



TRURO  
SCHOOL

## Wednesday Afternoon Activities Spring Term 2022 – 11 sessions 1<sup>st</sup> Year – Sixth Form

### Please read this booklet before submitting the online options form

It is a unique feature of Truro School that both staff and pupils are able to coordinate and participate in a wide range of activities as part of the weekly timetable, given the pressures academic subjects place upon our time. In doing so it is the school's wish that all pupils have the opportunity to participate in activities that will allow them to:

- i. Maintain or develop a healthy lifestyle in 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 in a non-classroom context
- iv. Gain satisfaction from making a positive contribution to an activity
- v. Prepare them for further education and the world of work through developing skills such as self-discipline and commitment, teamwork and leadership skills and greater self-confidence.

Full details of all activities offered to each year groups follow.

We ask pupils to select different activities throughout the year, this not only provides a balance of activities, but also allows other pupils to participate in popular activities, if numbers are limited.

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 **together** and parents should complete the **online form** (link sent by email), which should be completed by **Monday 6 December, 9am**. Pupils will be informed of their activity on Monday 13 December, via their form tutor. The first activity afternoon will commence on Wednesday 12 January 2022. All pupils in the 1<sup>st</sup> Year through to Lower Sixth are expected to select a Wednesday Afternoon Activity. Pupils in the Upper Sixth are encouraged to attend an activity or can select private study at home or in school.

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, or if you have a particular request for your child to undertake an activity not listed, please contact the Wednesday Afternoon Team on [waa@truroschoo.com](mailto:waa@truroschoo.com)

Mrs Z Jobling

Director of Co-Curricular Activities

Pupils, via parents/guardians, should indicate their four preferences on the Wednesday Afternoon Activities Spring Term 2022 Options form (online form) which has been emailed to all parents. Changes will not be permitted once term commences, 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 a sporting activity, you will miss out on Wednesday fixtures. If you attend your school club training sessions, you are still eligible to play matches on other days. If you want to participate in Wednesday fixtures, the best option is to select that sport as your Wednesday Activity on the online form. If you are unsure, please contact [djs@truroschoo.com](mailto:djs@truroschoo.com)

Art "ceramics club" – Mr Brett (S)		All Years 16 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	Art department	
Time	2.05pm – 3.50pm	
Costs	N/A	

Art in Nature – Dr Brogden (S)		All Years 16 maximum
Description	A fine art drawing class, exploring how to draw animals and plants accurately.	
Equipment	An A4 sketch book is required	
Venue	Art department – room A1	
Time	2.05 – 3.50pm	
Costs	N/A	

Art "textiles" – Miss O' Connor (S)		All Years 8 maximum
Description	Learn a wide range of textile skills, for example, machining, hand stitching, dyeing, fabric manipulation etc. All items you make may be taken home. Previous projects have included cushions, make up bags and other beautiful items. Pupils can also use the time to make facemasks which will have an instant practical purpose. No experience necessary. All work is practical.	
Equipment	Provided by the school	
Venue	Art department – room A2	
Time	2.05pm – 3.50pm	
Costs	N/A	

British Army Fitness – Mr Whatley and Mrs Lobb (P)		All Years 24 maximum
Description	Each session is outdoors and will include a warm up, cardio and strength training, and a cool down with stretches. If the weather is poor, we will use a dry space in the SBA. The sessions will be broken down into 3 ability levels – all abilities are welcome, anyone from people who have not trained before to fitness machines. Sessions will focus on cardio as well as strength. Military Fitness is all about training together. You will get muddy, out of breath and will ache the next day but you will definitely get fitter and it is a highly social way to build health and fitness.	
Equipment	T-shirt and shorts that you do not mind getting wet and muddy. Waterproof if wet. Shoes with reasonable grip so you can run on grass in the winter months.	
Venue	Register in room 81 before using the school fields and various running trails around Malpas	
Time	2.05pm – 3.50pm	
Costs	N/A	

