

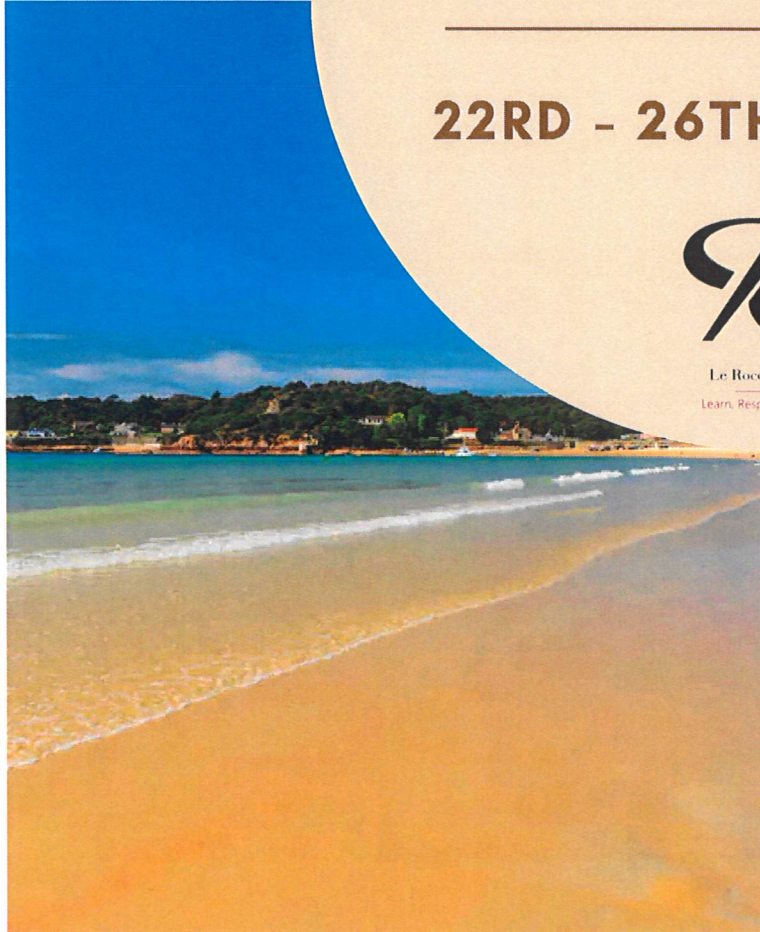
**LE ROCQUIER
SCHOOL**

ACTIVITIES WEEK

22RD - 26TH JUNE 2026



Le Rocquier School
Learn, Respect and Succeed



ON-ISLAND ACTIVITIES

- PART 1

<u>Name of Trip/Activity.</u>	<u>Cost</u>
Island Walk	Free
Dinghy Sailing	£295
Surfing Waves	£230
Rock, Pop & TicToc	£25
Pick 'N' Mix	£240
Racket Week	£30
Golf Week	£350
Looking Good & Feeling Fine	£25
Horse Riding	£360
Absolute Adventures	£295

ON-ISLAND ACTIVITIES

- PART 2

<u>Name of Trip/Activity</u>	<u>Cost</u>
Art- Exploration of Art, Culture & Creativity	£40
Surfyard	£200
Tech Tours	£150
Bouley Bay Diving and Watersports	£415
Valley Adventure Week	£370
On-Island Fun	£60

PLEASE NOTE:

- PRICES ARE APPROXIMATE AND ARE SUBJECT TO CHANGE.



ABOUT PARENT PAY



Online payments for Activities Week with ParentPay

We are working towards no longer accepting cash and cheque payments, making the school a cash-free environment.

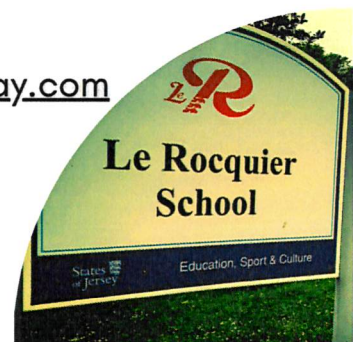
ParentPay is a more convenient way to pay securely for school trips and activities online using your credit or debit card.

