

GROW FURTHER

ENRICHMENT ACTIVITIES
Lent Term 2023



Polwhele House
GROWING CORNWALL'S FUTURE



Growing further in 2023. Let's get growing!

We know our children look forward to their after-school activities and so it gives me great pleasure to announce our co-curricular activities for Lent 2023.

We hope you and your child(ren) like the clubs we have on offer for this term and you enjoy reading about them as you make your choices,

To make your child's/children's club choices please use the form in Weduc entitled 'Grow Further 2023'.

Email requests for clubs will not be accepted (you will be asked to complete the form). Please make sure that you read the information at the top before starting your form.

Please request a place using the choices options, stating your child's first choice, second choice etc. We will do our best to ensure that your child has as many opportunities as possible to attend the clubs of their choice. You will receive an email from the Office or from me confirming the clubs that your child has successfully been enrolled into.

All clubs are in week order and have a maximum pupil number included in the information. If a club becomes full, children will be placed on a waiting list. Please do not ask teachers directly for places in a club as they cannot add pupils, it must go through the clubs form or through the Office/me so that we can refer to the pupil overview.

Please be aware that some externally provided clubs have a later finish time than school run clubs.

We are very much looking forward to hearing from you on your choices and can't wait to see all our pupils getting stuck into their individual pursuits with a 'spring' in their step!.

Lynne Topsey- Eaton
Deputy Head



LET'S GO

Polwhele House, Truro, Cornwall, TR4 9AE
polwhelehouse.co.uk
01872 273011



Polwhele House
GROWING CORNWALL'S FUTURE





EVERYDAY

LATE CLUB

Pre-prep

What is it?

An after-school care club for Pre-prep children who are not attending other clubs. (Nursery pupils who stay for late club will be with EYFS/Pre-prep staff).

When does it run?

After school until 17:30

Who's welcome to attend?

Nursery to Year 2 (no maximum numbers)

Who runs the club?

School staff

Where is it held?

The Main House or the Prep School

There is a cost for this club set for every 20 minutes the club is attended.



PREP CLUB

Prep

What is it?

A club for completing homework. Support is given to individuals to complete homework tasks.

When does it run?

After school until 17:00 (attendees will join Boarding Prep after 17.00 which incurs a charge)

Who's welcome to attend?

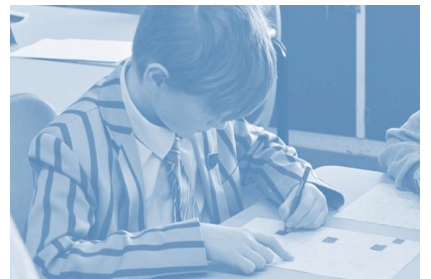
Year 3 to Year 8 (no maximum numbers)

Who runs the club?

School staff

Where is it held?

The Main House or the Computer Room.





MONDAY

HOP, SKIP & JUMP

Pre-prep

What is it?

Enjoy being active, practise and learn new skills to play different games.

When does it run?

After school until 17:00

Who's welcome to attend?

Reception to Year 2

Who runs the club?

Mr Elworthy

Where is it held?

On the field or in the hall



THE THESPIANS: DRAMA

Prep

What is it?

A drama club exploring a range of acting methods, developing scripts and performance skills.

When does it run?

After school until 17:00

Who's welcome to attend?

Year 3 to Year 8

Who runs the club?

Charlie Springthorpe

Where is it held?

In the Prep School building

Performing Arts Scholars **must** attend this club.



HOLD YOUR HORSES

Prep

What is it?

Learn how to take care of ponies, their facilities & environment in this fun and safe Stable Management club.

When does it run?

After school until 17:00.

Who's welcome to attend?

Year 3 to Year 8 (Max 10)

Who runs the club?

Ms Miriam and the Riding School staff

Where is it held?

At the stables



CREATIVE WRITING

Prep

What is it?

Want to be an author? Do you know your poetry from your prose? Use your writing skills and imagination to explore the processes of creative writing.

When does it run?

After school until 17:00.

Who's welcome to attend?

Year 3 to Year 8

Who runs the club?

Mrs Rolls

Where is it held?

In the Prep School building





TUESDAY

CHILDREN'S YOGA

Pre-prep and Year 3

What is it?

Learn yoga to increase strength, flexibility and coordination. Explore breathing techniques, mindfulness and relaxation through stories & games.

When does it run?

After school until 17:00

Who's welcome to attend?

Nursery to Year 3

Who runs the club?

Kids' Yoga Cornwall

Where is it held?

In the School Hall/Main House

There is a termly cost for this club - payment details will be sent to club members.



MAGIC MATHS

Prep

What is it?

We will be learning how to perform magic tricks using mathematical magic to entrance and astound our friends.

When does it run?

Tuesday lunchtime

Who's welcome to attend?

Year 3 to Year 8

Who runs the club?

Mrs Spoor

Where is it held?

In the Prep School building



PICASSO CLUB: ART

Prep

What is it?

Continue developing your skills, knowledge and passion for all things artistic and creative. Get busy creating with different media and materials.

When does it run?

After school until 17:00

Who's welcome to attend?

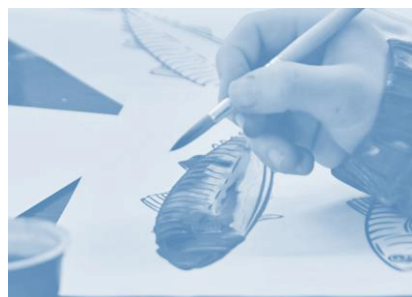
Year 3 to Year 8

Who runs the club?

Mrs Virr

Where is it held?

