

# GROW FURTHER

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CO-CURRICULAR ACTIVITIES  
Lent Term 2024

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Polwhele House  
GROWING CORNWALL'S FUTURE



# Growing further in 2024. 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 2024.

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 'Grow Further Lent 2024' Co-Curricular form in Weduc. Email requests for clubs will not be accepted (you will be asked to complete the form) unless your child is a new pupil and you do not yet have a Weduc account.

**If you have more than one child making club choices, please complete a form for each child.**

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 confirming the clubs that your child has successfully been enrolled in to.

If a club becomes full, we will place your child on a waiting list and let you know if/when a space becomes available. In some cases, we may be able to split half terms so that more children can attend the clubs they have requested and can have the opportunities to attend.

Please do not ask teachers directly for places in a club as they cannot add pupils, it must go through the Office which has the overview of all clubs across the school, numbers and staff ratios.

Externally provided clubs work on a contract basis. **As soon as you have signed your child up for an externally provided club on Weduc, you are entering into a contract with the club leader/business and will be expected to fulfil the terms and conditions of that club in regards to payment and attendance.**

Dismissal for Pre-prep clubs will usually be from the top door of the Pre-prep building. Dismissal for Prep clubs will be from the playground and the children should be present for collection at 17:00.

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!

Mrs Lynne Topsey- Eaton  
Deputy Head

Polwhele House  
GROWING CORNWALL'S FUTURE





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# LET'S GO

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



Polwhele House  
GROWING CORNWALL'S FUTURE



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**EVERYDAY**

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# LATE CLUB

## Pre-prep

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### What is it?

An after-school care club for Pre-prep children who are not attending other clubs. Please note that there is a cost for this club due to staff ratios needed to run the club for our youngest children.

### 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?

Pre-prep staff

### Where is it held?

Pre-prep building, Main House or the Prep School.



# HOMework CLUB

## Prep

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### What is it?

A club for completing homework set by the Prep School staff following the Homework timetable. Support is given to individuals to complete homework tasks as needed.

### When does it run?

After school until 17:00

### Who's welcome to attend?

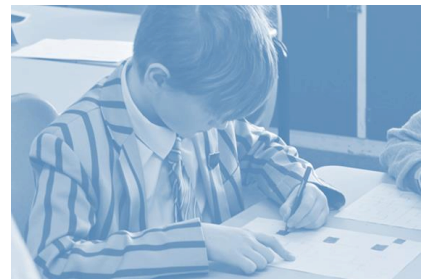
Year 3 to Year 8 (no maximum numbers)

### Who runs the club?

School staff

### Where is it held?

The Main House or the Prep School.



A blue-tinted photograph of two children in school uniforms sitting on a log in a forest. The child on the left is a girl with blonde hair, wearing a dark cap and a white shirt, writing in a notebook. The child on the right is a boy wearing a dark cap, a white shirt, a dark sweater, and dark shorts, also writing in a notebook. The background is filled with dense foliage and trees. The word "MONDAY" is written in large, white, bold, sans-serif capital letters across the center of the image, flanked by two horizontal white lines.

**MONDAY**



# MONDAY: PRE-PREP

## MINI-SHOWSTOPPERS

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### What is it?

Love to dance, sing and act? Want to learn new dances and songs to perform? Our new Mini-Showstoppers club is lots of fun and we hope to perform at school events this year.

### When does it run?

After school until 17:00

### Who's welcome to attend?

Nursery to Year 2

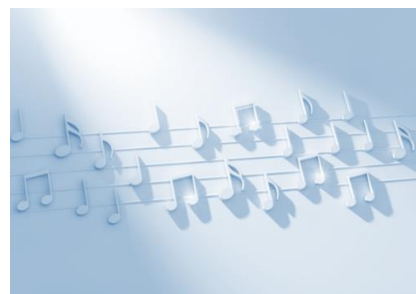
### Who runs the club?

Mrs Topsey-Eaton and Mrs Wallis

### Where is it held?

In the Pre-prep building

Please note, there will no session on Monday 29<sup>th</sup> Jan.



## HOP, SKIP & JUMP

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### 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 playground





# MONDAY: PREP MORNING

## MATHS DETECTIVES

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### What is it?

Do you want to stretch your understanding of mathematics? Can you reason and think logically? Can you delve deep into mathematics and see behind the patterns and find what is hidden? Then Maths Detectives Club is for you.

### When does it run?

Thursday morning from 08:20 – 08:45

### Who's welcome to attend?

Year 3 to Year 8 (max 10)

### Who runs the club?

Mrs Spoons

### Where is it held?

In the Prep School building



# MONDAY: PREP

## HOLD YOUR HORSES

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### 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?

Miss Miriam and the Riding School staff

### Where is it held?

At the stables



# STREET DANCE STARS

**Open to all Prep pupils. Compulsory for Y3 & Y4 PAS.**

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### What is it?

Do you love to dance to great music? Learn about the amazing world of street dance in our new dance club, led by Miss Katie.

### When does it run?

After school until 17:00

### Who's welcome to attend?

Year 3 to Year 5.

### Who runs the club?

Miss Katie

### Where is it held?

In the Prep School building/hall

There is a termly cost for this club for non-PAS pupils - payment details and information will be sent to parents by Miss Katie. **By booking this club on the Weduc form, non-PAS parents agree to pay for this course.**



# MONDAY: PREP

## READY, STEADY, BAKE!

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### 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?