You will have recently received ParentPay information and an activation email from us containing your activation details to enable you to set up your ParentPay account.

Parents will have the convenience of making payments for Activities Week through the ParentPay platform, giving you peace of mind that your payment has been made safely and securely.

If you have not received an email from us with activation details, please email: j.meyer@lrs.sch.je

For further information on ParentPay please see visit www.parentpay.com



Cost: FREE (You make your own travel arrangements)

Island Walk

Have you ever considered completing Jersey's famous 'Island Walk' but feel it's too big a challenge? Over the course of a week, we will walk the full 48 miles of the Jersey coastline from the flat sandy coastline of the south-east to the dramatic, soaring cliffs of the north coast. Each day averages around 10 miles of walking. Along the way you will see parts of Jersey that you may never have seen before with beautiful views and amazing wildlife. We will pass some unique historical and cultural sites from prehistoric monuments to relics of the German Occupation of Jersey.

You will be required to get yourself to a different starting location every day, which will be on a bus route. There will also be scheduled buses to take you back to Liberation Station at the end of each day.

We will not always be able to buy food along the way, so it is important that you are able to come with the food and water you need for the day. This is a demanding week so be prepared!

For more information,
please see Mr Perrier.





Dinghy Sailing Week

Cost: £295

Taking place at St Catherine's Sailing club, experienced and qualified instructors will guide you through the levels using different types of dinghies appropriate to your age and ability.

A 9am start with a classroom briefing for the day followed by dinghy sailing, and on-water activities. Lunch will be ashore; sailors can use the nearby Breakwater Cafe or bring their own packed lunch and sit in the club house outdoor seating area overlooking the picturesque bay. The afternoon will be made up of further practical sailing experience, followed by a debrief on the day's events.

Sailors should have their own wetsuits, wet shoes and spare clothes (although we have some spares). Buoyancy aids will be provided. Cost includes temporary (3 month) membership to the club, should you wish to continue using the club boats through the summer months. Students are expected to make their own way to and from St Catherine's Sailing club. There is a bus at regular times each day, though cycling is recommended on this quiet route.

For further information, please see Mr Horton.



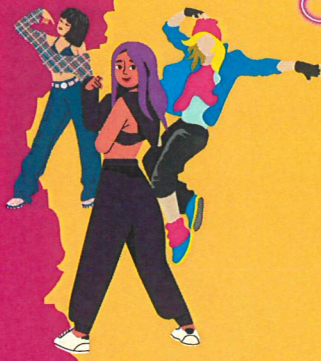
Surfing Waves

Cost: £230

Come and learn to surf! We aim for 2 surf sessions per day with lots of beach activities to include rounders, volleyball and football. You will also learn about beach safety, wave formation, rip currents and some basic first aid.

It is important that you can swim at least 100m, which is 4 lengths of a pool. Transport to and from school included.

For more information, please see Mr Dicker.



Rock, pop & Tic-Toc



Cost: £25

Jam in a band on vocals, drums, keyboards, bass and electric guitar. Perform songs in a band on the Music Room stage! Record yourself singing or performing in a band in the LRS Recording Studio. Learn how to record and mix your music ready for release! Listen to each other performing on the main stage at the end of the week whilst eating delicious pizza! Also listen to any recordings made in the studio. Visit a professional recording studio on Island. Make and share some of your own music on tic-toc

YOUR PARAGRAPH TEXT
For more information, please see Mr Hiles.

TECH TOUR



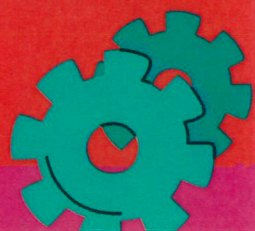
AN AMAZING OPPORTUNITY TO VISIT JERSEY'S FINEST TECHNOLOGICAL TREASURES.