Card Making – Miss Husband (S)		All Years 16 maximum
Description	Come and create your own greetings card! Birthday cards, thank you cards, congratulations cards, Easter cards, 'thinking of you' cards, Mother's Day cards: how fantastic would it be if you could create your own, handmade, bespoke version? You will have the opportunity to use a variety of materials including (but not limited to) pebbles, sea glass, shells, driftwood and dried petals. Design and make something that will put a smile on someone's face, whilst relaxing and listening to music. No experience or artistic ability necessary.	
Equipment	Provided by the school	
Venue	Room 30	
Time	2.05pm – 3.50pm	
Costs	N/A	

Choristers – Mrs Vaughan (S)		All Years  No minimum or maximum
Description	This option is only available for current boy and girl Choristers. The time will be used for music theory tuition for those who wish to work towards grade 5 theory or they may opt to use this time for private study or music practice/lessons.	
Equipment	N/A	
Venue	Music School	
Time	2.05pm – 3.50pm	
Costs	N/A	

Climbing at Granite Planet – Mr Aston and Miss Jeffries-Jones (P)		All Years  15 maximum
Description	Granite Planet qualified climbing instructors will use their own climbing card system to guide pupils through progressive levels each week. Pupils will focus on developing skills and show progression which is certificated at the end of each level. All abilities are welcome. Please note that this activity will not return in time for school buses. Parents will be asked to fill in a consent form which will be held on file at Granite Planet.	
Equipment	School PE kit and trainers to be worn. All climbing equipment will be provided by Granite Planet.	
Venue	Register in room B6 then transfer to Granite Planet, Penryn	
Time	1.45pm – 4.45pm	
Costs	£110 per term (11 sessions)	

Coding Club – Mr Kitto (S)		All Years  20 maximum
Description	Pupils interested in computing and programming will have the opportunity to: programme using Scratch, Python and Greenfoot; use Raspberry Pis and Arduino to programme robots, buggies and traffic lights; create wearable technology.	
Equipment	N/A	
Venue	Computer room – C2	
Time	2.05pm – 3.50pm	
Costs	N/A	

Community Volunteering – Mr Chamberlain (V)		4 <sup>th</sup> ,5 <sup>th</sup> Year and Sixth Form  No minimum or maximum
Description	Pupils may volunteer at local nurseries, charity shops, the Truro Methodist Church and at the Prep and Pre-Prep School. This may count towards the Duke of Edinburgh's Award and pupils not participating in the award are also 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 to register. Various locations around Truro. Pupils will either walk to the locations or make their own arrangements for transport.	
Time	Varies, depending upon the activity	
Costs	N/A	

Cookery 'Cooking for life' – Mr Turner (S)		5 <sup>th</sup> Year 20 Maximum
Description	<p>Hands on cookery course including a wide range of basic cookery skills to make some classic 'recipes for a lifetime' including;</p> <ul style="list-style-type: none"> <li>• Lemon meringue pie</li> <li>• Smoked bacon and tomato penne with garlic bread</li> <li>• Chicken tikka masala and rice</li> </ul> <p>The cost of activity will include all ingredients, tuition and recipes. This will include suitable, recyclable/reusable, containers in which to bring home their creation in one piece.</p> <p>***Please advise us of all dietary needs when booking and we will do our very best to adapt recipes to accommodate all requirements if at all possible.***</p> <p>***Please note pupils will need to commit to the whole course although a 'takeaway kit' of ingredients and a recipe can be provided by arrangement for any missed weeks.***</p> <p>Any questions or notification of dietary needs please email Mr Turner at <a href="mailto:cookeryclubs@truroschool.com">cookeryclubs@truroschool.com</a></p>	
Equipment	All supplied	
Venue	Cookery School	
Time	2.05pm – 3.50pm	
Costs	£132 for the Spring Term (11 sessions), to include all ingredients and containers.	