In the Art Room



GOAL STRIKERS: FOOTBALL

Prep

What is it?

A fun club to develop your football skills with lots of match play opportunities. We will also work on some of the more tactical sides of the game such as positioning and defensive/attacking principles.

When does it run?

After school until 17:00

Who's welcome to attend?

Boys from Year 5 to Year 8

Who runs the club?

Mr Elworthy

Where is it held?

On the school field

(Shin pads required)



HOT SHOTS: NETBALL

Prep

What is it?

A club which will enable you to further develop your key netball skills: your footwork to learn how to turn in the air, your defensive skills to enhance your interceptions and getting lots of competitive match play.

When does it run?

After school until 17:00.

Who's welcome to attend?

Year 5 to Year 8

Who runs the club?

Mrs Elworthy

Where is it held?

On the netball court in the playground





WEDNESDAY

DEFENDERS OF THE FOREST

Pre-prep

What is it?

Learn and play outdoors in the wild. Enjoy cooking, eating outside, searching for wildlife, climbing trees, making camps, nature art and fire.

When does it run?

After school until **17:15**

Who's welcome to attend?

Year 1 to Year 2

Who runs the club?

Molly Simmons

Where is it held?

In the school grounds and Polwhele woodland

There is a termly cost for this club - payment details will be sent to club members.



POLWHELE KNIGHTS: CHESS

Prep

What is it?

Join us for an informal game of chess during lunch break. Enjoy one of the oldest boardgames also played on Star Trek!

When does it run?

Lunchtime

Who's welcome to attend?

Year 3 to Year 8

Who runs the club?

Mr Gale

Where is it held?

In the Prep School building



THE SHOWSTOPPERS

Prep

What is it?

Come and learn routines from some well-known musical theatre shows. This term is going to be just as exciting as the last. If you want to have lots of fun and love performing, then this club is for you!

When does it run?

After school until 17:00

Who's welcome to attend?

Year 3 to Year 8

Who runs the club?

Miss Topsey

Where is it held?

In the Prep School building

Performing Arts Scholars **must** attend this club.



READY, STEADY, BAKE!

Prep

What is it?

Bake and create delicious dishes and nibbles. Learn cooking skills and cook a variety of interesting dishes. Find out about healthy eating and food groups.

When does it run?

After school until 17:00

Who's welcome to attend?

Year 3 to Year 8 (max 10)

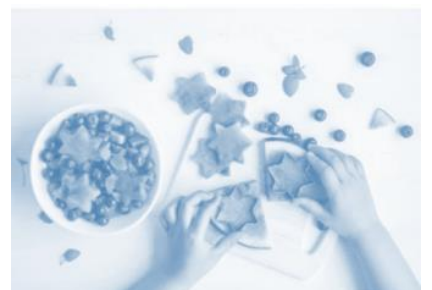
Who runs the club?

Sonja

Where is it held?

In the Old Dining Room

There is a termly cost for this club - payment details will be sent to club members.





THURSDAY

MINI MOUSEKETEERS: FENCING

Pre-prep

What is it?

Learn the ancient and noble art of fencing using plastic, safe weapons. If this is your 'thing' you can progress to metal fencing at the end of the term.

When does it run?

After school until 17:00

Who's welcome to attend?

Year 1 and Year 2 (Max 8)

Who runs the club?

Mr Gale

Where is it held?

In the Prep building



KEEP ON RUNNING

Prep

What is it?

Want to continue building your running stamina, technique and have fun having a run outside in our beautiful grounds? Come to 'Keep on Running' Cross Country club.

When does it run?

Thursday lunchtime

Who's welcome to attend?

Year 3 to Year 8

Who runs the club?

Mr Elworthy

Where is it held?

Around the school grounds



UP AND ATOM: SCIENCE

Prep

What is it?

Enjoy exciting science experiments and a wide range of science topics, from chemistry, physics and biology to science challenges and much more!

When does it run?

After school until 17:00

Who's welcome to attend?

Year 3 to Year 8

Who runs the club?

Mr Kellas

Where is it held?

In the Science Lab



YOUNG NOTES: CHOIR

Prep

What is it?

Love to sing? Learn a range of songs, explore melodies, harmonies and rhythms. Enjoy singing together in our choir.

When does it run?

After school until 17:00

Who's welcome to attend?

Year 3 to Year 8

Who runs the club?

Mrs Brendish

Where is it held?

In the Pre-prep building



Performing Arts Scholars **must** attend this club.

ON THE BALL: FOOTBALL

Prep

What is it?

A fun club to develop your football skills with lots of match play opportunities. We will also work on some of the more tactical sides of the game such as positioning and defensive/attacking principles.

When does it run?

After school until 17:00

Who's welcome to attend?

Year 3 to Year 4

Who runs the club?

Mr Elworthy

Where is it held?

On the school field

(Shin pads required)





FRIDAY

FIGHT KNIGHT: FENCING

Prep

What is it?

All welcome. [You will need your own foil kit this term](#) (for example, the Deluxe Foil starter kit from Leon Paul).



When does it run?

After school until 17:00

Who's welcome to attend?

Year 3 to Year 8

Who runs the club?

Mr Gale

Where is it held?

In the School Hall



SHOOTING STARS: FOOTBALL

Prep

What is it?

From the ground up this club will start with the very basics and teach you the rules of the game. All types of different skills will be covered and there will be lots of matches played.

When does it run?

After school until 17:00

Who's welcome to attend?

Girls from Year 3 to Year 8

Who runs the club?

Mr Elworthy

Where is it held?

On the school field

(Shin pads required)





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Polwhele House

Head: Mrs Hilary Mann
Polwhele House, Truro, Cornwall, TR4 9AE
01872 273011