

**Nether Stowe School Extra-Curricular Menu**  
**Sept – Oct 2021**

<b>Activity</b>	<b>What will I be doing?</b>	<b>Where do I need to go?</b>	<b>Who can attend?</b>	<b>Who should I speak to for more information?</b>
Astronomy	<ul style="list-style-type: none"> <li>• As one of the oldest Sciences, the study of Astronomy, (Star Culture), is well placed to give us an insight into the Human condition.</li> <li>• We will start at the centre of Earth, moving outwards, through the Solar System, and into Space. We will study many phenomena, from the birth of the Solar System, through to the evolution of the Universe, by looking at planets, asteroids, comets, stars, galaxies, black holes, and, eventually, the possible end of the Universe</li> </ul>	SC2	<ul style="list-style-type: none"> <li>• We intend to study towards a GCSE in Astronomy, certified by EDEXCEL. So for Y9, (in Sept. 2021), it is there as an extra GCSE. However, we also know that many people in School may be interested in looking at certain aspects of Astronomy. For you, we will publish a half-termly guide to what we will be looking at, so that you can decide if you want to sign up for a certain number of weeks, to study something that interests you</li> </ul>	Mr Dransfield-Scott
Badminton	<ul style="list-style-type: none"> <li>• Enjoy learning brand new skills or improving the ones you have.</li> <li>• Compete against each other or play for fun, although competing is fun too!</li> <li>• Take on officiating roles.</li> <li>• Take it further – compete outside of school.</li> </ul>	Sports Hall	Everyone	Mr Peace

<p>Battle Rap Club</p>	<ul style="list-style-type: none"> <li>• Learn how to write complex rhymes and structure schemes.</li> <li>• Compete in quizzes and games based around various rhyme schemes.</li> <li>• Compete in events against other battlers, including traditional battles, compliment matches and character battles.</li> <li>• Practise performance and delivery to maximise your confidence and the impact of your material.</li> <li>• Learn how to use different techniques to increase the impact of your material.</li> <li>• Prizes awarded weekly for top rhymers and writers.</li> </ul>	<p>MFL 2</p>	<p>Anyone 7 -11</p>	<p>Mr Chesses</p>
<p>Calming colouring</p>	<p>Why colouring?</p> <ul style="list-style-type: none"> <li>• Takes your attention away from yourself and those things that are stressing you out and acts as a form of meditation</li> <li>• Colouring can be a wonderful escape, rather than a demanding test of our capabilities</li> <li>• Relaxes your brain with the release of “feel good” chemicals called endorphins to give you a positive boost</li> </ul>	<p>SC7</p>	<p>Everyone</p>	<p>Mrs Hunt</p>

	<ul style="list-style-type: none"> <li>• Improves fine motor skills</li> <li>• Allows you to express yourself</li> <li>• The outcome of colouring isn't predictable or prescriptive and can be as neat or as messy as you choose!</li> <li>• Accessible for all</li> </ul>			
Crochet	<p>Why crochet?</p> <ul style="list-style-type: none"> <li>• Learn and discover the techniques of crochet and you will gain an enjoyable and useful hobby for life.</li> <li>• Crochet has a calming and relaxing effect on the mind and body.</li> <li>• You can make something for yourself or a gift for someone else.</li> <li>• You can make a wide variety of items. For example, 3d toys (amigurumi), blankets, scarves, bags, clothing, bookmarks. The possibilities are endless!</li> </ul>	MA4	Everyone	Mrs Manton
Culinary Masterclass	Are you interested in enhancing your cooking skills?	DT4	Years 8,9,10 & 11	Miss Lees

	<ul style="list-style-type: none"> <li>• Do you enjoy cooking and baking?</li> <li>• Learn how to make a range of higher skilled dishes from making pastry for sweet and savoury dishes to comfort food that you can make at home.</li> <li>• This will be focused on learning and using a range of skills to produce high quality dishes.</li> <li>• The dishes you produce will give you an insight into the catering industry and will broaden your skills in food preparation and cooking.</li> </ul>			
Culture Club	<p>Did you know...?</p> <ul style="list-style-type: none"> <li>• Until the 1960s, the participants of the French Tour de France used to drink alcohol during the race to numb the pain!</li> <li>• Mickey Mouse is also known as Topolino, Donald Duck as Paperino and Goofy as Pippo and the Italian Fascist leader Benito Mussolini is entirely to blame</li> </ul>	ML1	<ul style="list-style-type: none"> <li>• Everyone from Year 7-11 is welcome! If you are interested in learning more about other cultures, traditions and languages then come along</li> <li>• Each session will focus on a different cultural aspect and students will produce something which reflects their new learning and understanding.</li> <li>• We will prepare a half-termly newsletter to share our findings</li> </ul>	Miss Lewis

