

**Nether Stowe School Extra-Curricular Menu  
Sept-Oct 2022**

<b>Activity</b>	<b>What will I be doing?</b>	<b>When?</b>	<b>Where do I need to go?</b>	<b>Who can attend?</b>	<b>Who should I speak to for more information?</b>
Science Club	<ul style="list-style-type: none"> <li>• Come and explore more aspects of science.</li> <li>• Enjoy some exciting experiments</li> </ul>	Tuesday 3-4pm	S	<ul style="list-style-type: none"> <li>• 7 - 9</li> </ul>	Mrs Prescott or Mr Jones
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>	Wednesday 3:00 p.m. 4:00 p.m.	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</li> </ul>	Mr Dransfield- Scott

				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	
Badminton	<ul style="list-style-type: none"> <li>• Learn new skills</li> <li>• Take part in fixtures</li> <li>• Teamwork, resilience, leadership and helping others.</li> </ul>	Wednesday from 3pm	Sports Hall	Everyone	Miss Riley
Basketball	<ul style="list-style-type: none"> <li>• Learn new skills</li> <li>• Take part in fixtures</li> <li>• Teamwork, resilience, leadership and helping others.</li> </ul>	Thursdays From 3pm	Gym/Sports Hall	Everyone	Mr Novis/Mr Cunningham
Battle Rap Club	<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,</li> </ul>	Tuesday 3-4pm	MFL 2	Anyone 7 -11	Mr Chesses

	<p>compliment matches and character battles.</p> <ul style="list-style-type: none"> <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>				
Culinary Masterclass	<p>Are you interested in enhancing your cooking skills?</p> <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</li> </ul>	<p>Wednesday Week 2 3-4pm</p>	<p>DT4</p>	<p>Years 7,8,9,10 &amp; 11</p>	<p>Miss Lees</p>

	broaden your skills in food preparation and cooking.				
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> <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,</li> </ul>	Wednesdays From 3pm	HU1 / Little Theatre	Bronze award (Y9) Silver award (Y10)	Miss Rose Miss Fairbrother Mr Rotchell Mr Wright

	<p>navigation skills to name a few.</p> <ul style="list-style-type: none"> <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> <li>• Design, build and paint garden furniture and</li> </ul>	Wednesday 3pm-4pm	Outside! Where else!	Anyone 7-13: people who don't mind getting their hands dirty!	Mrs Chilver or Mr Dolman

	<ul style="list-style-type: none"> <li>• Learn practical gardening skills and tips along the way!</li> </ul>				
Fitness Suite	<ul style="list-style-type: none"> <li>• Use new fitness equipment</li> <li>• Create own training plans</li> <li>• Set own goals and challenges</li> <li>• Resilience to achieve</li> </ul>	Tuesday, Wednesday, Thursday and Friday From 3pm	Fitness Suite	Everyone	Various staff
Football	<ul style="list-style-type: none"> <li>• Learn new skills</li> <li>• Take part in fixtures</li> <li>• Teamwork, resilience, leadership and helping others.</li> </ul>	Girls – Tuesday Boys – Wednesday From 3pm	Field	For all students both boys and girls	Mr Novis Mr Cunningham Miss Merrick
Gymnastics / Cheerleading / Trampolining	<ul style="list-style-type: none"> <li>• Learn new skills</li> <li>• Work on skills learnt in lessons</li> <li>• Be creative and create your own routines</li> <li>• Lead others in routines</li> <li>• Understand how to support someone effectively</li> </ul>	Wednesdays From 3pm	Gym	Everyone	Mrs Hampton
Handball	<ul style="list-style-type: none"> <li>• Learn new skills</li> <li>• Take part in fixtures</li> <li>• Teamwork, resilience, leadership and helping others.</li> </ul>	Tuesday From 3pm	Sports Hall	Everyone	Mr Cunningham

Netball	<ul style="list-style-type: none"> <li>• Learn new skills</li> <li>• Take part in fixtures</li> <li>• Teamwork, resilience, leadership and helping others.</li> </ul>	Every Thursday and Friday From 3pm	Courts/Sports Hall	KS3 – Thursday KS4 – Friday	Miss Riley Mrs Hampton
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> <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</li> </ul>	Wednesday, Week A after school 3-4pm	HU3	Everyone	Mr Jones

	<p>presentation and debating skills.</p> <ul style="list-style-type: none"> <li>• There is an opportunity to become part of the school's public speaking team which will participate in the Lichfield Schools' Speaking Competition.</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>	<p>Friday afterschool From 3pm</p>	RE1	Everyone	Mrs Wooding-Wilkins
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</li> </ul>	<p>Wednesday after school 3pm until 4pm</p>	MA5	All years	Mr Bentley

	<p>novels which you enjoy and play TCG's or other games.</p> <ul style="list-style-type: none"><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>				
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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 industry, to make high quality products.</li> <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>	Wednesday week 1 From 3pm	DT1	Years 7,8,9,10 &11	Miss Lees
Chess Club	<ul style="list-style-type: none"> <li>• Come to learn and enjoy playing chess.</li> </ul>	Thursdays From 3pm	EN1	7-13	Mr Murphy

	<ul style="list-style-type: none"><li>• All levels are welcome. Even if you have never played before. Rules, moves and strategies will be taught and discussed.</li></ul>				
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