Dance – Ms Lisa McNally (Cornwall Dance School) c/o Miss Wright (P)		All Years 16 Maximum
Description	<p>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. Pupils will have the chance to perform their routine on the Hall for Cornwall Stage as part of the 'Looking Back, Stepping Forward' Youth Dance Showcase in February.</p> <p>The link to book tickets is as follows  <a href="https://www.hallforcornwall.co.uk/playhouse-tickets-shows/looking-back-stepping-forward-youth-dance-showcase/about-the-show">https://www.hallforcornwall.co.uk/playhouse-tickets-shows/looking-back-stepping-forward-youth-dance-showcase/about-the-show</a></p> <p>Pupils will walk to LA studios after being registered at school. Pupils will be dismissed directly from the dance studios in Truro at 3.50pm.</p>	
Equipment	School PE kit to be worn	
Venue	Register in room 63 then LA Studios, 4 Boscawen Street, Truro, TR1 2EL	
Time	2.05pm – 3.50pm	
Costs	N/A	

Debating – Mr Pilborough and Ms Edmonds (S)		All Years
Description	<p>Are you competitive? Do you love a good argument? Want the chance to question and discuss the big issues of our time?</p> <p>Test your wits; strengthen your ability to argue; be a critical thinker; develop your confidence and presentation skills. Come along and have a go at learning the different styles of debating while working as part of a vibrant team.</p>	
Equipment	Provided by the school	
Venue	Room 36	
Time	2.05pm – 3.50pm	
Costs	N/A	

Digital Photography – Mr Picton (S)		All Years 12 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 school grounds as their muses.	
Equipment	Pupils should provide their own digital camera. A limited number can be borrowed, but pupils should check availability with Mr Picton before signing up.	
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 – Junior Play Mr Oldfield & Miss Egar (S, V)		1 <sup>st</sup> – 4 <sup>th</sup> Year
Description	Please be aware that this is a two-term commitment if you want to have a role in the production. Performances will be in the Burrell in June.	
Equipment	To be provided by the school	
Venue	Burrell Theatre	
Time	2.05 – 3.50pm	
Costs	N/A	

Drama Technical Team – Mr Kearey (S, V)		All Years 16 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. Interested pupils should speak to Mr Kearey before choosing this option.	
Equipment	Provided by the school	
Venue	Register in Room 50, then Burrell Theatre Tech Room	
Time	2.05pm – 3.50pm	
Costs	N/A	

DT “CNC Router / Solidworks”– Miss Coleridge (S)		4 <sup>th</sup> , 5 <sup>th</sup> Year & Sixth Form 16 maximum
Description	Come and try your hand at making and modelling a CNC cut 'stool'. We will use the CNC router to cut the parts, and solidworks to design and model them.	
Equipment	To be provided by the school	
Venue	DT Computer Room	
Time	2.05pm – 3.50pm	
Costs	Per print, depending on the size	

DT “Workshop & Solidworks” – Mr Baker (S)		4 <sup>th</sup> , 5 <sup>th</sup> Year & Sixth Form 16 maximum
Description	Students are invited to develop their practical skills in the workshop. Using a range of materials to develop practical skills.	
Equipment	To be provided by the school	
Venue	DT Workshops	
Time	2.05pm – 3.50pm	
Costs	A small charge will be added to the end of term bill for each item made, size and material dependent.	

Dungeons & Dragons – Mr Lovell (S)		All Years 6 maximum
Description	Explore subterranean labyrinths! Plunder hordes of treasure! Battle legendary monsters! Dungeons & 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. In order to take part in this activity you'll need to create a <a href="#">Google account</a> (if you don't already have one) before the first session. Please make sure to bring your Google accounts Username and Password with you.	
Equipment	A notebook, pencil, and eraser. The school will provide Windows Surface devices to access interactive character sheets and the games rules. If you wish you may use your own smart device or laptop instead.	
Venue	Room 55	
Time	2.05pm – 3.50pm	
Costs	N/A	

Electronics Club – Mr Laity (S)		All Years 16 maximum
Description	Pupils will look at basic ideas in electronics and learn how to identify basic electronic components. Pupils will develop their practical skills, such as soldering, and there will be an opportunity to build electronics kits that they can take home.	
Equipment	Provided by the school	
Venue	Physics department - Room 10	
Time	2.05pm – 3.50pm	
Costs	N/A	

Fencing – (coaching with Truro Fencing Club) – Mrs Jupp (P, V)		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.	
Equipment	School PE t-shirt and tracksuit bottoms to be worn. All technical equipment will be provided	
Venue	Register at Cornwall Fencing Centre	
Time	2.05pm – 3.50pm	
Costs	N/A	

