

Wellbeing Week Activity Timetable

Monday

26 September

Tuesday

27 September

Wednesday

28 September

Thursday

29 September

Session 1

9:30am–
10:45am

9am - 10.00am:
Arrival, Pancake Breakfast &
Housekeeping

10.00am
Welcome To Country & Smoking
Ceremony With Uncle Mickey
(All)

Recess break 10:45am–11.15am

9am - 9.30am:
Arrival & Daily Welcome

**Elevate Parent Seminar -
Supporting Student Success
Yr 10-12**

**Message Sticks With Cedric
Varcoe R-12 9.30am - 1pm***

**Academy of Interactive
Entertainment (AIE) - Game
Design Yr 7-10 9.30am - 1pm***

Parenting a Child With Anxiety

**Escape Room in the Zoo
Yr 7-12**

***Activity goes over 2 sessions**

9am - 9.30am:
Arrival & Daily Welcome

**Bush Tucker - Australian
Native Foods R-12**

**Japanese Tea Ceremony &
Koto All Ages**

Lava Lamps R-6

Ceramic Painting Yr 10-12

9am - 9.30am:
Arrival & Daily Welcome

**Art Mural With Cedric Varcoe
Yr 7-12**

**Time Capsule - Letter Writing
Yr 8-12**

**Miniature Painting
Yr 4-12**

Puzzles & Board Games (R-6)

BYO lunch, or food is available from the Cafeteria and Marden Shopping Centre is close by!
Please note students under 17 must be accompanied by an adult to leave site during break times.

Sessions 2 & 3 overleaf



Please register for activities at openaccess.edu.au/wellbeingweek

Updated 14/9/22

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Session 2

11:15am–
1pm

Bookweek Geocaching R-6

**Academy of Interactive
Entertainment (AIE)
- Digital Art Yr 7-12**
11.15am - 2:30pm*

**Sporting Games Mars
Stadium Yr 7-12**

Tie-Dying R-6

*Activity goes over 2 sessions

**Elevate Student Session
Working Smarter Yr 10-12**

Bricks 4 Kids (Lego)
11.15am - 2:30pm*

**Message Sticks With Cedric
Varcoe (Continued) R-12**
9.30am - 1pm*

**AIE - Game Design
(Continued) Yr 7-10**
9.30am - 1pm*

*Activity goes over 2 sessions

Silent Disco R-6

**Bug, Slugs and Reptiles
All Ages**

**Coping With Anxiety
Yr 7-12**

Mural Painting Yr 7-12

Painting Pots R-12

**Dungeons & Dragons
Yr 7-12**

**Calm Down Jars
Yr 2-6**

Lunch break 1pm–1.30pm

BYO lunch, or food is available from the Cafeteria and Marden Shopping Centre is close by!
Please note students under 17 must be accompanied by an adult to leave site during break times.

Session 3

1.30pm–
2.30pm

**AIE - Digital Art (Continued)
Yr 7-12**
10.30am - 12pm

**World Games
R-7**

**Ball Games & Sports
Mars Stadium Yr 8-12**

**Elevate Student Session
Plotting Your Success Yr 10-12**
1.30pm - 2.45pm*

Puzzles & Board Games R-12

Table Tennis R-12

Bricks 4 Kids (Lego) R-6
11.15am - 2.30pm*

**Phantastic Physics Show
All Ages**

**Japanese Tea Ceremony &
Koto Yr 9-12**

**BBQ Lunch & Farewell Bush
Band Entertainment (All)**



Please register for activities at openaccess.edu.au/wellbeingweek

Activities!

Monday

Book Week Geocaching

Aimed at R-6s : 11.15am - 12.45pm

It's time to come together and Dream with Eyes Open for the 2022 CBCA Book Week! Students will use hand-held GPS devices to undertake a geocaching adventure and locate hidden treasures linked to 'five-minute' challenges in this dynamic, fast-paced event. It's fast, fun and engaging for students of all ages and abilities.

AIE Digital Art

Aimed at Yr 7-12s : 11.15am - 2.30pm

Laptop needed - Download Blender

3D artists build the environments, characters and visual effects in the movies you love to watch. 3D Artists are visually creative and have a passion for films and creating digital art. Come and try your hand at digital art

World Games

Aimed at R-7s : 1.30pm - 2.30pm

Come and join the world games – where participants will play games from each of the 5 regions around the world including a game played by the Australian Aboriginals. Wear comfortable active wear and enclosed shoes.

Tie-dying

Aimed at R-6s : 11.15am to 1.00pm

Bring an item you would like to tie-dye (cotton) eg. t-shirt, shorts, tea towel. Learn how to make your own tie dye creation.

