

LINCOLN HIGH SCHOOL

Te Kura Tuarua o Waihora



AKO 16

LEARNING FROM EACH
OTHER

AKO 16

'Ako' describes a teaching and learning relationship where the teacher is also learning from the student - where both the teacher and learner give and receive as they learn together.

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: **Lincoln Values Lifelong Learning:** :
: **Learning until the last minute!** :
:
:

One of the highlights of our end of year is **Ako 16!** Students and teachers will have a unique opportunity to learn together, in small groups, about a topic of their choice, for two days. There is much more to learning than the regular classroom, and in these two days, students will have an in-depth opportunity to learn in a different way to their usual school experiences. It is also an opportunity to develop key competencies.

NOTE:

All costs have been calculated as accurately as possible, but some may vary as they are dependent on how many students do the episode.

Students who are unable to go on an episode due to medical reasons will have the fee refunded if a note is provided by their parents.

Students who pull out of an episode for any other reason will only receive a refund if written notice is given at least three school days before the episode. For some episodes more than three days' notice will be required.

EPISODE TITLES

~~Airsoft~~ (Full)
Akonette - Intelligent Puppet
Babysitting Certificate
Basketball
Castle Hill Film Making
Computer Art
Cupcake Couture
~~Dr Dolittle~~ (Full)
~~Fast and Fearious~~ (Full)
~~Flying High~~ (Full)
Fun, Fast and Fit
Global Banter
Golf
~~Hanmer Adventures~~ (Full)
~~High Country Fishing and Camping~~ (Full)
~~High Country Horses~~ (Full)
~~Ice Skating, 10 Pin Bowling, Laser Strike~~ (Full)
Kaikoura Kaimoana
~~Kayaking~~ (Full)
~~LHS Wonder Dogs~~ (Full)
Mind Lab
On The Air
~~Peel Forest Adventure~~ (Full)
Polar Obsession
Rock Climbing
~~Surfing~~ (Full)
~~Taste of Star~~ (Full)
~~Water skiing~~ (Full)

ABOUT THE EPISODES

Airsoft (Full)

Cost: \$75

Location: ACG Airsoft

Eliminate your opponents and improve your tactical skills in a safe environment at Airsoft.

Airsoft is a game like Laser Strike, but you use replica weapons and pellets to eliminate your opponents. It is set in a large outside area with numerous buildings to hide in.



Akonette - Intelligent Puppet

Cost: \$60

Location: School

Ever wanted to own a that can follow instructions? Would you like to be able to control it and get it to perform interesting actions and dance moves? Then this episode is for you!

- Receive your own bag of bits and put it all together correctly with the help of an experienced Maker.
- Learn how to code instructions to control your marionette.
- Develop your problem solving ability as you program your marionette to perform dance moves.

You can get as creative as you want to be: work on your own, or team up with your friends to create a choreographed performance. This episode is suitable for anyone interested in puppets and entry-level programming. You get to create, develop and take home your very own robotic marionette.

AKONETTE



Babysitting Certificate

Cost: \$33

Location: School

Complete the Plunket Babysitting Certificate. Learn how to become a responsible, caring, trustworthy, respectful and competent babysitter. Plunket will facilitate this course and this includes a practical session with parents and their children.



Basketball

Cost: \$7

Location: School



Do you enjoy basketball? Do you want to learn some skills and drills that can be used when you play next year? Then come along and learn how you can improve on all the basic parts of basketball. Two important aspects that will be focused on is relating to others as part of a team and managing self when completing drills individually.

Castle Hill Film Making

Cost: \$20

Location: Cass and Castle Hill

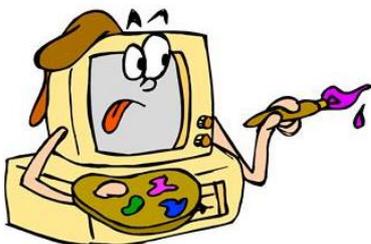


To get out on location at Cass and Castle Hill - two unique environments in which to make a short film. If you are interested in telling stories using film and are up for the challenge of making a film in two days then this could be the AKO experience for you. You will bring your skills to storyboarding, filming and the final edit. You will work in a small team in order to make a movie which will be premiered at the film festival on the afternoon of day two. Popcorn provided!!!

Computer Art

Cost: Nil

Location: School



To investigate and explore a world of Fractals, Logo, Geometry. We will look at programming with Logo, making shapes, spirals, patterns. Then finishing with a tour of the Mandelbrot set.

Cupcake Couture

Cost: \$45

Location: School

If you love baking cupcakes and want to learn the secrets, tips and tricks to making stunning cupcakes then join this AKO episode and we will show you how it's done! You will be taught how to bake delicious cupcakes, pipe icing, make decorations from sugar paste and decorate cupcakes with flair. You will also make a gorgeous one-of-a-kind apron to wear when you decorate cupcakes in the future. At the end of AKO you will take home 12 cupcakes and an adorable apron all created by you, as well as your new found knowledge and a piping tip to use at home.