	<ul style="list-style-type: none"><li>• The Walt Disney film Beauty and the Beast is the animated film adaptation of the French novel la Belle et la Bête written in 1740, and is the reason that the film is set in France!</li><li>• It is the colourful mix of nationalities and cultures which brings our communities to life and teaches us all to value one another for both our similarities and our differences.</li><li>• This club will give you the opportunity to explore a wide range of different cultures, from across the globe, looking more closely as how the history, religion, geography, language, arts and traditions of a country and a nation of people shape them uniquely into what they are today.</li><li>• Culture Club will allow you to explore texts, film, song and language to amaze and inspire you with the magic of what our World has to offer.</li></ul>		and discoveries with the wider school	
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Dog Care	<ul style="list-style-type: none"> <li>• Learn how to care for, train your dog and why this is important.</li> <li>• Learn about the law around dogs and dog care.</li> <li>• Learn about different breeds and how they have specific requirements.</li> <li>• Learn about dog grooming and basic coat maintenance with dogs.</li> <li>• You might even get to meet my pooches 😊</li> </ul>	S5	Everyone	Mrs Prescott
Duke of Edinburgh Bronze (Y9) and Silver (Y10) award	<ul style="list-style-type: none"> <li>• We are offering at a cost the internationally recognised Duke of Edinburgh award at Bronze and Silver level</li> <li>• For the award you will undertake volunteering, skills and physical sections outside of the weekly sessions in school, however we can support you in organising these. You can use existing activities you do such as football or netball, or you may want to pick from the hundreds of activities approved by DofE and try something new like snail farming or theatre appreciation.</li> </ul>	Little Theatre	Bronze award (Y9) Silver award (Y10)	Miss Rose Miss Fairbrother Mr Rotchell

	<ul style="list-style-type: none"> <li>• Each week you will learn the skills the needed to undertake and remotely supervised expedition which include; camp craft, setting up tents, camping outdoors, emergency first aid, navigation skills to name a few.</li> <li>• We will train you up to undertake an assessed expedition in Peak District and Cannock Chase areas, for 2 days, 1 night (bronze) or 3 days, 2 nights (silver).</li> <li>• If you obtain the full award bronze or silver award we then have a celebration evening usually at the Pirelli Stadium to celebrate and where you are officially presented with your certificate and badge of completion.</li> </ul>			
Eco Warriors	<ul style="list-style-type: none"> <li>• Design, create and maintain an allotment on our school grounds</li> <li>• Help build and maintain new, raised beds to grow produce and wild flowers</li> <li>• Develop an eco system which provides habitats for wild plants and animals</li> </ul>	<p>Outside! Where else!</p>	<p>Anyone 7-13: people who don't mind getting their hands dirty!</p>	<p>Mrs Chilver or Mr Dolman</p>

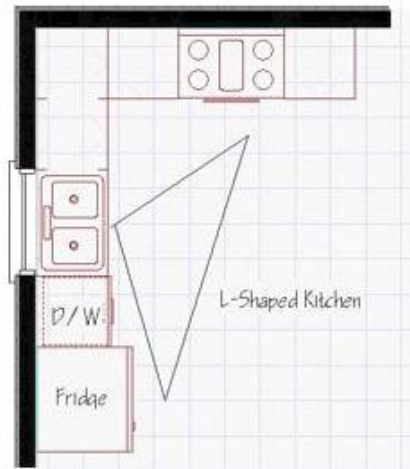
	<ul style="list-style-type: none"> <li>• Design, build and paint garden furniture and</li> <li>• Learn practical gardening skills and tips along the way!</li> </ul>			
EPQ	<ul style="list-style-type: none"> <li>• EPQ stands for extended project qualification.</li> <li>• It is an independent research task and involves you either writing an extended essay of about 5,000 words or creating a product with an accompanying shorter essay of about 1,000 words.</li> <li>• This qualification is the equivalent to 50% of an A-Level qualification and is valued by universities.</li> </ul>	EN1	Year 12 + 13	Mrs Poar
Football	<ul style="list-style-type: none"> <li>• Learn new skills</li> <li>• Take part in competitive situations.</li> <li>• Take on officiating roles</li> <li>• Undertake leadership opportunities.</li> <li>• This can then lead onto school fixtures where you can play other schools in the district at football.</li> </ul>	Field	Everyone: boys and girls	Mr Novis Mr Cunningham Miss Merrick Miss Merritt Miss Williams
Games Club	<ul style="list-style-type: none"> <li>• Think you know board games and card games? Think again. Let me introduce you to a whole new set of quirky, exciting games.</li> </ul>	HU4	Everyone	Miss Lester



	<ul style="list-style-type: none"> <li>• It is an opportunity to improve skills such as team work, logic, creativity and problem solving whilst having fun.</li> <li>• New Unusual games such as Munchkin will gradually be introduced. Some games will even offer a chance to design your own level such as in the dungeon adventure game of Hero Quest.</li> <li>• Don't forget the all time classics too such as Cluedo and Pictionary.</li> <li>• There will also be a specific game tournament each term with prizes.</li> </ul>			
Gymnastics / Trampolining	<ul style="list-style-type: none"> <li>• Take on new challenges on new gymnastic equipment.</li> <li>• Learn new and exciting skills.</li> <li>• Create routines.</li> <li>• Understand the safety elements in Gymnastics.</li> <li>• Take part in competitions outside of school against other schools in the district</li> </ul>	Gym	Everyone	Miss Riley Mrs Hampton

Internal design and planning

- Are you interested in design or creating technical scale drawings?
- We will look at different projects throughout the year from designing a kitchen, garden or even a house.



