

FIND YOUR TRIPS INSIDE

Swakeleys  
School  
For  
Girls

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The new name  
for Humanities  
Week



**F** Flourish  
**A** Achieve  
**B** Build  
**WEEK**

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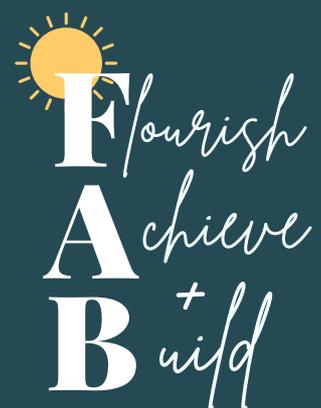
Wednesday 19th-  
Friday 21st July  
2023

Sign up for FAB week on  
the FAB Google Classroom  
Code: w5bekrl

PROGRAMME OF  
ACTIVITIES  
*19th to 21st July 2023*

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WEEK

# INTRODUCTION

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We are very excited to launch FAB Week 2023! Inside this booklet are the brief outlines of all the activities on offer for this year's FAB week days.

Enclosed, you will find information which gives you an outline of the different trips on offer, what the 2 days will involve, the cost of the trips and any specific trip requirements. This will be followed by a morning of feedback and activities in school on Friday 21st July.

You now need to decide which trip you wish to go on. (Make sure that you rank your top five trips and note we cannot guarantee any choices).



**Read all activity information carefully before selecting your choices.**

**All timings are approximate and subject to change.**

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*"The musical was truly magical. Being in a theatre was a privilege."  
Year 8 Student*

# SIGN UP

- Sign up will take place online from Monday 30th January until Monday 6th February 2023. The sign up form can be found in the FAB Google Classroom (code w5bekrl) and on the school website .
- In addition to this, the reply slip from the hard copy of the letter must be returned to form tutors. Online applications will not be processed until this signed reply slip is received.
- You will receive a paper confirmation slip before half term of the trip you have been allocated.
- Payment will then appear on PARENTPAY and you will be expected to finalise payment for your trip using PARENTPAY by midnight on Tuesday 2nd May 2023. This step is vital in securing your place. Failure to do this COULD result in your place being allocated to someone else.
- In order to proceed with the payment, you will need to have your PARENTPAY Login details. Once logged in, you will see the allocated trip and you will need to action payment.



PUPIL PREMIUM PUPILS ARE EXPECTED TO PAY A CONTRIBUTION TO ANY TRIP REQUIRING PAYMENT, THE AMOUNT PAYABLE IS IN THE INFORMATION SECTION OF EACH ACTIVITY.

# SEASIDE & CINEMA - BOURNEMOUTH

This activity is OFF SITE

Do you want to feel the sand between your toes? Do you want to see the latest blockbuster in a luxury cinema experience? Yes? Then this is the activity for you!

One of your fun packed days will be spent in Bournemouth exploring the beach and town centre. Your second day will involve a trip to the cinema. Want to see the latest big movie and relax with some popcorn? This is the trip for you!



- Cost £25 for both days' activities, Pupil Premium students will need to pay £8
- Places for 96 students
- On the Bournemouth day; 8.00am to 4.00pm (leaving from school)
- On the Cinema day; 11:00am at Cineworld South Ruislip\*
- Packed lunch required for seaside day only
- Lots of sun screen (hopefully the weather will be good!)
- You will also need a hat, a waterproof jacket, comfy footwear and of course, plenty of enthusiasm!!!

\*If you cannot go directly to the cinema, there is provision to be escorted from West Ruislip train station .

# SWEET TREATS

This activity is OFF SITE and ON SITE

The ultimate foodie experience! Have you got what it takes to be crowned this year's Swakeleys baking champion? If so, this is the activity for you. On day one it's off to Cadbury's World for an insiders look at the wonderful world of chocolate. You'll discover the history of chocolate, find out how it is made and experience the amazing 4D chocolate experience!

On day two you will put your newly refined skills to the test by creating your own delicious chocolate products in school. This is your chance to show off your skills and talent! Your creation will be judged on both appearance and taste.



- Cost £32 for both days' activities, Pupil Premium students will need to pay £12
- Places for 40 students
- On the Bournville day 08:00am to 4.30pm (leaving from school)
- On day two, its 10.00am to 2.00pm in school
- Packed lunch required for both days
- And of course a love of all things sweet and delicious!
- Ingredients for this activity will be provided

# WIZARDING WORLD

This activity is OFF SITE AND AT SCHOOL

On day one , hop aboard a magic coach that will transport you to Hogwarts at the Warner Bros Harry Potter Studio Tour in Hertfordshire. With all the wizardry and magical insight into the lives of Harry, Hermione and Ron, you could ever need. Visit Platform 9<sup>¾</sup> and see the Hogwarts Express!