DURING THIS ACTIVITY, YOU WILL:

- **EXPERIENCE HOW TECHNOLOGY IS USED TO BROADCAST TV AT THE JERSEY ITV STUDIOS**
- **VISIT JERSEY METEOROLOGICAL CENTRE TO FIND OUT ABOUT WEATHER FORECASTING AND SIMULATIONS**
- **HELP DESIGN COMMUNICATION AND APPLICATIONS AT JERSEY ZOO**
- **DEVELOP AN UNDERSTANDING OF MAKING YOUR FIRST MILLION THROUGH TECHNOLOGY AT AN INVESTMENT BANK**
- **HELP DEVELOP TECHNOLOGICAL SKILLS USED BY THE JERSEY COASTGUARD AND HARBOUR**
- **EXPLORE A LOCAL CYBER-SECURITY CENTRE**
- **TAKE A TECHNOLOGICAL VIEWING AT THE CINEMA**
- **GO BACK IN TIME TO EXPERIENCE HOW TECHNOLOGY WAS USED DURING WW2 AT JERSEY WAR TUNNELS.**

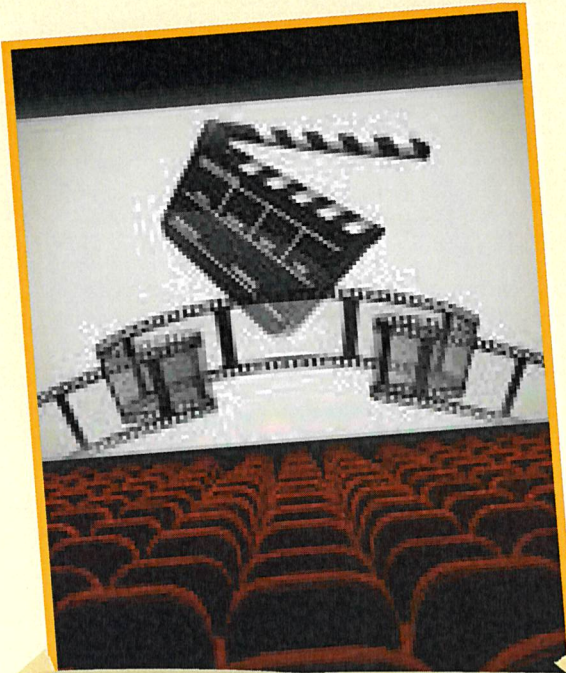
COST: £150

FOR MORE INFORMATION, PLEASE SEE MS. MORGAN.

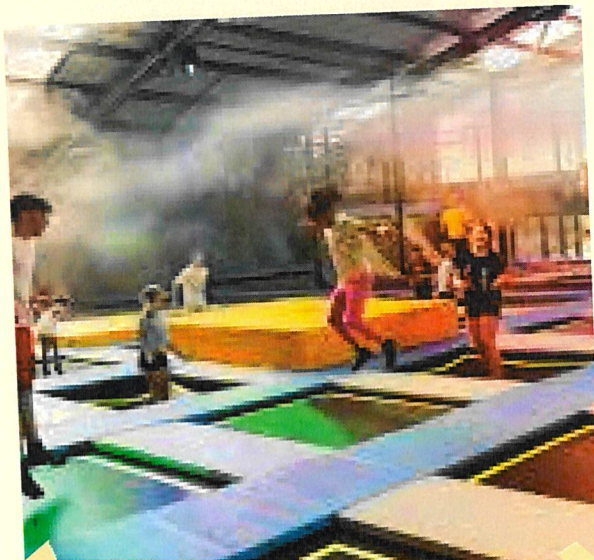


Pick 'N' Mix

Cost: £240

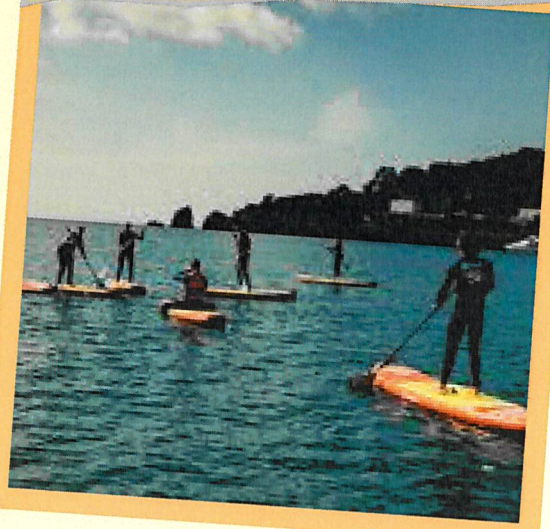


Cinema



Jump Jersey

Water Sports



The 'Pick'N' Mix' activities week is a chance to explore all the amazing things that this island has to offer!

