



TRURO SCHOOL

Wednesday Afternoon Activities Summer Term 2020

The Wednesday Afternoon Activities programme allows Truro School pupils to participate in a wide range of activities as part of the weekly timetable. In doing so, it is the school's wish that all pupils have the opportunity to partake in activities that will allow them to:

- i. maintain or develop a healthy lifestyle through activities that will enrich their current and future lives;
- ii. learn a new skill or develop an existing one in a safe environment;
- iii. gain enjoyment from undertaking activities with other pupils, often of different ages, and with staff in a non-classroom context;
- iv. gain satisfaction from making a positive contribution to an activity;
- v. prepare them for higher education and the world of work through developing skills such as self-discipline, commitment, team work, leadership and greater self-confidence.

Full details of all activities offered to all year groups follow. I would be grateful if pupils and parents could review the activities on offer and follow the link sent via email to complete the online form, **by Friday 13 March**. Pupils and parents will be informed of their activity before the end of this term. The first session will begin on Wednesday 15 April, there will be ten sessions in the Summer Term.

Should you require further information about a particular activity, please contact the member of staff indicated as leading that activity. Should you have any general queries concerning the activities, please contact me. If you have a particular request for your son or daughter to undertake an activity not listed, please contact me directly (zj@truroschool.com).

Mrs Zoe Jobling

Director of Co-Curricular

Pupils, via parents/guardians, should indicate their four preferences on the Wednesday Afternoon Activities Summer Term 2020 Options form which has been emailed to all parents. If a pupil asks to change activity, then they will only be moved to one of the four listed on this form; by signing the form you give permission to any charges incurred. Changes should be minimal, so please choose together carefully.

A message from Mr Sanderson, Director of Sport:

Re: Sports fixtures during Wednesday Afternoon Activities.

When choosing your preferred activity, please bear in mind that if you do not choose cricket or rounders, it may mean that you will miss Wednesday fixtures which have been scheduled for these sports. The PE department will try to work with other activities to minimise this but it will not always be possible, especially for paid activities. As long as you attend training, you are still able to play matches on other days. If you want to participate in Wednesday fixtures (cricket and rounders this term), the easiest option is to select that sport as your 1st choice on the online form.

Adventure Kayaking – Mr Cucknell		All years (except 5 th Year and Upper Sixth) 6 minimum 8 maximum
Description	These sessions will be led by Mr Howard from Wildspace Adventures. Mr Howard is a British Canoeing Level 3 Coach who is also a qualified Outdoor Education teacher with 20 years of experience of leadership, including as a Royal Marines Officer. Pupils will have the opportunity to work towards their 1-star (over one term) or their 2-star (over two terms).	
Equipment	Mr Howard from Wildspace Adventures will supply all specialist equipment. Pupils would need to bring old trainers and a towel. You may wish to wear your own wetsuit or one can be supplied. Pupils should have warm, dry clothes to change into after the activity. We try to be on the rivers/sea as much as possible but at times inclement weather may mean that we are in the pool.	
Venue	Register in Outdoor Pursuits Office	
Time	1.45pm – 5.30pm	
Costs	£180 for the summer term. This will be added to the school bill.	

Art Activities: Ceramics – Mr Brett		All years 20 maximum
Description	Pupils will be developing a ceramic project that gives them the chance to expand their knowledge and skills.	
Equipment	Provided by the school	
Venue	Ceramics Studio – A1	
Transport	N/A	
Time	2.05pm – 3.50pm	
Costs	N/A	

Art “textiles” – Miss O’Connor and Mrs Williams		All years 8 maximum
Description	Learn a wide range of textile skills, for example, machining, hand stitching, dyeing, fabric manipulation etc. This term’s focus is on upcycling your own clothes. No experience necessary. All work is practical.	
Equipment	Bring in an item of clothing you would like to upcycle	
Venue	Art department A3	
Time	2.05pm – 3.50pm	
Costs	N/A	

Athletics – Miss Holroyd		All years 60 maximum
Description	Pupils will have coaching on either jumping, throwing or running events and the activity is aimed at all abilities. Pupils will rotate around a variety of athletic options every session.	
Equipment	School PE kit and tracksuits	
Venue	Register in room 82 before assembling on the school athletics track	
Transport	N/A	
Time	2.05pm – 3.50pm	
Costs	N/A	