Fitness Suite – Mr F Sanderson (P)		All Years 24 maximum
Description	Pupils will follow an individual training programme and will be expected to work hard during these sessions. Pupils can work on the aerobic and resistance machines following a pre-planned routine.	
Equipment	School PE kit to be worn	
Venue	Register in B4 before transfer to the Fitness suite	
Time	2.05pm – 3.50pm	
Costs	N/A	

Football (boys and girls) – Mr Hooper and coaches (P)		All Years No minimum/ maximum
Description	Football is played both competitively and for recreation purposes. Team players will play most Wednesday afternoons, with non-team players engaging in coaching and practice matches for enjoyment. In this term, Football and Rugby are working closely together to provide fixture opportunities, if approved and it is safe to do so. Any questions on this option please contact <a href="mailto:GDH@truroschoo.com">GDH@truroschoo.com</a>	
Equipment	Games kit and shin pads to be worn	
Venue	School playing fields Registers rooms tbc	
Time	2.05pm – 3.50pm for training, times for matches vary	
Costs	N/A	

Golf at Truro Golf Club – tbc (P)		All Years 16 Maximum
Description	All abilities are welcome. Sessions will be led by a Truro Golf Club Pro – Scott Richards, or one of his team.	
Equipment	All equipment provided, but if you have your own equipment you are welcome to bring it.	
Venue	Register in room 11 at 2pm before transfer to Truro Golf Club	
Transport	Minibus	
Time	2.05pm – 4.30pm	
Costs	£110 for the Spring Term (11 sessions)	

Hockey (girls and boys) – Miss Cobner, Mr Shardlow, Mr Blackie, Mrs Wyatt, Miss Levin, Mr Yeoman (P,V)		Girls: 3rd Year 5th Year Sixth Form  Boys: 4th Year 5th Year Sixth Form  Numbers may need to be capped for safety.
Description	For girls Hockey is the main sport in the Spring term for the 3rd, 5th Year and Sixth Form. The boys will be preparing for U16 & U18 regional finals. Wednesday sessions will consist of coaching and matches throughout the term.	
Equipment	School games kit, mouth guards and shin pads to be worn	
Venue	School Astro Registers: 3 <sup>rd</sup> Year – Room 32; 5 <sup>th</sup> Year – Room 86	
Time	2.05pm – 3.50pm	
Costs	N/A	

Horse Riding – Mrs Roberts (P)		All Years 8 maximum
Description	At Goonbell Riding School, 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. 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	Meet in A3 then 9-seater minibus to Goonbell Riding School	
Time	1.10pm – 4.15pm. A packed lunch will be provided each Week for all pupils	
Costs	£330 for the Spring Term (11 sessions)	

Humanities Film Club – Mrs Collinge (S)		3 <sup>rd</sup> Year – Sixth Form 20 maximum
Description	Come and explore the world of films and documentaries where you will discover everything from natural disasters to gladiators.  This is a chance to delve into the imagination and analyse where and how the realms of fact and fiction blur.  The club is open to all and great for those with an interest in Geography and/or History.	
Equipment	To be provided by the school	
Venue	Room 52	
Time	2.05pm – 3.50pm	
Costs	N/A	

Music GCSE – Mr Palmer (S)		4 <sup>th</sup> and 5 <sup>th</sup> Year 20 maximum
Description	Open to pupils in the GCSE music sets or those who have been accepted to take the 4 <sup>th</sup> Year 1-year GCSE course. If in doubt, please contact Mr Palmer.	
Equipment	To be provided by the school	
Venue	Music Department	
Time	2.05pm – 3.50pm	
Costs	N/A	

Music Theory – Mr Truin (S)		2 <sup>nd</sup> Year
Description	Open to pupils working from Grade 1 up to Grade 5 Theory. Interested pupils should check with Mr Palmer that they are eligible.	3 <sup>rd</sup> Year
Equipment	To be provided by the school	4 <sup>th</sup> Year
Venue	Music Department	5 <sup>th</sup> Year
Time	2.05pm – 3.50pm	Sixth Form
Costs	N/A	20 maximum