The week will involve visits to local places including Jump Jersey, The Cinema and Merton. As well as that you will be able to enjoy the best of jersey Beaches with water sports including surfing.

You will also have the chance to try your hand at some racket sports.

limited number of places available

For more information, please see Mr Logue.



RACKET WEEK



INCLUDING:

- TABLE TENNIS
- BADMINTON
- PADEL TENNIS
- SQUASH
- TENNIS

COST: £30 PER PERSON

Run by: Mr Goulding

Throughout the week, you will learn how to play a different racket sport every day. With the most of the week being spent off-site, you will get to play at the island's best facilities for many racket sports, training on the same courts that the island teams use.

Included in your £30 package is all the transport, equipment hire, and coaching you'll need to start your journey from beginner to expert!

For more information, contact Mr Goulding.





Golf week Cost: £350

Pursuit of perfection. The beautiful game. Precision, elegance, respect and humility make the sport an endless school of life. These are all things said of the amazing game that is golf. We again call to all golf enthusiasts, students that watched and enjoyed the Ryder Cup and share our love for GOLF! We are looking at doing the Golf Week again!

I am excited to have secured two of the top professionals on the Island to help students improve their game/learn more, with a week of golf at various different venues on the Island. We will be playing mini competitions, there will be prizes awarded for the straightest drive, nearest the pin, putting and, of course, winning the daily competitions out on the course. We will mix it up with bit of crazy golf on the Friday morning to fully test out your putting skills and will be playing the Les Mielles course in our grand finale.

Please note that this activity has limited places due to the nature of the sport (playing in small groups on a golf course). Students will require their own clubs, appropriate golf attire and footwear. If you need advice on clubs/equipment, please see Mr Elston. Equipment will not be provided.

Students will need to be able to be dropped off and collected from each venue; Longville Driving range, Wheatlands Golf Course and Les Mielles Golf course (where staff will be waiting for them). Details to follow on which days at which venue.

The cost includes unlimited balls at the range, professionals for 5 hours a day, course fees & crazy golf rounds.

For more information, please see Mr Elston.



COME AND LEARN HOW TO LOOK AFTER YOUR HAIR; SKIN AND NAILS IN A FUN FILLED WEEK FULL OF CREATIVE ACTIVITIES.

LEARN HOW TO LOOK AFTER YOUR NAILS; WITH A MINI MANICURE.

GET CREATIVE WITH YOUR HAIR; USING DIFFERENT HAIR TECHNIQUES.

LEARN HOW TO LOOK AFTER YOUR SKIN WITH A MINI FACIAL.

BE CREATIVE WITH THE APPLICATION OF MAKE-UP.

COST £25

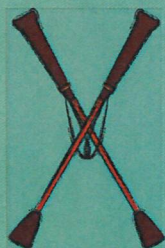
FOR MORE INFORMATION PLEASE SEE MRS CROWTHER.

FYI: STUDENTS MUST NOT HAVE ANY GEL OR ARTIFICIAL NAILS ON THIS WEEK.

Looking good & feeling fine



HORSE RIDING WEEK



Cost: £360


ENJOY A WEEK OF RELAXING, SUN-FILLED (HOPEFULLY!) OUTSIDE FUN LEARNING TO RIDE AND CARE FOR HORSES. EACH DAY WILL INCLUDE A MINIMUM OF AN HOUR'S ACTUAL RIDING AND MULTIPLE OTHER FUN ACTIVITIES. WITH EXPERIENCED INSTRUCTORS AND HIGH QUALITY FACILITIES, IT IS SURE TO BE A GREAT WEEK!

FOR MORE INFORMATION, PLEASE SEE MR TAYLOR-CAPJON.




ABSOLUTE ADVENTURES WEEK

COST: : £295




The absolute adventures activity week offers 5 full days of water sports activities and adventures run from St Brelade's Bay. Over the week you'll explore the caves and coves of the southwest coast by kayak, learn to paddle board, head out on rib tours, go on inflatable rides and make a splash coasteering and cliff jumping. Every day will be different but the team of instructors at absolute will make sure you have a great week trying new activities and building your confidence in the water.