Butterfly Project Reflection Garden– Mr Baker		All Years 12 maximum
Description	Pupils are invited to help generate a reflection garden as a memorial of the Holocaust. We will plant the olive tree that was exhibited in Chapel and create a space within the grounds for pupils to find some quiet and peace. The activity will involve, planting, building and landscaping and we will use the schools ground staff for support.	
Equipment	Students should wear trainers, that may get muddy.	
Venue	Register in room 33	
Transport	N/A	
Time	2.05pm – 3.50pm	
Costs	N/A	

Choristers – Mrs Vaughan and Mr Gray		1 st to 4 th Year No minimum or maximum
Description	This option is only available for current Choristers. They may opt to use this time for study or music lessons.	
Equipment	N/A	
Venue	M6 - Music School	
Time	2.05pm – 3.50pm	
Costs	N/A	

Community Volunteering – Mr Chamberlain		4 th & 5 th Year No minimum or maximum
Description	Pupils may volunteer at local nurseries, charity shops, Truro School Prep and at the Truro Methodist Church. This may count towards the Duke of Edinburgh Award and pupils not participating in the award are welcome. Interested pupils should contact Mr Chamberlain for further details.	
Equipment	School uniform or smart casual clothing (no denim or revealing clothing)	
Venue	Meet in room 87. Pupils placed in various locations around Truro. Pupils will either walk to the locations or be driven to them by staff	
Time	Varies, depending upon the activity	
Costs	N/A	

Cookery 'Summer Cooking' for 4 th Years – Ms Taylor		4 th Year 20 Maximum
Description	<p>A 10-week cookery course including a wide range of basic cookery skills to make some classic summer recipes including;</p> <ul style="list-style-type: none"> • Pesto topped salmon with roast new potatoes and cherry tomatoes • Raspberry meringue roulade • Cajun turkey kebabs and flatbreads <p>The cost of the activity will include all ingredients and containers. In order to ensure that each student has all the correct ingredients and to avoid risk of any ingredients not being stored properly between home and the start of the activity, the Cookery School will source and supply everything. This will include suitable, recyclable/reusable containers in which to bring home their creation in one piece, although we encourage pupils to bring their own containers if at all possible to help reduce plastic use. If you do not attend you will still be charged, however by arrangement before the class we can pack a 'kit' of ingredients and a recipe to collect to take away and make at home.</p>	
Venue	Cookery school	
Time	2.05pm – 3.50pm	
Costs	£75 to include all ingredients and containers.	

Cricket – Mr S Hooper		All years No minimum or maximum
Description	Cricket is offered as both a competitive and recreational option. Team players will play most Wednesday afternoons, with non-team players engaging in coaching and practice matches. Pupils who want to represent the school at Wednesday matches should choose this option.	
Equipment	Cricket whites or school PE kit to be worn, personal cricket equipment if owned	
Venue	Register in room 83 then school fields with some away matches for team players	
Transport	Transport will be provided for away matches	
Time	2.05pm – 3.50pm (varies for matches)	
Costs	N/A	

Dance – Ms McNally (Cornwall Dance School) c/o Mrs Jobling		All Years 12 maximum
Description	Calling all budding Performers! Learn various Dance techniques each week, including Jazz, Lyrical, Contemporary and Commercial. Improve your Flexibility, Strength and Stamina by learning energetic exercises, routines and stretches that will improve your performance both onstage and off. This class is open to all abilities and aims to help you to improve your technique and gain experience and knowledge in various different styles of dance.	
Equipment	School PE kit to be worn	
Venue	Dance Studio	
Time	2.05pm – 3.50pm	
Costs	£70 per term	

Digital Photography – Mr Picton		All Years 8 maximum
Description	Exploring their creativity or developing understanding, in this activity pupils will have the opportunity to consider how cameras and lenses work and exploit the numerous camera settings beyond point-and-shoot. They can also develop techniques in editing their images using image processing and manipulation software. The pupils will use other Wednesday activities and the school grounds as their muses.	
Equipment	Pupils may provide their own digital camera	
Venue	Computer room - C1	
Time	2.05pm – 3.50 pm	
Costs	Pupils may print their pictures, up to A1 size, with a charge being added to the end of term bill	

