



SUSTI 2020

Summer Activities



Wednesday 24 June & Thursday 25 June 2020

To Pupils

Welcome to SUSTI (Suspended Timetable) 2020!

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 24 June and Thursday 25 June. There will be normal classes on the last day of term, Friday 26 June.

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

The inclusive values of Dalkeith High School ensure that no pupil is disadvantaged by cost being a potential barrier to participation in activities. Access to the Inclusion Fund may be available to assist individual pupils. Contact should be made with the relevant Pupil Support Leader or the member of staff organising the activity to discuss further.

Please note the following:

- All activities last for two days.
- Prices vary according to the activity chosen.
- 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 by Monday 23 March. (Final payments will be collected later.)

Mr Duncan
SUSTI Committee Chair



1 Musical Madness

Leader: Ms Shankland

No of Places: 40 (all year groups)

Price: approx. £15

Day 1 Trip into Edinburgh to go back stage at the Theatre. Have an exclusive behind the scenes tour of one of Edinburgh's famous theatres and see what happens back stage. Then lunch at Nandos and some time to go shopping in Edinburgh.

Day 2 Musical workshop with singing, dancing and acting from The A-Team Productions (at school) with a BBQ lunch in the sun (fingers crossed). The back-up plan is an indoor picnic!

You will need: Please bring bus passes or correct change for public bus and bring money for Nandos. £15 cost includes Theatre visit and Day 2 BBQ picnic and workshop.



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

Leader: Mr Gibbs

No of Places: 43 (S3-S5)

Price: £55(tbc)

Day 1 Day trip to Alton Towers Theme Park. Leave Wednesday 24th June at approx 1am and returning late Wednesday 24th/Thursday 25th June.

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

You will need: Lunch/snack money both days, warm clothing, change of clothing in case you get wet, pillow/blanket for the bus. Nerves of Steel!!!



3 Arts and Crafts

Leader: Mrs Kyle

No of Places: 20 (all year groups)

Price: £5

Pupils will have opportunity to explore a range arts and craft methods and apply their creativity by creating 3D sculptures and/or textiles using mixed media. Throughout the two days pupils will explore and create a range of 3D artworks which may include Clay, Textiles and Mixed Media Crafts.

You will need: Appropriate clothing as you may get messy. Bring your lunch or make usual arrangements. Snacks will be provided.



4 Games Games Games!

Leader: Ms Hamilton

No of Places: 20 (all year groups)

Price: Free

Spend both days playing a variety of tabletop and video games. We'll have a Nintendo Switch for multiplayer competitions on titles such as Mario Kart and Super Smash Bros. Tabletop games available will range from favourites like Monopoly and Scrabble to niche titles like Citadels, Cosmic Encounter, Codenames, and Dobble.

You will need: Packed lunch or make usual arrangements.



5 GoApe

Leader: Mr Craig

No of Places: 30 (age 16+)

Price: £35

Bring your head for heights and a love for speed, this Go Ape course is definitely one for the adventure seekers.

Day 1 GoApe. The breath taking Glentress scenery is the perfect backdrop to this dramatically challenging course with a 325-metre-long zip wire across a valley that's a whopping 160ft high! See the adventure unfurl while you traverse the huge Douglas fir trees and zip over the mountain bike trails and open water.

Day 2 tbc (we will do an activity in school).

You will need: Sensible clothing and footwear on day 1. Lunch for both days.



6 Horse Riding with Stable Management

Leader: Ms Mackay

No of Places: 16 (all year groups)

Price: £33 (includes minibus transport)

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 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!

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. Bring lunch both days or make usual arrangements for day 1.



7 Adventure Edinburgh

Leader: Ms Wallace

No of Places: 30 (all year groups)

Price: £36

Two adventure packed days exploring all the fun activities Edinburgh has to offer!

Day 1 Try your hand at adventure golf followed by a pizza lunch before taking on 'Escape reality', Edinburgh's number 1. escape rooms.

Day 2 Scare yourself silly at Edinburgh dungeons followed by lunch in Princes street gardens (weather dependant).