You do need to be able to swim to sign up for the week and you'll need to have swimwear and shoes you can get wet like aqua shoes or old trainers. All other equipment, including wetsuits, will be provided by absolute adventures.

For more information, please see Mr Davies.



Art Week:
Exploration of Art,
Culture & Creativity

Cost: £40

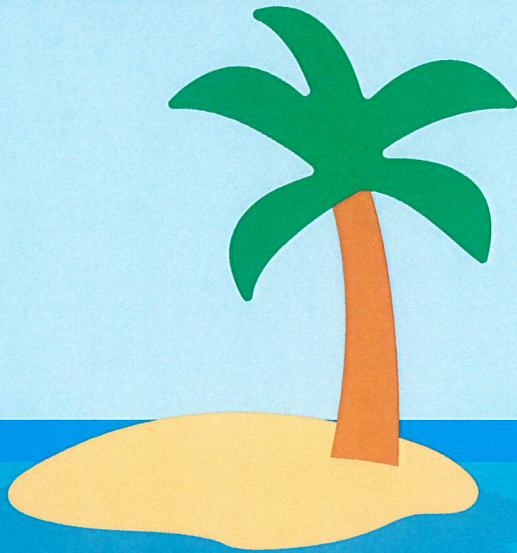
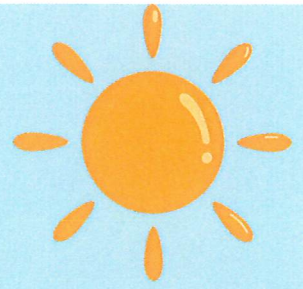
Students will be working on various exciting art projects in and out school using a wide range of new materials and processes.

We will be visiting galleries, seeing public art and completing workshops. This will culminate in a fantastic exhibition at the end of the week, displaying the incredible experiences from the week.

For more information, please see Miss O'Haire.

SURFYARD

cost: £200



THE WEEK INCLUDES GROUP SURF LESSONS, WORKSHOPS ON TECHNIQUE AND THRILLING SURF COMPETITIONS JUDGED BY OUR VERY OWN, IN-HOUSE, GREAT BRITISH, QUALIFIED JUDGE, MRS BENNETT. IN ADDITION TO CATCHING WAVES, PARTICIPANTS CAN ENJOY BEACH CLEAN-UPS, ENVIRONMENTAL AWARENESS TALKS, AS WELL AS STRETCHING WARM UP SESSIONS TO ENHANCE BALANCE AND FLEXIBILITY. WHETHER YOU'RE LOOKING TO IMPROVE YOUR SKILLS, TRY SURFING FOR THE FIRST TIME, OR SIMPLY ENJOY THE BEACH LIFESTYLE, THIS WEEK IS THE PERFECT OPPORTUNITY TO IMMERSE YOURSELF IN THE SURFING CULTURE.



9-3PM

OPEN TO YEARS 7, 8 AND 9

STUDENTS TO MEET AT SCHOOL AND BE TRANSPORTED TO ST OUENS



BOULEY BAY DIVING & WATERSPORTS

COME AND JOIN THE MULTI-ACTIVITY ACTION WEEK CENTRED AROUND THE BOULEY BAY ACTIVITY CENTRE.

OVER THE 5 DAYS YOU WILL BE OFFERED DIFFERENT ACTIVITIES ON EACH ACTION-PACKED DAY. YOU CAN TAKE PART IN THE FOLLOWING ACTIVITIES:

@ A DIVING TASTER SESSION USING SCUBA GEAR – THIS IS USUALLY 2 SESSIONS LONG AND ONE OF THEM WILL BE IN THE SEA WITH WET SUITS ON. YOU WILL GET AN E-CARD AS RECOGNITION THAT YOU HAVE DONE THIS ACTIVITY WHICH WOULD BE USEFUL SHOULD YOU CHOOSE TO PURSUE DIVING FURTHER.