Drama Technical Team – Mr Kearey		All Years 15 maximum
Description	Pupils will have a chance to work with Mr Kearey, Burrell Theatre Manager, to learn technical skills relating to sound, light and stage management. Pupils with an interest in filming should speak to Mr Kearey in advance. Interested pupils should speak to Mr Kearey before choosing this.	
Equipment	Provided by the school	
Venue	Register in room 51	
Time	2.05pm – 3.50pm	
Costs	N/A	

DT Workshop – Mr Shardlow		All Years 16 maximum
Description	Pupils will have the chance to design and build their own projects.	
Equipment	To be provided	
Venue	DT Computer room	
Time	2.05pm – 3.50pm	
Costs	N/A	

Dungeons and Dragons – Mr Lovell		All Years 12 maximum
Description	Explore subterranean labyrinths! Plunder hordes of treasure! Battle legendary monsters! Dungeons and Dragons is a storytelling roleplaying game set in a world of swords and sorcery, driven only by your imagination. It's about picturing a crumbling castle in a darkening forest and imagining how a fantasy adventurer might react to the challenges that scene presents. In this fantasy world, the possibilities are limitless.	
Equipment	To be provided	
Venue	Room 55	
Time	2.05pm – 3.50pm	
Costs	N/A	

Fencing – Miss Wambeek (coaching by Truro Fencing Club coaches)		All Years 16 maximum
Description	Fencing is a high octane combat sport which tests mental and physical strength, as well as discipline, tactical and technical ability. This sport is accessible to all ages and all abilities and it is a great sport for improving fitness, as well as being a huge amount of fun. Sessions will be led by a coach from Truro Fencing Club.	
Equipment	School PE T-shirt and tracksuit bottoms to be worn. All technical equipment will be provided	
Venue	Register in the Cornwall Fencing Centre	
Time	2.05pm – 3.50pm	
Costs	N/A	

Golf at Truro Golf Club – Mr Kenyon		All Years 15 maximum
Description	All abilities are welcome. Sessions will be led by Truro Golf Club Pro – Scott Richards alongside Mr Kenyon.	
Equipment	All equipment provided	
Venue	Register in room 7 before transfer to Truro Golf Club	
Transport	Minibus	
Time	2.00pm – 4.30pm	
Costs	N/A	

Horse Riding – Mrs Reynolds		All Years 16 maximum
Description	At Wheal Buller, beginners and novices will learn the basics of riding and horsemanship whilst intermediate pupils will be able to improve their flatwork and begin jumping. As well as lessons in the large indoor school there will be regular opportunities to ride out on the local bridleways including the beautiful and historic Great Flat Lode trail. This group is not suitable for very experienced riders. Each session lasts an hour.	
Equipment	Boots or shoes with a small heel, a waterproof jacket in inclement weather and tracksuit bottoms or jodhpurs should be worn. Riding gloves with grip palms are desirable. A well-fitting riding helmet conforming to EN1384 or PAS015 safety standards is essential and may be borrowed from the riding school.	
Venue	Register in the careers room before transfer to Wheal Buller Riding School, Redruth	
Transport	School vehicle	
Time	1.45pm – 4.15pm	
Costs	£200 for the summer term. This is added to the school bill.	

Junior Play Rehearsals – ‘Annie’ – Ms Egar and Mr Thompson		1 st to 4 th Year No maximum
Description	Pupils who are part of Annie need to select this as their option to attend rehearsals on Wednesday afternoons or discuss clashes with Ms Egar.	
Equipment	To be provided by the school	
Venue	Register in room 50 then move into the Burrell Theatre	
Transport	N/A	
Time	2.05pm – 3.50pm	
Costs	N/A	