You will need: Appropriate clothing and footwear.

Price includes public transport and activities for both days. Price doesn't include lunch for 2nd day (packed lunch needed).



8 Salt Dough Crafts

Leader: Ms Foster

No of Places: 20 (all year groups)

Price: Free

Over the two days there will be a range of Salt Dough Craft challenges. Pupils will make, bake and decorate using a range of craft resources. Movies and popcorn in the afternoon of day two.

Day 1 Make, Bake and Decorate Salt Dough Crafts.

Day 2 Make and Create Play-Doh. Movie and popcorn.

You will need: Lunch for both days or usual arrangements.



9

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

Leader: Mrs Jardine

No of Places: Lunch Club Members

Price: Free

Day 1 Volunteering in the gardens at Dalkeith Country Park, followed by a picnic and games.

Day 2 School-based, with films, games and a BBQ in the school garden.

You will need: Weather appropriate clothing i.e. jackets or sun cream!
Packed lunch for day 1.



10

Time to Reflect

Leader: Ms Howie

No of Places: 10 (Seniors only)

Price: £20

Day 1 Volunteering visit to Edinburgh Food Project where we will learn about the food banks that the organisation runs around the city and help to make up the boxes that go out daily to people in need.
Lunch in town before catching the bus back to school.

Day 2 Yoga class in the morning delivered by a visiting teacher, then self care activities in the afternoon where you will spend some time looking after yourself and relaxing at the end of a busy school year.

You will need: Lunch money for day 1? Packed lunch or usual arrangements for lunch on day 2.



11 Four Rooms

Leader: Ms McCole

No of Places: 80 (all year groups)

Price: £10

Pupils will rotate through the rooms over the two days. There will be an escape room, a games room, a quiz room and a cinema room.

Price includes a bakery lunch on day 1 and pizza on day 2.

You will need: Activities are school based so no equipment is needed.



12 Cookery Masterclasses

Leader: Mrs Pascolini

No of Places: 15 (all year groups)

Price: £7

Day 1 Pasta making masterclass where you will make farfalle (bow shaped pasta), tagliatelle, fusilli and ravioli all accompanied with various pasta sauces like tomato and basil; roasted pepper and oregano; cream, ham and peas sauce. Pasta for lunch!

Day 2 A real patisserie masterclass with a mix of demonstration and hands on experience to learn to make some spectacular desserts including 3 different flavour eclairs, fruit tarts filled with pastry cream and fresh fruit, chocolate and strawberry gateau topped with a feathering decoration.

Please contact Miss Pascolini for any dietary requirements. Not suitable for celiac.

You will need: Packed lunch or usual arrangements for lunch on day 2?



13 Wellbeing Spa

Leader: Mrs Gatti

No of Places: 20 (all year groups)

Price: £20

Come and enjoy 2 days of relaxing activities where you can focus on YOU! Wellbeing Spa includes opportunities to work on your physical wellbeing by using the leisure facilities such as the fitness suite, swimming pool, jacuzzi and sauna. You will also have time to focus on your mental wellbeing by having time to relax in a chilled environment. You will also get the chance to be truly pampered! With choices of treatments including Spray Tans, Manicures, Massages, Facials, Hair Up/ Blow Dry, and Make Up.

Lunch and snacks on both days will be provided.

You will need: Water bottle, comfy clothes, swimming stuff, robes and slippers optional.



14 Treasured Days

Leader: Mr Ambrose

No of Places: 10 (all year groups)

Price: Approx. £10

Design and make your own jewellery.

The 2 days will involve designing your jewellery, using the laser cutter to cut jewellery moulds and casting pewter to form the item.

Pewter casting is an ideal method of making many types of jewellery - necklaces, earrings, a charm for a bracelet. It is up to you to decide what to make!

You will also make a customised mini jewellery box to keep your newly created jewellery pieces.

You will need: Packed lunch or usual arrangements for lunch on both days.



