

# Activities – Thursday Afternoons

*Please read a description of the activities below. You will choose an activity for all six sessions. The emphasis is doing something you enjoy, trying something new and have fun! Some carry a cost and some are free. The price is for the whole six weeks. This will be charged to disbursements.*

## St Matthew's Equestrian Team

There is an option on the form for those girls who are in the Equestrian Team to be involved with this activity. It is only the girls who are in the SMS Team.

## Hub Fitness

Staff: Mrs Lammas and Hub Instructors

Cost: \$85

Bring: Fitness gear, water bottle

Venue: Hub Fitness

Maximum: 24

Targeted group training specifically for 13-17yr old girls

Focusing on cardiovascular development combined with core stability, posture correction and functional strength movements.

The workouts will be scaled to all Fitness levels and be as challenging as each girl requires.

These workouts are to give the girls a taster of gym training as well as building confidence levels and empowering the girls to look at fitness in a positive way.

## Boxing

Staff: Mrs Sherwen and Academy Staff

Cost: \$30

Bring: PE gear, sports shoes, water bottle

Venue: Wairarapa Boxing Academy

Travel to Wairarapa Boxing Academy and work with local boxing experts to learn the art of boxing, building self-confidence and esteem, and gain fitness for other sports.

## River Walks

Staff: Mrs Veale

Cost: None

Bring: Suitable walking gear, drink bottle, PE gear

Venues: Various

Enjoy Masterton's natural environment on foot!

Walk along and in our local rivers including Waipoua, Waingawa, Ruamahanga and local walks such as Henley Lake and Millennium Reserve. Add in a scavenger hunt and photo

competition all while being active. A good 'old' pair of shoes and/or booties (if you are keen to get wet feet) is required.

### Karate Kid

Staff: Bella Ward (Y13)

Cost: None

Equipment: Fitness Gear

Venue: Gym

Over a 6-week program, the basic skills of karate, such as punching, and kicking will be taught with the aim of incorporating these new skills into close contact self-defense moves. This program will contain physical contact, but only for learning purposes and not harming, with no head contact allowed. Depending on the speed and progress made by the girls, they might also have the opportunity to learn a kata, which is a set sequence of moves that is a central component required for belt gradings. The style of karate is Goju-Ryu and will be taught by Bella Ward who has been training in this martial art for 8 years with the current rank of black belt (1st Dan).

### No Deed Too Small

Staff: Johanna Cloutman (Year 13)

Cost: None

Equipment: None

Venue: Various

This activity focuses on how you can give back to the community in an enjoyable, easy way! By offering your service to help others, you have a chance to make a difference in our community and may even get the opportunity to learn some new skills. Some service opportunities we may focus on include visiting the elderly, helping to conserve our environment, and assisting with charitable organisations. If you're keen for some fun, something new, and a bit of a challenge, then don't hesitate to sign up!

### Yoga

Staff: Shari Smith

Cost: \$50

Equipment: fitness gear, water bottle

Venue: SMS Hampton Common Room

Hi to all students, I'm Shari the founder/owner of the local 'Hot Yoga For You' Studio in Masterton.

My purpose in offering the 6 week course is to teach you good yoga foundations. This will include aspects of breath, movement, strengthening, flexibility, letting go both body and mind. If you are into sport, this will improve both performance and stamina. Or if you are seeking ways to chill out and relax, yoga can help you get there!

We will have fun, we will share, we will explore.  
See you there!  
Namaste Shari

### Squash

Staff: Miss Glass

Cost: \$30

Equipment: Squash racket if you have one (we can source one if you don't), fitness gear

Venue: Masterton Squash Club

Maximum Number: 15

This is an opportunity for you to try a new sport as well as some physical activity. If you play squash already you are welcome to join and use this as an opportunity for training. Coaching is available for all players.