- We will initially start with designing a kitchen using catalogues and brochures for research and ideas from some of the major kitchen companies and suppliers.
- We will then draw our designs to scale and make them come to life

MA1

Everyone

Miss Whalley

	by using some Kitchen design software!			
Music in Films	<ul style="list-style-type: none"> <li>• A good movie can make you laugh, cry or jump in surprise. But how do they do it? The music plays a big part.</li> <li>• What goes into making movies sound good?</li> <li>• We will be looking at how film directors use design and technology and science that goes into making movies sound good!</li> <li>• We will investigate how soundtracks are used in films, how cinemas are designed and how instruments can be used to give you the best film experience!</li> </ul>	MA2	Years 7 - 9	Mr Simpson
Politics and debating	<ul style="list-style-type: none"> <li>• Are you interested in politics and current affairs?</li> <li>• Are you interested in the news?</li> <li>• Would you like to know more about the political system in the UK?</li> <li>• Do you like the idea of public speaking?</li> </ul>	HU3	Everyone	Mr Jones

	<p>If so, then this is for you!</p> <ul style="list-style-type: none"> <li>• We will explore the different political systems which exist in Britain today from local councils and their responsibilities up to national government.</li> <li>• We will also take the opportunity to debate key issues and work on presentation and debating skills.</li> </ul>			
Religion debate club	<ul style="list-style-type: none"> <li>• Who doesn't love a good debate, now is your chance.....</li> <li>• We will be discussing current topics in the news from both a religious and scientific standpoint that can be debated.</li> <li>• You get to put across your own opinions and argue with other students about what they think. This is a chance to get deep in discussion</li> <li>• You will be able to choose from some topics to discuss.</li> </ul>	RE1	Everyone	Mrs Wooding-Wilkins
School Production GREASE	<ul style="list-style-type: none"> <li>• Acting</li> <li>• Singing</li> <li>• Dancing</li> </ul>	The Hall & MU1	Anyone years 7 - 13	Mrs Whittaker Mr Sault Mrs Phillips

	<ul style="list-style-type: none"> <li>• Lighting crew</li> <li>• Sound engineering</li> <li>• Set design</li> <li>• Marketing</li> <li>• Theatre management</li> </ul> <p>This activity has it all!</p> <ul style="list-style-type: none"> <li>• Working towards a production of the stage musical GREASE in February 2022. Whatever your skill or interest, there is a role here for everyone.</li> <li>• You will need to commit to being at this activity every week.</li> </ul>			
School Newspaper	<ul style="list-style-type: none"> <li>• Whether you are a keen writer or not, you will be able to contribute to our new school newspaper!</li> <li>• If you are interested in writing, photography, media, editing, or pretty much any hobby, there will be opportunities for you to put YOUR ideas into the paper!</li> <li>• We will be in search of: news about local/school events, photography, reviews, opinion pieces and more...</li> </ul>	EN5	Everyone	Miss Clack / Miss Delaney

Table Tennis	<ul style="list-style-type: none"> <li>• Enjoy learning brand new skills or improving the ones you have.</li> <li>• Compete against each other or play for fun, although competing is fun too!</li> <li>• Take on officiating roles.</li> <li>• Take it further – compete outside of school.</li> </ul>	Sports Hall	All	Miss Britcliffe
TCG and Graphic novels	<ul style="list-style-type: none"> <li>• Are you a keen graphic novel reader or play TCG's?</li> <li>• This is an opportunity for you and your friends to come and talk about graphic novels which you enjoy and play TCG's or other games.</li> <li>• Build on your social skills by interacting other people through game play and discussion.</li> <li>• Enhance your games tactics and learn new strategies to achieve victory!</li> <li>• Teach others how to play.</li> </ul>	MA5	Years 7 8 9 and 10	Mr Bentley
Technology Masterclass	<ul style="list-style-type: none"> <li>• Are You interested in learning further skills in DT?</li> <li>• Learn how to operate machinery along with a range of techniques used in the manufacturing</li> </ul>	DT1	Years 8,9,10 &11	Miss Lees

	<p>industry, to make high quality products.</p> <ul style="list-style-type: none"><li>• This will be focused on using both the wood and metal lathes, metal sand casting as well as finer cuttlefish casting, dip coating, slump moulding, vacuum forming and applying finishes.</li><li>• The work you produce will give you an insight into some of the techniques used by professionals and will develop your skills as an engineer.</li></ul>			
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