Sonya Meagor

### Where is it held?

In the Main House

There is a termly cost for this club - payment details and information will be sent to parents by Sonya.

**By booking this club on the [Weduc form](#), parents agree to pay for this course.**



# CROCHET CREATIONS

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### What is it?

Would you like to learn how to crochet? Easier than knitting, you will be learning basic techniques and stitches so that you can complete a small project for you or your family!

### When does it run?

After school until 17:00.

### Who's welcome to attend?

Year 3 to Year 8 (max 10)

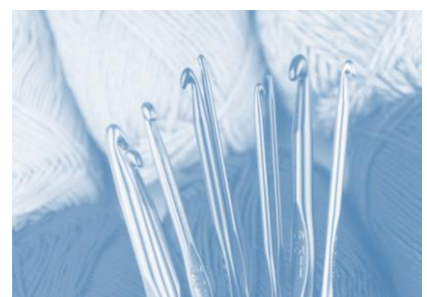
### Who runs the club?

Madame Fergus

### Where is it held?

In the Prep School building

(Please bring a ball of DK wool in your chosen colour and a crochet hook size 4)







TUESDAY

# TUESDAY: PRE-PREP CHILDREN'S YOGA

Provisional booking – this club is TBC.

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## 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 2 (Max 10)

## Who runs the club?

Charlotte Richards - InspirAsian

## Where is it held?

In the school hall

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

**By booking this club on the Weduc form, parents agree to pay for this course.**



# TUESDAY: PREP MORNING

## YOUNG NOTES: CHOIR

**Open to all Prep pupils. Compulsory for PAS.**

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### 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?

From 08:00 – 09:00

### Who's welcome to attend?

Year 3 to Year 8

### Who runs the club?

Mrs Brendish

### Where is it held?

In the music room





# TUESDAY: PREP

## PICASSO CLUB: ART

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### What is it?

Explore a wide variety of art techniques and media and have a great time creating paintings, prints and 3D work in a fun and relaxed environment.

### 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?

Mrs Virr

### Where is it held?

In the art room



## THE ELEMENTALS: SCIENCE

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### 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



# TUESDAY: PREP

## THE HOT SHOTS: NETBALL

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### 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



## ON THE BALL: FOOTBALL U9

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### 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)





**WEDNESDAY**



# WEDNESDAY: PRE-PREP

## WOODLAND WONDERS

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### 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 17:00

### Who's welcome to attend?

Reception to Year 2

### Who runs the club?

Clare Cornish, supported by Mrs Wallis

### 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.

**By booking this club on the Weduc form, parents agree to pay for this course.**



# WEDNESDAY: PREP LUNCHTIME

## CHECKMATES: CHESS

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### What is it?

Learn to play the recreational and competitive board game, chess. Develop your knowledge of strategies to get to 'checkmate'.

### When does it run?

Lunchtime

### Who's welcome to attend?

Year 3 and Year 8

### Who runs the club?

Mr Gale

### Where is it held?

In the Prep school building



# WEDNESDAY: PREP

## THE SHOWSTOPPERS

**Open to all Prep pupils. Compulsory for PAS.**

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### 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



## GOAL STRIKERS: FOOTBALL U13

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### 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 (max 10)

### Who runs the club?

Mr Elworthy

### Where is it held?

On the school field

(Shin pads required)



# WEDNESDAY: PREP

## UKULELE CLUB

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### What is it?

Want to learn a new instrument? Come to our new ukulele club and enjoy finding out about different strings, chords, strumming, songs and music. Ukuleles are provided.

### 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 Prep School building



There is a termly cost for this club - payment details will be sent to club members and monies are payable to Cornwall Music Trust.

**By booking this club on the Weduc form, parents agree to pay for this course.**



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# THURSDAY

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# THURSDAY: PRE-PREP

## MINI MOUSEKETEERS: FENCING

### 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

### Who runs the club?

Mr Gale

### Where is it held?

In the Prep School building





# THURSDAY: PREP

## THE THESPIANS: DRAMA

Open to all Prep pupils. Compulsory for Junior PAS.

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### 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?

Mrs Chidley

### Where is it held?

In the Prep School building



## POLWHELE PIONEERS

### What is it?

Do you have a passion for being outside? Do you enjoy learning about nature? Led by Clare, who runs our popular outdoor club for Pre-prep, this club will give you opportunities to get outside in our woodland.

### When does it run?

After school until 17:00

### Who's welcome to attend?

Year 3 to Year 8

### Who runs the club?

Clare Cornish

### Where is it held?

In the woods and around the school grounds





FRIDAY



# FRIDAY: PREP

## FIGHT KNIGHT: FENCING

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### What is it?

Fancy a stab at fencing? Learn the basics of footwork and blade technique that will take you from complete beginner to legendary Cornish Knight/Zorro/Jedi/Musketeer (delete as appropriate.)

### 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?

Mr Gale

### Where is it held?

In the school hall

All the initial equipment you will need to get a taste for this fast-moving sport will be provided.



## THE CARD ACES

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### What is it?

Do you like playing card games? Come and learn some new games to put up your sleeves.

### When does it run?

After school until 17:00

### Who's welcome to attend?

Year 3 to Year 8

### Who runs the club?

Mrs Sullivan

### Where is it held?

In the Prep School building



# FRIDAY: PREP

## SHOOTING STARS: FOOTBALL

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### What is it?

Starting 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.

### 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)





# GROWING CORNWALL'S FUTURE



## Polwhele House

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