Multimedia club – Dr Crees and Mrs Lamb		All Years 16 maximum
Description	Combining, video, journalism, digital marketing and websites, this is an exciting new opportunity to develop and apply the skills and techniques used in the industry. You will work alongside teaching staff and the school’s marketing department to deliver real-life projects including blogs, vlogs and published content across a range of formats and digital platforms.	
Equipment	N/A	
Venue	Computer room - C2	
Time	2.05pm – 3.50pm	
Costs	N/A	

Music GCSE – Mr Palmer		4 th Year only 20 maximum
Description	Open to pupils in the GCSE music sets or those who have been accepted to take the 4 th Year one-year GCSE course. If in doubt please contact Mr Palmer.	
Equipment	To be provided by the school	
Venue	M6 - Music School	
Transport	N/A	
Time	2.05pm – 3.50pm	
Costs	N/A	

Music Theory – Mr Piazza c/o Mr Palmer		
Description	Open to pupils working from Grade 1 up to Grade 8 Theory. Interested pupils should check with Mr Palmer that they are eligible.	2 nd to 4 th Year 20 maximum
Equipment	Music Theory workbook to be purchased from the Department, cost will be added to students' school bill.	
Venue	M6 - Music School	
Transport	N/A	
Time	2.05pm – 3.50pm	
Costs	N/A	

Rounders – Mrs Newton		
Description	Rounders is both a competitive and recreational option. Team players will play most Wednesday afternoons, with non-team players engaging in coaching and practice matches.	All Years No maximum
Equipment	School PE kit to be worn, all other equipment to be provided	
Venue	Register in room 6 then school fields with some away matches for team players	
Transport	None or school minibus for away matches	
Time	2.05pm – 3.50pm	
Costs	N/A	

Rowing – Mr Pilborough		
Description	These sessions will take place at Castle Dore Rowing club in Golant, Fowey; in the fitness suite using the Concept 2 rowing machines; or in the swimming pool to practise capsizing drills in a safe environment, led by Mr Pilborough and Jo Virr from Castle Dore. Whether you are a seasoned rower or are looking for an exciting and engaging way to boost your fitness, there will be opportunity for technique improvement, analysis and improvement whilst participating in individual and team challenges. All abilities welcome.	All Years (minimum aged 12) 4 minimum 8 maximum
Equipment	School PE kit to be worn	
Venue	Register in room 60 before transfer to Castle Dore, Swimming Pool or Fitness Suite depending on the session and conditions. Parents helpers welcomed – after DBS has been completed. Please contact us if you are interested.	
Time	1.15pm – 5.15pm	
Costs	£150 for the Summer Term	

Sailing – Miss Husband and Mr Gustaffson		
Description	Expert sailing tuition (for both beginner and advanced sailors) will be available to pupils, provided by St Mawes Sailing School (the biggest junior sailing programme in the South-West). Bob Hindmarsh is principal coach at St Mawes and will be leading this activity alongside his staff, plus Mr Gustaffson and Miss Husband. The aim is to be on the water by 2.15pm.	All Years 15 maximum
Equipment	Wetsuit, shoes (preferably wetsuit boots), a light waterproof jacket (ideally a spray top) and a towel. If you own a life jacket, please bring it, but some are available to borrow. There are male and female changing rooms at the Sailing Club. It is advisable to bring sunscreen and water.	
Venue	Register at the minibus at 1.00pm	
Transport	School minibus	
Time	1.00pm – 5.15pm	
Costs	£160 for the summer term. This is added to the school bill.	

Sea Fishing – Mr Chambers		1 st to 4 th Year 8 maximum
Description	Pupils will have the opportunity to participate in shore fishing at a variety of fishing marks in the local area.	
Equipment	Pupils should have their own rods and sea fishing tackle, but the school has a limited number of rods/reels for those who do not have their own.	
Venue	Register in room 18 - Various locations based on weather, sea conditions and tides (students will be informed on Monday each week of that Wednesday's location)	
Transport	School vehicle	
Time	1.15pm – 5.00pm	
Costs	Bait will be supplied. Any tackle losses will be paid for, although these are usually minimal at around £1 per rig. Breakages of school equipment must be paid for.	

