

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

Activity	What will I be doing?	Where do I need to go?	Who can attend?	Who should I speak to for more information?
Astronomy	<ul style="list-style-type: none"> • As one of the oldest Sciences, the study of Astronomy, (Star Culture), is well placed to give us an insight into the Human condition. • 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 	SC2	<ul style="list-style-type: none"> • 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 	Mr Dransfield-Scott
Badminton	<ul style="list-style-type: none"> • Enjoy learning brand new skills or improving the ones you have. • Compete against each other or play for fun, although competing is fun too! • Take on officiating roles. • Take it further – compete outside of school. 	Sports Hall	Everyone	Mr Peace

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


	<ul style="list-style-type: none"> • Improves fine motor skills • Allows you to express yourself • The outcome of colouring isn't predictable or prescriptive and can be as neat or as messy as you choose! • Accessible for all 			
Culinary Masterclass	<p>Are you interested in enhancing your cooking skills?</p> <ul style="list-style-type: none"> • Do you enjoy cooking and baking? • 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. • This will be focused on learning and using a range of skills to produce high quality dishes. • The dishes you produce will give you an insight into the catering industry and will broaden your skills in food preparation and cooking. 	DT4	Years 8,9,10 & 11	Miss Lees
Dog Care	<ul style="list-style-type: none"> • Learn how to care for, train your dog and why this is important. 	S5	Everyone	Mrs Prescott

	<ul style="list-style-type: none"> • Learn about the law around dogs and dog care. • Learn about different breeds and how they have specific requirements. • Learn about dog grooming and basic coat maintenance with dogs. • You might even get to meet my pooches 😊 			
<p>Duke of Edinburgh Bronze (Y9) and Silver (Y10) award</p>	<ul style="list-style-type: none"> • We are offering at a cost the internationally recognised Duke of Edinburgh award at Bronze and Silver level • 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. • Each week you will learn the skills the needed to undertake and remotely supervised expedition 	<p>Little Theatre</p>	<p>Bronze award (Y9) Silver award (Y10)</p>	<p>Miss Rose Miss Fairbrother Mr Rotchell</p>

	<p>which include; camp craft, setting up tents, camping outdoors, emergency first aid, navigation skills to name a few.</p> <ul style="list-style-type: none"> • 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). • 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. 			
Eco Warriors	<ul style="list-style-type: none"> • Design, create and maintain an allotment on our school grounds • Help build and maintain new, raised beds to grow produce and wild flowers • Develop an eco system which provides habitats for wild plants and animals • Design, build and paint garden furniture and • Learn practical gardening skills and tips along the way! 	<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>

EPQ	<ul style="list-style-type: none"> • EPQ stands for extended project qualification. • 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. • This qualification is the equivalent to 50% of an A-Level qualification and is valued by universities. 	EN1	Year 12 + 13	Mrs Poar
Football	<ul style="list-style-type: none"> • Learn new skills • Take part in competitive situations. • Take on officiating roles • Undertake leadership opportunities. • This can then lead onto school fixtures where you can play other schools in the district at football. 	Field	Everyone: boys and girls	Mr Novis Mr Cunningham Miss Merrick Miss Merritt
Games Club	<ul style="list-style-type: none"> • Think you know board games and card games? Think again. Let me introduce you to a whole new set of quirky, exciting games. • It is an opportunity to improve skills such as team work, logic, creativity; all whilst having fun 	HU4	Everyone	Miss Lester

	<p>and making some friends along the way.</p> <ul style="list-style-type: none"> • New Unusual games such as Munchkin and Takenoko will gradually be introduced. • Let's not forget the all time classics too such as Cluedo and Pictionary. • There will also be a specific game tournament each term with prizes. 			
Gym Fitness Club	<ul style="list-style-type: none"> • Improve your fitness • Learn some new beginners exercises with free weights • Expand on exercise ideas you already have • Complete circuit training to music 	Dance Studio	Year 10	Miss Williams
Gymnastics / Trampolining	<ul style="list-style-type: none"> • Take on new challenges on new gymnastic equipment. • Learn new and exciting skills. • Create routines. • Understand the safety elements in Gymnastics. • Take part in competitions outside of school against other schools in the district 	Gym	Everyone	Miss Riley Mrs Hampton