Sporting Games

Aimed at Yr 7-12 : 11.15am to 1.00pm at Mars Sports Centre

We will provide a wide range of equipment and organise a variety of sporting games for all activity levels. Wear comfortable active wear and enclosed shoes.

Ball Games and Sports

Aimed at Yr 8-12s : 1.30pm - 2.30pm at Mars Sports Centre

Students will play some minor games and then partake in a game of sideline basketball. Wear comfortable active wear and enclosed shoes.

Activities!

Tuesday

Elevate Parent Seminar – Supporting Student Success

Aimed at year 10-12s : 9.30am - 10.45am

This seminar is designed for parents who are wanting to support their child with study skills such as: time management and motivation. It helps parents get on the same page as their children so that the skills taught in class are reinforced at home.

Elevate – Working Smarter

Aimed at year 10-12s : 11.15am - 12.30pm

This workshop is designed for students in years 10, 11 and 12 and explores strategies to support students establishing routines, navigating social and work commitments, sport and extra-curricular activities, whilst also tackling and managing procrastination.

Elevate – Plotting Your Success

Aimed at year 10-12s : 1.30pm - 2.45pm

Be part of creating a special mural for our site with Adelaide artist Lucinda Penn! This workshop is focused on designing a mural which will be installed on the Primary/Library Building. Explore your creativity and help design an artwork that shares our commitment for celebrating diversity and reconciliation.

Bricks 4 Kids

Aimed at year 7s 11.15am - 2.30pm

Train City – An lego activity extravaganza and easily the most spectacular and loved. Kidz build and drive multiple trains on a giant train track while other kids build famous buildings to create a hustling and bustling city complete with remote control cars, trains and of course the odd superhero!

AIE Gaming Design

Aimed at year 7-12s : 9.30am - 1pm

Laptop needed - Download Unity

Game designers are the visionaries who thrive on new ideas and think about how users will interact and enjoy their game experience. Game designers possess a combination of technical knowledge, artistic skill and the ability to communicate to players.

Message Sticks with Cedric Varco

Aimed at R-12s : 9.30am - 1.00pm

Join acclaimed contemporary artist, Cedric Varcoe, to learn more about Indigenous culture while painting message sticks, pavers and rocks. The message sticks and pavers will be installed in our Indigenous Garden for everyone to enjoy and the story rocks are for you to take home.

Activities!

Tuesday continued

Parenting a Child with Anxiety

Aimed at parents and guardians 9.30am - 10.45am

College psychologist will unpack anxiety, explore the vicious cycle of avoidance, highlight clinical treatments, what parents can do to support their children and provide take-away resources.

Escape Room - In the Zoo

Aimed at year 7-12s : 9.30am - 10.45am

The Zoo: Find the Meerkats! In The Zoo, it's the day you've been waiting for: your annual trip to the zoo! Excited, you upgrade your ticket to include a Personal Meerkat Experience. Under strict instructions to stay in the enclosure, the zookeeper leaves you to play with the meerkats. But wait! You do need to get your camera...A few seconds outside won't hurt, surely? When you come back: disaster! The gate is ajar, and all eight meerkats are running into the distance! Now your team has a mission: work together, solve the puzzles and catch the meerkats! The future of the zoo is in your hands. Wear comfortable active wear and enclosed shoes.

Puzzles and Board Games

Aimed at all ages : 1.30pm - 2.30pm

Come along to take part in board games and finding all the pieces to a puzzle; whether needing some quiet time, a challenge or up for some fun, there is something for everyone.

Table Tennis

Aimed at all ages : 1.30pm - 2.30pm

Singles or doubles, this fun and competitive afternoon session of table tennis is for you. First timers and experienced competitors' welcome. You might get a chance to take on one of your teachers. Outside activity, please bring a hat and wear enclosed shoes.

Activities!

Wednesday

Bugs, Slugs and Reptiles

Aimed at all ages : 11.15am - 1pm

This workshop has two parts. Initially, you will join us for an interactive 'Bug Show' where you will learn about the world of invertebrate animals like spiders and centipedes.

We will then meet a range of native Australian animals; including a baby crocodile, pythons, lizards and more.

Nitro Nat Physics Show

Aimed at all ages

The Phantastic Physics Show is a journey of discovering what makes things move. We explore energy and forces with Phantastic science demonstrations that you don't get to see everyday! High powered lasers, cannons that suck in the air around us and we finish with a BANG! We tackle forces and energy through out the show. This is a show for any age, small kids to big kids.