15 New York 2020!

Leader: Ms Steele
No of Places: Full
Price: N/A



Fully booked for 2020!
**Look out for details of
NYC 2022!**



16 Brittany 2020

Leader: Ms Guesnier
No of Places: Full
Price: N/A

Discover the French culture for 5 days.
Day trips include a typical French market, a biscuit factory, D-day museum and landing beaches, water park, tidal power station, visits to beautiful towns on the coast.



Fully booked for 2020!
**Look out for details of
Brittany 2021!**





17 Canada 2020

Leader: Mr Duncan
No of Places: Full
Price: N/A

Canada is where Dalkeith High School's Duke of Edinburgh participants will complete their Gold Award this year. Their final expedition will take them on a canoe adventure across the Ontario region of Canada.



Fully booked for 2020! Ask Mr Duncan about the Duke of Edinburgh's Award



18 Dungeons and Dragons

Leader: Mr MacGregor
No of Places: 8 (all year groups)
Price: Free

Open to new or experienced players of D&D. I will run a short adventure where your characters will need to work together in a party to overcome the challenges in this role playing game.

You will need: Packed lunch or usual arrangements for lunch on both days.



19 School Based Sports

Leader: Mr Cartwright

No of Places: 20 (all year groups)

Price: Free

2 days of fun sport and sporting movies. Wide variety of different sports to choose from. Activities may be altered to suit the weather and the interests of the group.

You will need: Packed lunch or usual arrangements for lunch on both days.



20 Clip 'n' Climb

Leader: Ms Maclaine

No of Places: 20 (all year groups)

Price: £30

Day 1 Learn how to climb at Ratho climbing centre. There's no experience necessary on our introduction and entry level courses, so going climbing doesn't need to be a leap of faith. Our expert instructors are on hand to make sure you have a blast!

Day 2 Pool party and barbecue.

You will need: Packed lunch or money for lunch on day 1. All equipment will be issued at Ratho for climbing - warm clothing recommended.



21 Surf's Up!

Leader: Mr Wilson

No of Places: 20 (all year groups)

Price: £40

Day 1&2 Fancy learning to surf? Surfing increases your strength, balance, fitness, and is a whole lot of fun. We're heading to Dunbar's Belhaven Beach Surf School where you will increase your confidence and have a laugh at your teachers trying to stand up! Suitable for complete beginners and open to all year groups but you must be a competent swimmer.

You will need: Packed lunch both days. Warm clothing, swimwear and a towel. All necessary equipment will be supplied.

SUSTI ACTIVITY BOOKING FORM (list of activities on back page)

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 Signature: Date:

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 by Monday 23 March. Make sure that your name and register class are written clearly on the envelope.

Tear or cut here to separate booking form

Activity List 2020

No.	Activity	Leader	Places	Cost
1	Musical Madness	Ms Shankland	40	£15
2	Alton Towers / Movies (S3-S5)	Mr Gibbs	43	£55 (tbc)
3	Arts & Crafts	Mrs Kyle	20	£5
4	Games, Games, Games!	Ms Hamilton	20	Free
5	GoApe (16+)	Mr Craig	30	£35
6	Horse Riding	Ms Mackay	16	£33
7	Adventure Edinburgh	Ms Wallace	30	£36
8	Salt Dough Crafts	Ms Foster	20	Free
9	Fun, Fun, Fun (Lunch Club)	Mrs Jardine	N/A	Free
10	Time to Reflect (seniors only)	Ms Howie	10	£20
11	Four Rooms	Ms McCole	80	£10
12	Cookery Masterclasses	Mrs Pascolini	15	£7
13	Wellbeing Spa	Mrs Gatti	20	£20
14	Treasured Days	Mr Ambrose	10	£10
15	New York 2020	Ms Steele	Full	N/A
16	Brittany 2020	Ms Guesnier	Full	N/A
17	Canada (Gold DofE)	Mr Duncan	Full	N/A
18	Dungeons and Dragons	Mr MacGregor	8	Free
19	School Based Sports	Mr Cartwright	20	Free
20	Clip 'n' Climb	Ms Maclaine	20	£30
21	Surf's Up!	Mr Wilson	30	£40