<p>Jigsaws</p>	<p>From 49 pieces to a 1000</p> <p>Came and relax doing jigsaws.</p> 	<p>MA1</p>	<p>Everyone</p>	<p>Miss Whalley</p>
<p>UKMT Maths Challenge</p>	<p>The Intermediate Mathematical Challenge is a 60-minute, multiple-choice Challenge.</p> <p>It encourages mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems.</p> <p>The problems on the Intermediate Mathematical Challenge are designed to make students think.</p> <p>Most are accessible, yet still</p>	<p>MA2</p>	<p>Years 9 to 11</p>	<p>Mr Simpson Mrs Manton</p>

	<p>challenge those with more experience.</p> <p>On completion of the challenge, all pupils will receive a certificate of participation and are in with the chance of winning a bronze, silver or gold award.</p> <p>You may be invited to take part in a follow-up round if you are in the top 8000 of UK pupils.</p> <p>Each Wednesday, we will prepare for the solo maths challenge which will take place on 2-3rd February 2022.</p>			
<p>Politics and debating</p>	<ul style="list-style-type: none"> • Are you interested in politics and current affairs? • Are you interested in the news? • Would you like to know more about the political system in the UK? • Do you like the idea of public speaking? <p>If so, then this is for you!</p>	<p>HU3</p>	<p>Everyone</p>	<p>Mr Jones</p>

	<ul style="list-style-type: none"> • We will explore the different political systems which exist in Britain today from local councils and their responsibilities up to national government. • We will also take the opportunity to debate key issues and work on presentation and debating skills. • We are also looking to enter a team into the Lichfield Schools Speaking competition. The title for this year's debate is 'That this House believes the positive aspects of social media outweigh the negatives.' 			
<p>Religion and the media – film club</p>	<ul style="list-style-type: none"> • Who doesn't love a good debate, now is your chance..... • We will be discussing current topics in a variety of films from both a religious and scientific standpoint that can be debated. • 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 	<p>RE1</p>	<p>Everyone</p>	<p>Mrs Wooding-Wilkins</p>

	<ul style="list-style-type: none"> You will be able to choose from some topics to discuss. 			
<p>School Production GREASE</p>	<ul style="list-style-type: none"> Acting Singing Dancing Lighting crew Sound engineering Set design Marketing Theatre management <p>This activity has it all!</p> <ul style="list-style-type: none"> Working towards a production of the stage musical GREASE in February 2022. Whatever your skill or interest, there is a role here for everyone. You will need to commit to being at this activity every week. 	<p>The Hall & MU1</p>	<p>Anyone years 7 - 13</p>	<p>Mrs Whittaker Mr Sault Mrs Phillips</p>
<p>School Newspaper</p>	<ul style="list-style-type: none"> Whether you are a keen writer or not, you will be able to contribute to our new school newspaper! 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! 	<p>EN5</p>	<p>Everyone</p>	<p>Miss Clack / Miss Delaney</p>

	<ul style="list-style-type: none"> We will be in search of: news about local/school events, photography, reviews, opinion pieces and more... 			
Beginner Spanish	<ul style="list-style-type: none"> ¿Quieres aprender el español? This session will teach you the basics of Spanish! You will learn how to introduce and describe yourself and talk about what you love (and hate!) doing. We will listen to Spanish music and play Spanish language games to help you perfect your skills. 	ML1	KS3 (Yrs 7,8 and 9)	Miss Lewis
Table Tennis	<ul style="list-style-type: none"> Enjoy learning brand new skills or improving the ones you have. Compete against each other or play for fun, although competing is fun too! Take on officiating roles. Take it further – compete outside of school. 	Sports Hall	All	Miss Britcliffe
TCG and Graphic novels	<ul style="list-style-type: none"> Are you a keen graphic novel reader or play TCG's? This is an opportunity for you and your friends to come and talk 	MA5	Years 7 8 9 and 10	Mr Bentley

	<p>about graphic novels which you enjoy and play TCG's or other games.</p> <ul style="list-style-type: none"> • Build on your social skills by interacting other people through game play and discussion. • Enhance your games tactics and learn new strategies to achieve victory! • Teach others how to play. 			
Technology Masterclass	<ul style="list-style-type: none"> • Are You interested in learning further skills in DT? • Learn how to operate machinery along with a range of techniques used in the manufacturing industry, to make high quality products. • 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. • 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. 	DT1	Years 8,9,10 &11	Miss Lees

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