Netball – Mrs Newton, Mrs Tresidder, Miss Tresidder, Mrs Robins, Miss Bickley, Miss Hope (P, V)		1 <sup>st</sup> , 2 <sup>nd</sup> and 4 <sup>th</sup> Year
Description	Netball is the main sport in the Spring term for the 1 <sup>st</sup> , 2 <sup>nd</sup> and 4 <sup>th</sup> Year girls. Netball coaching and the majority of fixtures will take place on Wednesday afternoons. If pupils want to play in Wednesday fixtures, they should select this option. Netball is available to any girl in the relevant year groups. All abilities welcome.	No minimum/maximum
Equipment	Games kit to be worn	
Venue	School Netball Courts School playing fields Registers: 1 <sup>st</sup> Year – Room 52; 2 <sup>nd</sup> Year – Room 65; 4 <sup>th</sup> Year – Room 34	
Time	2.05pm – 3.50pm	
Costs	N/A	

Psychology: Film Club – Mrs Stone (S)		4 <sup>th</sup> & 5 <sup>th</sup> Years
Description	Psychology Film Club will be exploring a range of topics - for example, memory, attachment, OCD, autistic spectrum disorder, treating mental illness, ageing, concussion. We will watch each film over two Wednesday afternoons so as spend some time learning about the topic area before watching each film and then have time to discuss issues and ideas afterwards. You can bring popcorn and snacks and enjoy a relaxing afternoon. If you have done this club previously you may find that you have seen some of the films before. Students should either be 15 or will be asked for parental permission to watch a 15 rated film.	24 maximum
Equipment	Provided by the school	
Venue	Room 85	
Time	2.05pm – 3.50pm	
Costs	N/A	

Rugby 7s – Mr Excell and coaches (P)		5 <sup>th</sup> Year
Description	Rugby 7's sessions, in preparation for school tournaments throughout the spring term. Any questions on this option please contact Mr Excell <a href="mailto:tme@truroschoo.com">tme@truroschoo.com</a>	Sixth Form
Equipment	Games kit and gum shields to be worn	No minimum/maximum
Venue	School playing fields	
Time	2.05pm – 3.50pm	
Costs	N/A	

Sewing – Mrs Duke (S)		All Years
Description	We will be making decorations for festivals, such as Christmas decorations; felt items such as names on a string; sock creatures and many more!	16 maximum
Equipment	Provided by the school	
Venue	Room 3	
Time	2.05pm – 3.50pm	
Costs	N/A	

Skateboarding – Mr Goldsmith and Ms Selvey (P)		All Years 30 maximum
Description	Pupils will have the opportunity to participate in skateboarding under the expert guidance of the staff at Mount Hawke Skatepark.	
Equipment	There is minimal equipment to borrow at Mount Hawke so pupils need to have their own equipment. Pupils should bring in their own skateboards and helmets. Skateboards must not be used around the school site; therefore, pupils must only bring their own skateboard into school if they store it safely each Wednesday in their form room.	
Venue	Register in room 67 - before transfer by coach to Mount Hawke Skatepark	
Transport	Coach	
Time	1.15pm – 5.00pm	
Costs	£132 for the Spring Term (11 sessions)	

Squash – Mr Smith (P)		All Years 16 maximum
Description	Pupils of all abilities are welcome to play regularly on the school's Squash court. A limited number of squash rackets are available and students would benefit from having their own, whilst eye protection is strongly recommended.	
Equipment	School PE kit and non-marking trainers to be worn.	
Venue	Meet at the squash courts to register	
Time	2.05pm – 3.50pm	
Costs	N/A	

Surfing 'Performance Group' – Mr Meads, Mrs Wormald (P)		All Years 10 maximum
Description	Working with Global Boarders to develop our surfing academy, the Performance 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 Performance 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. Please note that this activity will not return in time for the school bus runs.	
Equipment	Pupils to provide winter thickness 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	1.30pm – 6.00pm	
Costs	£214.50 for the Spring Term (11 sessions)	