Day two is in school where you will practice your wizarding skills by creating illusions through digital editing.



- Cost £55.50 for both days activities, Pupil Premium students will need to pay £20
- Places for 48 students.
- On the studio day we leave at 10:00 (from school) and return about 5pm.
- On day two, it's 10.00am to 2.00pm in school
- Packed lunch required for both days
- Love of all things Harry Potter.

# GREASE LIGHTNING SKATES

This activity is OFF SITE

On one day you will be part of a very select few who will be seeing the West End performance of Grease! The story of Sandy and Danny is brought to life on stage in this heart melting theatrical experience.

Come and join us for an array of singing, performing and special effects.

On the second day you will go to the ice rink for a fun ice skating experience. Show everyone your moves....as long as you can stay on your feet!



- Cost £51 for both days activities, Pupil Premium students will need to pay £19
- Places for 45 students.
- On the theatre day we leave at 11:00 (from school) and return about 6:30pm.
- Packed lunch required for both days
- On day two, its 10.00am to 2.30pm meeting at West Ruislip tube station.

# ITALIAN CAFE

This activity is **AT SCHOOL**

Do you love Italian food? Then this is for you! You will spend two days cooking Italian Food and then get to enjoy an Italian feast!

Day one will include activities such as designing a menu plan, making pizza and pasta dough from scratch, creating a trifle and learning how to fold serviettes into pretty shapes!

On day two you will have the chance to make up your pizza, learn how to make fresh tagliatelli with a pasta machine, have lessons on professional table etiquette and make Fruit Punch.



- This activity is **FREE**
- Places for 30 students
- Both days will be in school from 10am to 2.00pm
- Packed lunch required for both days
- And of course a love of all things food and Italian!

# SEASIDE & CINEMA - LITTLEHAMPTON

This activity is OFF SITE

Do you want to feel the sand between your toes? Do you want to see the latest blockbuster in a luxury cinema experience? Yes? Then this is the activity for you!

One of your fun packed days will be spent in Littlehampton exploring the beach. Your other day will involve a trip to the cinema. Do you want to see the latest big movie and relax with some popcorn? This is the trip for you!



- Cost £25 for both days' activities, Pupil Premium students will need to pay £8
- Places for 96 students
- On the Littlehampton day; 8.00am to 4.00pm (leaving from school)
- On the Cinema day; 11:00am at Cineworld South Ruislip\*
- Packed lunch required for seaside day only.
- Lots of sun screen (hopefully the weather will be good!)
- You will also need a hat, a waterproof jacket, comfy footwear and of course, plenty of enthusiasm!!!

\*If you cannot go directly to the cinema, there is provision to be escorted from West Ruislip train station .

# NINJA LIFE

This activity is OFF SITE

Are you a thrill seeker with a love of the fun and daring? If so, Ninja life is just for you!

On day one is a fun packed day of Land Zorbing! These huge hamster balls are a hilarious, fast-paced zorbing experience. We've all seen hamsters travelling around in these giant balls - you'll love taking the hamster's part and rolling across the ground in a massive zorb.

On day two it is off to Ninja Warrior. You've seen the show and now it's time for you to take up the challenge. You leap, you grip, you reach, you laugh. Can you beat the wall? This two day trip will take you on an unforgettable journey of self-discovery and facing your fears.



- Cost £44.50 for both days activities, Pupil Premium students will need to pay £18.
- Places for 90 students
- Land Zorbing is at school
- On Ninja Warriorday, leaving school via coach at 10:00am, returning to school approximately 3pm.
- Lots of sun screen (hopefully the weather will be good!)
- You will also need a hat, comfy clothing for both wet and dry.
- A love of all things Ninja!

# SEASIDE & CINEMA - BRIGHTON

This activity is OFF SITE

Back due to popular demand! Do you want to walk on the beach? Do you want to see the latest blockbuster in a luxury cinema experience? Yes? Then this is the activity for you!

One of your fun packed days will be spent in Brighton, exploring the pebble beach and the pier. Your second day will involve a trip to the cinema. Want to see the latest big movie and relax with some popcorn? This is the trip for you!



- Cost £25 for both days' activities, Pupil Premium students will need to pay £8
- Places for 96 students
- On the Brighton day; 8.20am to 4.30pm (leaving from school)
- On the Cinema day; 11:00am at Cineworld South Ruislip\*
- Packed lunch required for seaside day only
- Lots of sun screen (hopefully the weather will be good!)
- You will also need a hat, a waterproof jacket, comfy footwear
- Love of sightseeing and the seaside!

