out shed, odd jobs and picnic lunch.

**You will need:** Old clothes, suncream, raincoat, old trainers and a packed lunch for both days.



## 12 Wimbledon Calling!

Leader: Mr Hamilton  
No of Places: 40  
**Price: £295**

4 day trip to London: shopping in the busy Oxford Street area, fun in the park, a whole day at Wimbledon to watch some of the greatest tennis players.

**Day 1** A day in London sightseeing and shopping on the busy Oxford Street.

**Day 2** Whole day at Wimbledon on court number 2.

**You will need:** Sensible clothing a light raincoat (just in case), light clothing, sun hat, sun cream, sunglasses, a bag to carry your belongings in, look at the weather forecast beforehand. Spending money for Sunday shopping and food.



**This trip is fully booked for 2017.**



## 13 Aviemore Adventure!

Leader: Mr Duncan

No of Places: 15 (S3-S6)

Price: £155 (approx.)

**Aviemore Adventure will run for a second year based on the huge success of last year's program. Pupils will take part in a range of activities and stay in Wigwam accommodation at Badaguish Outdoor Centre.**

**Day 1** (Tuesday 27 June 2017)

- Fishing at rothiemurchus trout fishery
- BBQ on beach (cook the fish that we caught)
- Evening games

**Day 2** (Wednesday 28 June 2017)

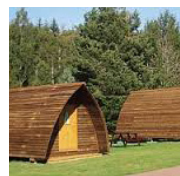
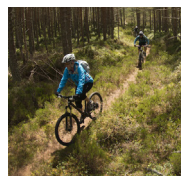
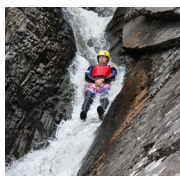
- Canyoning
- 2nd activity TBC
- Dinner in Aviemore (not included in price)

**Day 3** (Thursday 29 June 2017)

- Mountain biking

**Warm outdoor clothing & footwear, additional footwear that can get wet, waterproof jacket, some spending money for the evening meal, sleeping bag.**

**(waterproofs & sleeping bags can be borrowed from the school free of charge if required)**





## 14 Golf

Leader: Mr Cartwright  
No of Places: 12  
Price: £20

Two days packed full of golf and fun!  
18 Holes at top Edinburgh Golf Course.  
Chance to use driving range, putting and chipping practice.

**Day 1** Full round of 18 holes of golf and fun competitions.

**Day 2** School-based golf games and BBQ.



**This activity is not for beginners – some experience of golf is necessary, as is a set of golf clubs, appropriate clothing and footwear.**



## 15 Brittany 2017

Leader: Ms Guesnier  
No of Places: 42 (S1-S3)  
Price: £360

Spend 5 days in France discovering its culture, history and food.  
Visit the beautiful towns of St Malo, Dinard, visit a traditional French market, an old-fashion farm and castles.  
Spend some time at the beach and the waterpark.



**Places are still available and payment can be made in instalments.  
See Ms Guesnier if interested.**





## 16 Glasgow Shopping & Meal, then BBQ and more!

Leader: Miss Zhang  
No of Places: 30 (S3-S6)  
Price: £30-35

Fancy a day out shopping in Glasgow? Shop till you drop down Glasgow's busy Buchanan Street! Lunch will be at either TGI Friday's or DiMaggios dependent on what people prefer. This will be followed by a nice relaxing second day. Weather permitting: we will go to Dalkeith Park and have a wee BBQ otherwise we make the food in school and have a cosy movie day!

**Day 1** Trip to Glasgow centre for a relaxed day of shopping and lunch

**Day2** BBQ food and picnic in the sunshine or a movie day in

**You will need:** suitable clothing for shopping and walking for both days.  
Spending money if you want to do some shopping in Glasgow.



## 17 Musical Trip to London

Leader: Miss Milne  
Show Cast only.  
Price: N/A



*This trip is fully booked for 2017.*



## 18 Spa, Cinema and Shopping!

Leader: Mrs Gatti  
No of Places: 20  
**Price: £20**

We will enjoy one day of “Spa Experience” in school and a trip to Fort Kinnaird to go and watch a film at the Cinema and enjoy a bit of retail therapy!

**Day 1** Spa Day!! Choose from Manicure/Pedicure/Facial/Spray Tan/Eyebrow Threading/Indian Head massage.

**Day 2** Trip to Fort Kinnaird- Cinema (film tbc) Lunch and Shopping!

**You will need:** Spending money for shops, swimsuit and towel for use of pool, PE kit for use of gym, water bottle.



## 19 Pool & Pizza!

Leader: Mr Jack  
No of Places: 30  
**Price: £20**

Fancy a chilled day shooting some pool and grabbing some pizza afterwards? - Then come and join us.

**Day 1** Pool at the Ballroom Morningside with Pizza/Food afterwards.

**Day 2** Chilling in school with movies and games.

**You will need:** Casual Clothes, a Jacket or Jumper (we will have to walk to the venue!) Money for drinks in the pool hall. A packed lunch for day 2.

## Activity List 2017

No.	Activity	Leader	Places	Cost
1	Rock Climbing / Kayaking	Mrs Tait	8	£18-23
2	Alton Towers / Movies (S3-S6)	Mr Knight	43	£50
3	Robot Rampage	Mr McGlade	18	Free
4	Escape the Lake	Miss Harvey	14	£50
5	Cinema, Lunch & Bowling	Miss Millar	43	£35
6	Expressive Arts Workshops	Ms Gordon	20	£5
7	Xtreme Laser Combat	Ms Shankland	35	£16
8	Horse Riding	Ms Mackay	8	£35
9	Catch it, Cook it, Eat it!	Mr Robertson	20	£40
10	Fun, Fun, Fun (Lunch Club)	Miss Jardine	N/A	Free
11	Paint & Prune!	Miss Tranent	20	Free
12	Wimbledon Calling!	Mr Hamilton	<b>Full</b>	N/A
13	Aviemore Adventure (S3-S6)	Mr Duncan	15	£155
14	Golf (not for beginners)	Mr Cartwright	12	£20
15	Brittany (S1 only)	Ms Guesnier	42	£360
16	Glasgow Shopping / BBQ (S3-S6)	Miss Zhang	30	£30-35
17	London	Miss Milne	<b>Full</b>	N/A
18	Spa, Cinema, Shopping	Mrs Gatti	20	£20
19	Pool & Pizza	Mr Jack	30	£20

# SUSTI ACTIVITY BOOKING FORM

Name:  Class:

Activities Chosen: A  B

- \* Choose the activity in which you would most like to participate and write the activity number in Box A.
- \* Choose 3 alternative activities (in case your first choice is full up) and write their activity numbers in Box B.  
[Note that you must fill up all the boxes in A and B.]
- \* Get your parent/carer's agreement for your choices and costs. Ask them to sign this form and to complete the deposit payment details.

*I agree with the activities chosen and I am aware of the costs involved*

Parent/Carer  Date:   
Signature:

Deposit Enclosed    £     Cash     Cheque   
(to Dalkeith High School)

NOW, put this form and your £5 deposit in an envelope and bring it to the school office on Monday 27 March. Make sure that your name and register class are written clearly on the envelope.

Tear or cut here to separate booking form



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# Dalkeith High School

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