Surfing 'Progressive group' – Dr Smith, Ms Udry (P)		All Years 20 maximum
Description	Working with Global Boarders to develop our surfing academy, sessions will be based at Praa Sands, Gwithian or South Fistral, depending on the best conditions that week. Pupils will be notified on Wednesday morning which location will be used. These sessions are perfect for beginners and intermediates as well as advanced, 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 school buses.	
Equipment	All equipment will be provided if required, however pupils are welcome to bring their own winter thickness wetsuit, hood, gloves, boots and board. A changing robe is required.	
Venue	Register in Rooms 19 and 20 before transfer by coach	
Time	1.30pm – 6.00pm	
Costs	£148.50 for the Spring Term (11 sessions)	

Surfing 'Girls' group' – Mrs Cucknell, Miss Magnin, (P)		All years 20 maximum
Description	Working with Global Boarders to develop our surfing academy, sessions will be based at Praa Sands, Gwithian or South Fistral, depending on the best conditions that week. Pupils will be notified on Wednesday morning which location will be used. These sessions are perfect for girls who are beginners and intermediates. This group will work on building confidence and resilience in the water. 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 school buses.	
Equipment	All equipment will be provided if required, however pupils are welcome to bring their own winter thickness wetsuit, hood, gloves, boots and board. A changing robe is required.	
Venue	Register in Room 18 before transfer by coach	
Time	1.30pm – 6.00pm	
Costs	£148.50 for the Spring Term (11 sessions)	

Swimming – Ms Holroyd (P)		All Years 20 maximum
Description	Pupils will be following training programmes to improve technique, strength and stamina in swimming.	
Equipment	Swimming costume, goggles and towel.	
Venue	Swimming pool	
Time	2.05pm – 3.50pm	
Costs	N/A	

Wargaming – Dr Spring (S)		All Years 12 maximum
Description	Groups of pupils try their hands at some of the most popular specialist board games, mostly historical simulations and/or resource management. 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 Dr Spring	
Venue	Room 53	
Time	2.05pm – 3.50pm (room open from 1.45pm for those who want an early start!)	
Costs	N/A	

Watersports at Elemental UK Swanpool – Mr Cucknell (P)		All Years 15 maximum
Description	This term the water sports activity will be taking place at Swanpool run by Elemental UK. Tuition will be provided from the Elemental team. Depending on the weather and wind conditions, the following activities will be available for the group – coasteering, sailing, windsurfing and stand-up paddle boarding. Please note that this activity will not return in time for school buses.	
Equipment	Please bring a wetsuit (winter thickness) if you have one, if not one can be provided or a double for extra warmth, wetsuit gloves and a hood. You must bring shoes to wear in the water (preferably wetsuit boots or old trainers), a light waterproof jacket (ideally a spray top) and a towel. Buoyancy aids and helmets will be provided. Changing facilities will be available. Warm clothes are required to change into after the activity (including a woolly hat) and perhaps a warm drink.	
Venue	Register in room B3 at 1.30pm for transfer to Swanpool	
Transport	School minibus	
Time	1.30pm – 5.15pm	
Cost	£220 for the Spring Term (11 sessions)	

Yoga – Ms Monnier-Gilchrist (P)		All Years 16 maximum
Description	At a time when mental health related issues are more prevalent, yoga is a great tool to turn to. It offers a safe and nurturing environment for students to reconnect with their sense of self, learn to be compassionate towards themselves and others, and to reconcile with their body image, free from competition or judgement. Let's see if we can get more students to go passed their prejudices and have a go at stretching and strengthening their minds and bodies	
Equipment	School PE kit	
Venue	Heseltine Gallery	
Time	2.05pm – 3.50pm	
Costs	N/A	

### Duke of Edinburgh

Throughout this booklet suggestions are made where these activities can be used for Duke of Edinburgh sections. This is not a complete list and doesn't guarantee ability and suggestions should be discussed with Mr Aston ([mra@truroschool.com](mailto:mra@truroschool.com)).

<b>Volunteering (V)</b>	Undertaking service to individuals or the community (must not be for a business)
<b>Physical (P)</b>	Improving in an area of sport, dance or fitness activities (if you sweat...it is a physical)
<b>Skill (S)</b>	Developing practical and social skills and personal interests (not sporting or physical activities)