\*If you cannot go directly to the cinema, there is provision to be escorted from West Ruislip train station .

# ESCAPE TO THE MUSEUM!

This activity is OFF SITE and IN SCHOOL

Have you ever wanted to go to an escape room? Have you had the opportunity to explore the vast delights of the London Natural History Museum? On day one you will visit the wonderful London Natural History Museum - to see it all would take weeks. Hopefully you'll return after this day to explore this still further.

On day two you will be in school. The excitement of cracking the codes, puzzles and tricks in an escape room style will be brought to you. This is run by a company that is expert at producing these so expect some clever twists along the way!



- Cost £18 for both days' activities, Pupil Premium students will need to pay £7
- Places for 40 students
- Museum day 10.00am to 3.30pm (leaving from West Ruislip station)
- Escape room; 10.00am to 2.00pm in school
- Packed lunch required for both days
- You will also need a comfy clothing suitable for the escape room activities including suitable footwear.
- And of course a problem solving, imaginative mind!

# CRAFTY CRAFT CRAFT

This activity is ON SITE

Do you have an artistic eye and love craft? Would you like to learn some new skills or have time practising doing things you already love in a chilled and creative way? If so, this could be the activity for you.

On day one you will learn how to arrange flowers to make an attractive display which you will be able to take home with you!

On day two you will use felt to make a flower, a bird, a love heart or a design of your own choosing, which you can decorate with embroidery or beads. You can then decide whether to make your creation into a brooch, a keyring or a hair accessory!



- This trip is FREE
- Places for 30 students
- On both days; 10.00am to 2.00pm in school
- Packed lunch required for both days
- And of course a creative, crafty mind!

# SEASIDE & CINEMA - EASTBOURNE

This activity is OFF SITE

Do you want to feel the sand between your toes? Do you want to see the latest blockbuster in a luxury cinema experience? Yes? Then this is the activity for you!

One of your fun packed days will be spent in Eastbourne exploring the beach. Your other day will involve a trip to the cinema. Do you want to see the latest big movie and relax with some popcorn? This is the trip for you!



- Cost £25 for both days' activities, Pupil Premium students will need to pay £8
- Places for 96 students
- On the Eastbourne day; 8.00am to 4.00pm (leaving from school)
- On the Cinema day; 11:00am at Cineworld South Ruislip\*
- Packed lunch required for seaside day only
- Lots of sun screen (hopefully the weather will be good!)
- You will also need a hat, a waterproof jacket, comfy footwear and of course, plenty of enthusiasm!!!

\*If you cannot go directly to the cinema, there is provision to be escorted from West Ruislip train station .

# SPOOKY LONDON

This activity is OFF SITE and AT SCHOOL

Hop onto the tube on day one, where you will be jumping out of your skin at The London Dungeons. Experience the boat ride to hell, escape from The Great Fire of London and Bloody Mary.

You can plan your escape route on the Extremis or Vengeance 5D laser rides!

If that was not enough to get you shivering day two will be back to school for some ultimate Spooky Fun!



- Cost £13.50 for both days' activities, Pupil Premium students will need to pay £5
- Places for 40 students
- On the Dungeon Day day; 10:30am to 3.00pm (leaving from Hillingdon Station)
- On the school day ; 10:00am to 2.00pm at school.
- Packed lunch required for both days
- Lots of sun screen (hopefully the weather will be good!)
- You will also need a hat, a waterproof jacket, comfy footwear and of course, plenty of enthusiasm!!!

# HEAD FOR THE HEIGHTS

This activity is OFF SITE

Day one we head to The Nest Climbing in Hayes. It houses 27 climbing walls so there is plenty to suit climbers of all abilities. Rock Up the Twister, Stairway to Heaven and Speed Climb are just a few of the highlights of this trip.

On day two, will be an adventure at Jump Giants with unrivalled trampoline thrills and obstacles which is sure to quench your thirst for something different. Expect some things to test your nerves, as well as your stamina, but rest assured that it will be fun fun fun all the way.



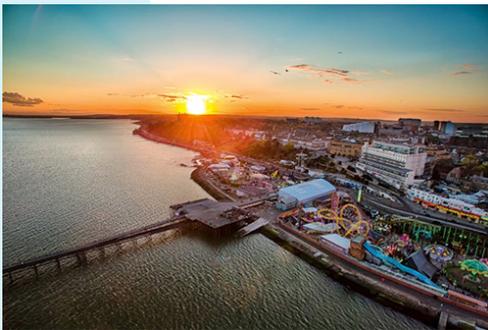
- Cost £38 for both days activities, Pupil Premium students will need to pay £13
- Places for 90 students
- The Climbing day; 10am to 2:30pm (leaving from school)
- Jump Giants day; 10am to 3.30pm (leaving from school)
- Comfy clothing suitable for practical activities including suitable footwear.
- Packed lunch required for both days
- And of course, a head for heights!!