@ A GUIDED SNORKELLING WHERE YOU EXPLORE 2 DIFFERENT SPOTS IN THE BAY.

@ A FREE DIVE TASTER SESSION TO GET THE IDEA OF WHAT THAT ENTAILS.

@ A PADDLE BOARDING LESSON WHICH INCLUDES HOW TO STAND AND TURN WITH GUIDANCE ON SAFETY IN THE WATER. AFTER 1 OR 2 SESSIONS IF YOU CAN DEMONSTRATE THE SKILLS YOU RECEIVE THE “READY TO RIDE” LICENCE SO YOU COULD CARRY ON FURTHER WITH THIS SKILL.

@ 2 BOAT TRIPS ON A RIB - ONE AROUND THE NORTH COAST AND THE OTHER TO LES ECREHOUS (WEATHER-PERMITTING).

EVERY DAY THERE ARE 2 ACTIVITIES WITH A BREAK FOR LUNCH IN THE MIDDLE.

ALL GEAR IS PROVIDED AND THERE IS A TIMETABLE FOR THE ACTIVITIES BEFORE WE START THE WEEK.

COST £415

FOR MORE INFORMATION SEE MISS GOWER FOX



VALLEY ADVENTURE CENTRE

The week includes an array of different activities at Valley Adventure Centre in St Brelade and at St Brelade's beach:

- Zip wire
- Surfing
- Aerial Trekking
- Power fan
- King Swing
- Military Assault Course
- Mega Sup
- Coasteering
- Canoeing
- Archery and Axe Throwing
- Laser Combat
- Climbing and Abseiling



You will need to make your own way there each day. Lots of buses can get you there including the number 15 which runs every 15 mins from Liberation station. You will also need to bring a packed lunch.

Cost £370

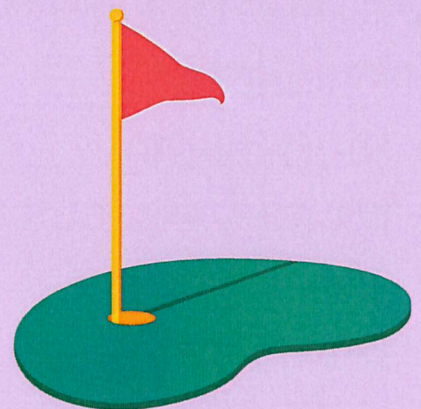
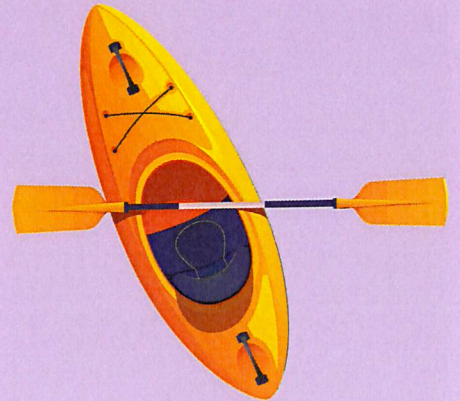
For more information see Miss Roberts



ON-ISLAND FUN

A WEEK FILLED WITH
EXCITING ACTIVITIES AND
VISITS TO PLACES ACROSS
THE ISLAND:

- JERSEY ZOO
- ELIZABETH CASTLE
- BEACH DAY OUT
- MONT ORGUEIL CASTLE
- LA HOUGUE BIE
- ROCCO'S CRAZY GOLF
- JUMP JERSEY
- BOTANIC GARDENS VISIT
AND TREASURE HUNT



Cost £60

For more information see Mrs Durrani-Jones

Extra information

The deadline to make choices is **January 30th**

The form is going live on Satchel and students are being asked to make a first and second choice.

If students are already going on an off-island trip or are on the outward bound then they need to select this in both choices.

If students do not make a choice, then they may end up on an activity they do not want to do or doing activities run in school.

We do not have an alternative for activities week as it is an island wide event.

If you have any questions about activity week then please email your child's tutor or g.sutherland@lrs.sch.je

SKI TRIP January 2027

**Serre Chevalier France
January 2027**

**Cost :No more than £1500 (tbc)
Year 8 and Year 9 (only)**

**To register interest then please
email Mr Davies**