Dr Dolittle (Full)

Cost: \$45

Location: School and trips to Willowbank and the SPCA

Come along and interact with the animals. Visit the SPCA, find out what they do in our community. Make beds and toys for the animals at SPCA! After your trip to the SPCA, be an ambassador for the association and spread the word of the great work that they do for the animals. Learn how to care for and respect animals. Maybe even teach an old dog new tricks!!! Also a trip to Willowbank to interact with wildlife. Meet guide dogs and rescued greyhounds.



Fast and Fearious (Full)

Cost: \$90

Location: Akaroa and Adrenalin Forest

Come with us to scale the treetops of Adrenalin Forest, and speed around Akaroa Harbour in a jet boat - plus a few challenges and surprises along the way.



MEGA AIR
TRAMPOLINE ARENA

Flying High (Full)

Cost: \$60

Location: Adrenalin Forest and Mega Air

To push your limits by scaling the treetops at Adrenalin Forest. At Adrenalin Forest you will test your skills by taking on the Aerial obstacle course. You will also get to try new skills at Mega Air - The new trampoline world. Mega Air offers a dodgeball area, basketball arena, 'play' stations, foam pits and much more. There will be team building activities throughout and a focus on supporting others and managing self.



Fun, Fast and Fit

Cost: \$60

Location: Lincoln University Recreation Centre

Over two days at Lincoln University Recreation Centre we will focus on exercise incorporating group classes, how to lift correctly, (Basic lifting patterns) and address our own lifestyle choices. We will assess fitness levels and set personal health and fitness plans. We will also discuss the benefits of a healthy diet and the nutritional value from this way of eating. Be prepared to train both days. Students will be expected to walk to the Centre and back to school each day. Bring plenty of food, (sandwiches, tuna & rice, yoghurt, muesli bars, fruit etc.) A few changes of sports gear are advised and good sport shoes. Bring 2 towels, we will allow you time to shower and refresh.



Global Banter

Cost: Nil

Location: School

Do you fancy yourself a bit of a Trump, or a Clinton, how about a Key? Come and join in on a Model United Nations Assembly. Learn how the UN deals with global issues and have a go at representing a UN member on the General Assembly.



Golf

Cost: \$60

Location: Golf Course

To develop students' self-management and safety skills (time management, organisation, seeking and receiving feedback, correct clothing, understanding where to position themselves on a golf course) through the context of golf. Students will work in groups and individually depending on the activity.



- Students will play two rounds of golf at specified golf courses.
- Students will spend time individually at a driving range
- Students who are beginners will receive some instruction.
- Students will be taught the etiquette of golf.
- Students will have the opportunity to play mini golf.

Hanmer Adventures (Full)

Cost: \$165

Location: Hanmer Springs

Feeling fit? Love the outdoors? Come and spend three days in Hanmer Springs. We will show you some great mountain bike tracks, do an awesome walk and spend an evening relaxing in the hot pools. Students should have moderate mountain biking experience and fitness levels, and should also have access to an appropriate mountain bike - front suspension is a minimal requirement. The trip departs lunchtime on Monday 12 December and returns around 5pm on Wednesday 14 December.



High Country Fishing and Camping (Full)

Cost: \$60

Location: Lake Heron and Mt Arrowsmith Station

The lake fishing and camping trip will be an opportunity for students to have an overnight camping and fishing experience. We will be camping at Lake Heron (in the Ashburton Lakes area) and fly fishing or spin fishing in that lake for trout. We will be staying at a small campsite on Mt Arrowsmith station with limited facilities meaning that we will have the opportunity to experience the outdoors the way it should be experienced. This area is an example of the scenic beauty that NZ is recognised for. The main focus of the trip will be freshwater fishing however there may be some opportunities for hiking and other outdoor pursuits as well. With any luck these will include cooking (hot smoking) and eating the fish that we have managed to catch during the day.

Fishing in the High Country can be challenging and the weather can play a big part in this, so we have plenty of options for fun outside of just fishing (ps some students tried out eel fishing).



High Country Horses (Full)

Cost: \$200

Location: Rubicon Horse Treks, Springfield

If you love horse riding at a relaxing pace, taking in some awesome scenery, then this is the option for you! Come join us for two different horse-back adventures up in the high country.

You will experience the sheer serenity of the rolling hills overlooking the Torlesse Basin and Waimakariri Gorge.

We will stop for a rest and morning tea at a picturesque location with photo opportunities. Relax! Unwind... and enjoy the scenery on horse-back.



Ice Skating, 10 Pin Bowling, Laser Strike (Full)

Cost: \$55

Location: Alpine Ice, AMF Bowling, Laser Strike

It's summer and it's hot! So keep cool and learn or enhance a new skill. Ice skating with your friends. Then stay indoors for another day and compete against your friends in ten pin bowling and laser strike. Have fun and learn new skills.



Kaikoura Kaimoana

Cost: \$180

Location: Kaikoura

To explore the coastal environment of Kaikoura including learning concepts such as:

Resource Management in a Marine Environment - sustainable fishing

Learning How The Sea Can Sustain You

Learning Local History

Learning from Local Kaikoura Rangatira

Learning How to catch fish, clean/fillet fish, and cook fish on the beach from shoreline fishing.