# SEASIDE & CINEMA - SOUTHEND

This activity is OFF SITE

Back due to popular demand! Do you want to walk on the beach? Do you want to see the latest blockbuster in a luxury cinema experience? Yes? Then this is the activity for you!

One of your fun packed days will be spent in Southend, exploring the beach and the pier. Your second day will involve a trip to the cinema. Want to see the latest big movie and relax with some popcorn? This is the trip for you!



- Cost £25 for both days' activities, Pupil Premium students will need to pay £8
- Places for 96 students
- On the Southend day; 8.20am to 4.30pm (leaving from school)
- On the Cinema day; 11:00am at Cineworld South Ruislip\*
- Packed lunch required for seaside day only
- Lots of sun screen (hopefully the weather will be good!)
- You will also need a hat, a waterproof jacket, comfy footwear
- Love of sightseeing and the seaside!

\*If you cannot go directly to the cinema, there is provision to be escorted from West Ruislip train station .

# SNOW AND ICE

This activity is OFF SITE

On the first day you will go to the ice rink for a fun ice skating experience. Show everyone your moves....as long as you can stay on your feet!

On the second day, it's off to the snow centre at Hemel Hempstead. The snow is crisp and there will be two sessions – including , skiing and sledging!

Find your hats and gloves for the winter event of the summer season!



- Cost £63 for both days' activities, Pupil Premium students will need to pay £20
- Places for 48 students
- On the Skiing day; 9.00am to 3.00pm (leaving from school)
- On the Ice Skating day; 10.00am at West Ruislip Tube Station returning at 3.00pm
- Packed lunch required for both days
- Lots of sun screen (hopefully the weather will be good!)
- You will also need a hat, a waterproof jacket, comfy footwear and of course, must love winter sports!

# BOWLED OVER BY THOPRE PARK

This activity is OFF SITE

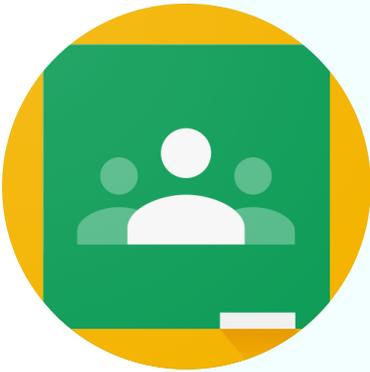
On the first day you will go to Thorpe Park - Britain's most thrilling theme park. This really is the ultimate day out for all you thrill seekers out there.

On the second day, it's off to the bowling alley. Can you use your skills of power and judgement to strike your way to victory?!!!



- Cost £43.50 for both days' activities, Pupil Premium students will need to pay £18
- Places for 192 students
- On the Thorpe Park day; 9.00am to 4.00pm (leaving from school)
- On the Bowling day; meet at 11.00am at Airport Bowl leaving at 2.00pm
- Packed lunch required for both days
- Lots of sun screen (hopefully the weather will be good!)
- You will also need a hat, a waterproof jacket, comfy footwear and of course, must love thrilling rides!

# NOW WHAT?



Join the Google Classroom

Google Classroom

Code: w5bekrl

or [Click here](#)

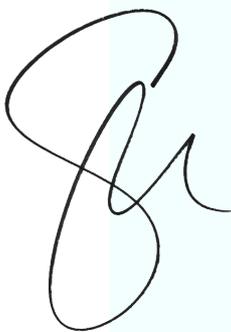
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Complete the form for your  
top FIVE choices

Any time from Monday 30th  
January 5pm to Monday 6th  
February 5pm.

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Sign the paper consent  
form and return to your tutor  
Complete the consent form that  
was sent home and return to your  
tutor - make sure your parents  
have SIGNED the form. You can  
print off a copy of this form from  
the GC or the website)

# WHAT THE STUDENTS SAY



1

*"I loved being able to learn new skills!"*

*Year 7 Student*



2

*"Go Ape has taught me to face my fears"*

*Year 10 Student*



3

*Spending time with other year groups was .....*  
*AMAZING!!!*

*Year 9 Student*





**F**LOURISH  
**A**CHIEVE  
**B**UILD  
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21st July 2023

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