Bush Tucker and Australian Native Foods

Aimed at R-12s : 9.30am - 10.45am

Karen Shaw from Australian Native Foods will conduct a presentation, with tasting and samples. The presentation will be about growing and preparing

native foods. Have you ever wanted to try some Australian Native Foods and learn how to spot them out on walks? Give this workshop a try! You will even be able to spot some edible plants in our Indigenous Garden!

Japanese Tea Ceremony and Koto Performance

All Ages - 9.30am - 10.45am : Yr 9-12s - 1.30pm - 2.30pm

Tea Ceremony: Tea ceremony is called '-sadou' in Japanese. Tea is more than just a hot drink in Japan. It is a very important ritual that has a lot of meaning within the culture. The tea ceremony represents purity, tranquility, respect, and harmony. A lot of preparation goes into this important ritual. Why don't you experience this centuries old traditional ritual, forget about your daily bustling and hustling, and enjoy serenity of drinking tea? You will learn how to appreciate a cup of tea, served with a delicious traditional Japanese sweet. You will find yourself surprisingly refreshed. **Koto performance:** Are you into music? If so, this is the session for you. Why don't you immerse yourself in a beautiful world of koto music. Koto, also known as a 'Japanese harp' is a stringed instrument with a rich history. It is a beautiful wooden instrument with strings made of silk or nylon. This is a rare opportunity for you to see and possibly touch a koto!

Silent Disco

Aimed at R-6 11.15am - 1:00pm

Try out some new dance moves or sing like no ones watching or listening. Three music channels to choose from so there will be something for all music tastes.

Lava Lamps

Aimed at R-6 : 9.30am - 10.45am

Join us to create your very own lava lamp! With the help of a special ingredient, you will get to watch the 'lava' flow through your own lava lamp bottle!

Coping with Anxiety - including a Psychologist's Top 10 Ways to Reduce Anxiety

Aimed at all ages and parents : 11.15am-1.00pm

Our college psychologist, Sasha Miles, will unpack anxiety, the vicious cycle of avoidance, treating anxiety and strategies to help yourself. In this session, she will also take you through 10 quick relaxation strategies to reduce anxiety and stress. Parents welcome.

Ceramic Painting

Aimed at year 10-12s : 9.30am - 10.45pm

Come and paint a usable and artful ceramic piece to take home with you.

Activities!

Thursday

Art Mural with Cedric Varcoe

Aimed at year 7-12s : 9.30am - 10.45am

Design our second Wellbeing Week mural with Indigenous artist Cedric Varcoe and learn about Ngarrindjeri culture and community. You will be contributing ideas and designing with guidance a mural that represents our site and community. Learn about Cedric's journey, his culture, and the meaning behind Aboriginal symbols in his artworks. Be part of contributing something special to our site and learn firsthand from Cedric about Ngarrindjeri culture. It is recommended that you sign up for the following Mural painting workshop in the afternoon to be part of the final product! **What to bring:**

- Painting clothes (or a shirt you are OK with getting some paint on)
- Enclosed shoes

Mural Painting

Aimed at year 7-12s : 11.15am - 1.00pm

Be part of painting a special mural for our site designed by fellow students and artist Cedric Varcoe! This workshop is all about working together to create colourful and large-scale art. You will be guided by staff to know which areas to paint specific colours. Watch the artwork come to life as you paint and be part of something memorable! **What to bring:**

- Painting clothes / smock if you have one
- Enclosed Shoes

Time Capsule – Letters about Covid

Aimed at year 8-12s : 9.30am - 10.45am

Spend some time reflecting and writing about the COVID times we find ourselves in. Give some insight to future generations on how it was to conduct RAT tests and run out of toilet paper. The letters and objects will be locked in a time capsule.

Miniature Painting

Aimed at year 4-12s : 9.30am - 10.45am

Come build paint some toy soldiers, learn all the techniques around building model kits, and painting tiny effects

Dungeons and Dragons

Aimed at year 7-12s : 11.15am - 1.00pm

Dungeons & Dragons is a fantasy tabletop role-playing game originally designed by Gary Gygax and Dave Arneson. If you're an experienced player or you just want to give it a go, come along and play!

Calm Down Jars

Aimed at year 2-6s : 11:15am - 1:00pm

Create your personal calm down jar to use when you're needing a distraction from your worries, anxieties and frustrations. The perfect emotion regulation strategy for young children.

Painting Pots

Aimed at all ages : 11:15am - 1:00pm

Join our friends from Bunnings to paint and decorate your own pots to brighten up your garden, ready for Spring!

Puzzles and Board Games

Aimed at year R-6s : 9.30am - 10.45am

Come along to take part in board games and finding all the pieces to a puzzle; whether needing some quiet time, a challenge or up for some fun, there is something for everyone.