

GROW FURTHER

CO-CURRIULAR ACTIVITIES
Michaelmas Term 2023



Polwhele House
GROWING CORNWALL'S FUTURE



What an exciting way to look forward to the next school year.

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 Michaelmas 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 'Grow Further' 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 from the Office 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. All clubs are in week order and have a maximum pupil number included in the information. 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 about your choices and can't wait to see all our pupils getting stuck into their individual pursuits with glee and gusto!

Mrs Lynne Topsey- Eaton
Deputy Head

Polwhele House
GROWING CORNWALL'S FUTURE



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. 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

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?

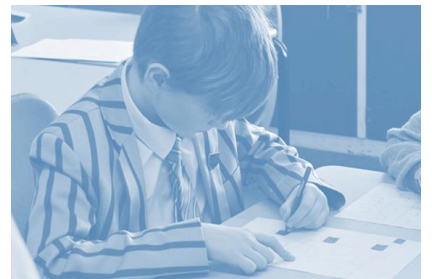
Year 3 to Year 8 (no maximum numbers)

Who runs the club?

School staff

Where is it held?

The Main House or the Prep School.



A young girl in a school uniform is dancing in a gymnasium. She is wearing a white polo shirt and dark pants. She is holding a net in her right hand and pointing upwards with her left hand. The background shows other children and a large window. The word "MONDAY" is overlaid in white text with horizontal lines above and below it.

MONDAY

MONDAY: PRE-PREP

HOP, SKIP & JUMP

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



MONDAY: PREP

HOLD YOUR HORSES

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. Optional for Y5 PAS

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!

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.



IMAGINE OUTDOORS

What is it?

Do you have a passion for being outside? Do you enjoy learning about nature? Come to our new Imagine Outdoors club for Y5 – Y8 pupils. This club will be run by a member of the Imagine Outdoors team.

When does it run?

After school until 17:00

Who's welcome to attend?

Year 5 to Year 8 (16 maximum)

Who runs the club?

Imagine Outdoors

Where is it held?

In the woods and around the school grounds

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



A hand-drawn illustration of a fish, possibly a salmon, is the central focus. The fish is drawn with fine lines and shading, giving it a realistic appearance. The drawing is on a white sheet of paper, which is part of a sketchbook. A hand is visible, holding a pen and actively drawing the fish. The background is a soft, out-of-focus blue, suggesting a calm, artistic atmosphere. The word "TUESDAY" is written in large, white, bold letters across the center of the image, with horizontal lines above and below the text. The overall color palette is dominated by various shades of blue, from light to dark, creating a cohesive and serene visual.

TUESDAY

TUESDAY: PRE-PREP CHILDREN'S YOGA

Provisional booking – this club is TBC.

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?

Reception 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.

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

THE THESPIANS: DRAMA

Open to all Prep pupils. Compulsory for PAS.

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 Springthorpe

Where is it held?

In the Prep School building



THE UNTOUCHABLES: RUGBY

What is it?

This club will help you develop your rugby game and start to look at some advanced concepts. Tackling, rucking and lots of new elements will be covered to help take your game to the next level.



When does it run?

After school until 17:00

Who's welcome to attend?

Year 5 to Year 8

Who runs the club?

Mr Elworthy

Where is it held?

On the school field

(Gum shield required)



TUESDAY: PREP

THE HOT SHOTS: NETBALL

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



PICASSO CLUB: ART

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





WEDNESDAY

WEDNESDAY: PRE-PREP

DEFENDERS OF THE FOREST

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?

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 and added to your end of term bill.

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

WEDNESDAY: PREP LUNCHTIME

CHECKMATES: CHESS

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.

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



CENTRE PASS: NETBALL

What is it?

A netball club to learn all the skills you will need to compete and play in matches. You will learn all about the footwork rule, different ways to attack and defend and how to perfect your shooting technique.

When does it run?

After school until 17:00

Who's welcome to attend?

Year 3 to Year 4

Who runs the club?

Mrs Elworthy

Where is it held?

On the netball court in the playground





THURSDAY

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 MORNING

MATHS DETECTIVES

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 Spors

Where is it held?

In the Prep School building



THURSDAY: PREP

WATER SPORTS

What is it?

Learn to paddleboard, sail and kayak in this wonderful water sports club held at Loe Beach Sailing Club. Enjoy time spent in the water, learning new skills. **Children must be picked up from Loe Beach by parents at 18:30.**

When does it run?

After school until 18:30 for the first half term.

Who's welcome to attend?

Year 3 to Year 8

Who runs the club?

Loe Beach Sailing Club

Where is it held?

Loe Beach Sailing Club

There is a termly cost for this club - payment details will be sent to club members and added to your end of term bill. **By booking this club on the Weduc form, parents agree to pay for this course.**



THE TRY SCORERS: RUGBY

What is it?

A fun club which will introduce you to the sport of rugby. This will be touch rugby and you will learn all the skills required to dodge, pass and score tries!

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



THURSDAY: PREP

UP AND ATOM: SCIENCE

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





FRIDAY

FRIDAY: PREP

FIGHT KNIGHT: FENCING

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?

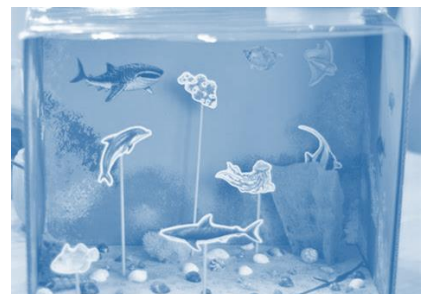
In the school hall

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

DIORAMA DESIGNS

What is it?

Do you like making things? Are you interested in wildlife and nature? Come to Diorama Designs where you will create beautiful 3D artworks of animal habitats from around the world.



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 art room



FRIDAY: PREP

SHOOTING STARS: FOOTBALL

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)