Note: This runs for 3 days starting on Monday, December 12.



Kayaking (Full)

Cost: \$40

Location: School and Lyttelton Harbour

This is a great opportunity to try out kayaking, either for the first time, or if you have done it before to extend your skills. On the first day we will practice some basic skills in the school swimming pool, and teach you the first stages of an eskimo roll.

On the second day we will use stable double sea kayaks and paddle on Lyttelton Harbour. If the weather is suitable we will get to Quail Island where we will see shipwrecks, go into sea caves, and even visit a natural hot spring.



LHS Wonder Dogs (Full)

Cost: \$30

Location: School

Love dogs? Want to know more about what makes your canine companion tick? Join us for the full canine experience!

We will explore the world of dog training by teaching our dogs the basics of obedience, agility and some tricks. Canine care will also be a focus. This will involve a canine fitness and conditioning session and a canine first aid workshop run by the Ara Vet Nursing School! This will be a hands on experience that will require a keen, responsible and mature attitude to learn and interact with dogs and other handlers. You will need to bring your own dog for the two day period.



Mindlab

Cost: \$75

Location: Central Christchurch

Spend two days at The Mind Lab in central Christchurch having fun learning about robots, coding, stop-motion animation, green-screen filming, and 3D design and printing. Whether you're a beginner or you already know how, we can develop your skills.

We recognise that the world we live in is increasingly influenced by new knowledge and technical advances, and that the careers you will enter in the future are very different from the careers of today. Equipped with the latest high-tech tools (including 3D printing and robotics equipment) and a team of talented science and technology specialists, The Mind Lab offers a large creative environment where discovery, experimentation and learning by doing is actively encouraged.

Read more about us at <http://themindlab.com/>



THE
MIND LAB

On the Air

Cost: \$10

Location: School

Tired of the same old rubbish on radio? Think you can do better? Want to make a difference? Then get on the air! Plan, produce & deliver LIVE your very own 30-minute radio programme. You have complete creative control!



Learn from industry professionals and real life practising radio hosts! On Day 1, go on a tour of a real radio station and learn what it takes to make it in the biz! On Day 2, plan, produce & broadcast LIVE your radio masterpiece!

Peel Forest Adventure (Full)

Cost: \$110

Location: Peel Forest

Do you like being outdoors?

Do you like working in a team?

Do you like having fun?

We have the AKO experience for you! The ultimate adventure and team building experience where you can show off your rafting skills and get active in the outdoors. Two action-packed days in Peel Forest. Prizes and a barrel of laughs guaranteed.



Polar Obsession

Cost: \$32 (+ \$12 Punting on the Avon as an optional extra)

Location: The Antarctic Centre and Christchurch Museum

Do you want to experience life in Antarctica? Are you interested in explorers? Do you want to know more about New Zealand's connection to the far south?

Then join this AKO 16 episode to develop your

understanding of Antarctica and why so many people have gone there. This episode includes the 4D

experience at The Antarctic Centre, the Haggulund Ride, Penguins and the Antarctic Exhibition at the Christchurch Museum.





Rock Climbing

Cost: \$50

Location: Off site/School

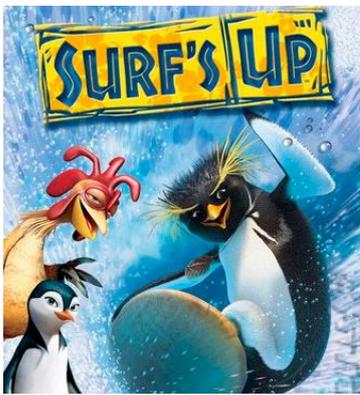
Build your self-confidence and challenge yourself by learning how to Rock Climb. To be successful you will learn how to work and communicate with other students in a safe and supportive way in a challenging environment.

Surf's Up (Full)

Cost: \$95

Location: Scarborough in Summer

This is a holistic approach to learning to surf. Ever wondered what it means to pull off a floater after a gnarly bottom turn followed by a sick cutback right in the pocket? Or have you pondered how energy from the wind can be transferred into wave energy that can travel the world and in one final moment, give us a wave to surf on?



Ultimately this learning episode is about understanding the surf and learning to ride the waves. Two days at the beach with a mix of theory and practical surfing instruction with the aid of professional surf coaches.

Taste of STAR (Full)

Cost: \$5.00

Location: School and SIT

To explore career options through taster STAR courses. Attend a 2 day trades taster (including carpentry, electrical and automotive) or attend a 1-day beauty and hair taster course and spend a day learning from a make-up artist/stylist at school.



Water Skiing (Full)

Cost: \$140

Location:

Have you ever wanted to water-ski? This is your chance to learn behind the latest custom water-ski boat with a qualified NZ representative coach.

Ultimately this learning episode is about understanding the sport and learning to slalom, trick or wakeboard. With two days at a lake your summer of water-skiing will take off.