### Showtime!

Staff: Mr Davidson and Mrs Taylor

Cost: None

Equipment: Dance gear/tidy mufti

This activity is for anyone who is interested in musical theatre and stage performance. During the six weeks we will be selecting a musical number from three musicals. We will learn the song and put together a choreographed dance number to match this. Everyone will be involved in both the dance and song. The group will be divided in two. One half will learn the song with Mrs Taylor while the other half learn the dance routine with Mr D. The groups will then swap to learn the other part. Following this we will come together and link the whole thing. We will do this three times.

### Book Club

Staff: Miss Richardson

Cost: None

Equipment: Books

Venue: Room 2

Come and lose yourself in another world - far away or close to home, realistic or fantastical, fiction or non-fiction- join Book Club to enjoy an hour of uninterrupted visitation to wherever your book takes you. We will be finding a comfortable quiet space, reading independently in each other's company, and sharing some discussion around what we have chosen to read (small chats, not big organised talks). All you need for this elective is to choose something to read and to bring it along!

### Brightest Stars

Staff: Francesca Domanski

Cost: None

Equipment: None  
Venue: Seminar Room

Matthew 18:20 “When two or three gather in my name, I am there.” Young girls are like stars, when they gather, a bright light will illuminate the night sky. Brightest Stars is an Alpha Youth Movement where girls can explore their faith together and learn that by gathering in God’s name, He is able to create a bright light that highlights their paths. This will provide an opportunity for girls between years 7 to 9 to make new friends, become equipped with wisdom but most importantly open up their eyes to God.

### Minecraft

Staff: Mr Sherman-Ball  
Cost: None  
Equipment: Device  
Venue: DT Room

Minecraft is a collaborative game, and students actively work in competitive ways, but students can also work together to solve problems and challenges. I’ve watched many students work together, and I will say that they really want to do well when they play, but they sometimes struggle to communicate with each other in ways that are polite and safe. Minecraft can use this as an opportunity to build digital citizenship skills. As students play, we can observe and give feedback. Minecraft can also facilitate discussions and reflections to support each student in effectively communicating and collaborating.

Like reading standards, maths standards call for complex problem solving and critical thinking. We will use Minecraft to build skills needed for maths, sciences and Engineering competency. One example is persevering through solving problems. Minecraft requires this, and students can create different challenges for each other. Another skill we seek to develop in students is using appropriate tools in a strategic way, which is exactly what students must do when playing Minecraft. Minecraft can examine their maths standards for other related skills and use Minecraft to facilitate growth.

### Garment Bags

Staff: Mrs Bucknell  
Cost: Depends on fabric  
Equipment: See below  
Venue: Fashion Room SMS  
Maximum Number: 16

For this activity you will have the opportunity to make a colourful garment bag in jacket or dress length, or one of each. Basic sewing machine skills are necessary  
Students can purchase supply their own fabrics and notions (8 mix and match patterns) or class can supply for a cost.

### Board Games and Cards

Staff: Mrs Chapman

Cost: None

Equipment: Games you might like to bring in

Venue: Lab 1

Board games and card games are a great way to get to know others, show off your skill, learn new tactics and have great fun!

Come along and challenge your tactics in a high skill game or just chill with a low-key card game. You're welcome to bring a game to share or learn to play the ones available.

Perhaps a jigsaw puzzle is more your skill level, these can also be set up and left for slow completion.

### Climbing Wall/Outdoor Activities

Staff: David Woodcock/Mrs Shearing

Cost: \$120 max

Equipment: PE Gear/Fitness Gear

Venue: Equippers Church and other locations

These sessions will aim to build your confidence with three sessions at the indoor rock climbing wall at Equippers Church. Other activities will be based around the Masterton area.

### Gardening

Staff: Mrs Gilman

Cost: None

Equipment: Gardening tools if you have them

Venue: Food Room

Girls interested in gardening and growing their own food can come along to plant and nurture. You will need to bring some gardening gloves and a trowel (if you have one). Also, a garden fork if we go beyond the veggie pods. Rainy days we will be making seed strips for easy planting.