Song Writing with Ryan Jones c/o Mr Palmer		All Years 12 maximum
Description	The music industry is built upon song writing. Perspectives, ideas and observations, layered with melody and harmony make up the backbone of an industry. Spend a Wednesday afternoon working with professional songwriter and producer Ryan Jones as you develop a portfolio of songs to be performed and recorded, either by yourself or by another singer/ ensemble.	
Equipment	N/A	
Venue	M6 - Music School	
Time	2.05pm – 3.50pm	
Costs	N/A	

Snorkelling – Dr Pope & Mrs Thurlow		All Years 12 maximum
Description	Pupils will have the opportunity to undertake snorkelling at various locations along the south coast, and pool-based training will be given to those who haven't snorkelled with the school before.	
Equipment	Pupils to provide their own swimwear and full wetsuits, including hoods, gloves and socks	
Venue	Register in 85 before transfer to various local beaches or use the school pool (students will be informed as far in advance as possible of each week's location)	
Transport	School minibus	
Time	2.00pm – 5.30pm approx. (Although we are often back at school by 5.00pm, we cannot guarantee arriving back at school before 5.30pm as the site chosen each week is dependent upon weather conditions.)	
Costs	N/A	

Surfing 'Elite group'– Mr Meads		All Years 10 maximum
Description	Working with Global Boarders to develop our surfing academy, the Elite group will travel by minibus to various locations to find the best conditions. Pupils will be notified every Wednesday morning which location will be used. The Elite group is for surfers who have an excellent skill set and proven record. Surfers will be disciplined, well behaved and have a desire to improve. They will receive top class coaching, feedback and analysis to help them improve. Numbers are limited to make sure each pupil receives the best surf experience. A commitment is required for the whole term; please consider this before signing up. There is no option to do part of the term. Please note that this activity will not return in time for the school bus runs and boards cannot be carried into school on school minibuses.	
Equipment	Pupils to provide wetsuit, hood, gloves, boots, board, changing robe. Equipment can be borrowed if required, however pupils in this group, as regular surfers, are welcome to bring their own.	
Venue	Register in room 17 before transfer by minibus.	
Time	1.05pm – 6.00pm	
Costs	£150 for the Summer Term (full term only)	

Surfing 'Progressive group' – Dr Smith, Ms Udry and Mr Sparkes		All Years 50 maximum
Description	Working with Global Boarders to develop our surfing academy, these sessions will be based at Praa Sands, Gwithian or South Fistral, depending on the best conditions that week. Parents will be notified on Tuesday which location will be used. These sessions are perfect for beginners and intermediates as pupils will be split into ability groups as decided by the experienced coaches from Global boarders. Boards and equipment can be provided for pupils according to their needs and small group coaching, video analysis and pool training are all part of the package. Pupils are welcome to bring their own equipment, but the coaches will approve the kit before it is used. If you are thinking of investing in kit, please ask one of the coaches for advice before making purchases. Please note that this activity will not return in time for the school bus runs and boards cannot be carried into school on school minibuses. A commitment is required for the whole term; please consider this before signing up. There is no option to do part of the term. Sessions will be run at school if the weather is inclement or if the beaches are red flagged.	
Equipment	All equipment will be provided if required, however pupils are welcome to bring their own wetsuit, hood, gloves, boots and board. A changing robe is desirable.	
Venue	Register in B6 before transfer by coach. Packed lunches will be provided.	
Time	1.15pm – 6.00pm	
Costs	£125 for the Summer Term (full term only)	

Tennis – Mrs J Tresidder		All Years 50 maximum
Description	Located at School, this is an activity suited to players of all abilities. Pupils will be differentiated by ability and have the opportunity to work closely with staff to improve their singles and doubles game.	
Equipment	School PE kit to be worn	
Venue	Register in room 3 before play on school courts	
Time	2.05pm – 3.50pm	
Costs	N/A	

Wargaming – Dr Spring		1 st to 5 th Year 12 maximum
Description	In Wargaming, groups of pupils try their hands at some of the most popular specialist board games, mostly historical simulations and/or resource management. This activity offers pupils opportunities for competitive interaction, problem-solving and teamwork, not to mention broadening their knowledge and understanding of the past.	
Equipment	To be provided by the school	
Venue	Room 53	
Transport	N/A	
Time	2.05pm – 3.50pm	
Costs	N/A	