



OPTIONS BOOKLET



TRURO  
SCHOOL

# Wednesday Afternoon Activities (WAA)

SPRING TERM 2024

10 JANUARY – 27 MARCH

11 SESSIONS

1<sup>ST</sup> YEAR – 5<sup>TH</sup> YEAR AND SIXTH FORM

# Zoe Jobling

## DEPUTY HEAD

(CO-CURRICULUM & PARTNERSHIPS)



# Gemma Hellings<sup>2</sup>

## WAA COORDINATOR



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:

- maintain or develop a healthy lifestyle through activities that will enrich their current and future lives;
- learn a new skill or develop an existing one in a safe environment;
- gain enjoyment from undertaking activities with other pupils, often of different ages, and with staff in a non-classroom context;
- gain satisfaction from making a positive contribution to an activity;
- 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 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.

We would be grateful if pupils and parents could review the activities on offer together; activities shown be chosen not on what their peers have selected, but instead on a pupils' own interests.

Parents will need to complete the online form – the link will be sent via email. This should be completed by no later than 9am on Wednesday 6 December. Pupils will be informed of their activity by Wednesday 13 December via their form tutor. Those pupils allocated off-site activities will be sent further information.

The first activity afternoon will commence on Wednesday 10 January 2024 with the last date being Wednesday 27 March 2024.

All pupils in the 1<sup>st</sup> Year to 5<sup>th</sup> Year & Lower Form are expected to select a Wednesday Afternoon Activity. Period 5/6 on a Wednesday is a timetabled lesson and pupils are expected to attend. No child is guaranteed a place in a certain activity, so please choose four options and be willing to do any of them for the whole term. No swaps will be permitted.

Pupils in the Upper Sixth are **encouraged** to attend an activity or can select private study at home or in school. *\*Upper Sixth pupils who do not sign out will have the privilege of home study revoked\**

If you require further information about a particular activity or should you have any general queries concerning the activities, please contact [waa@truroschool.com](mailto:waa@truroschool.com)

Zoe Jobling

*Deputy Head (Co-Curriculum & Partnerships)*

Gemma Hellings

*Administrator to the Deputy Head (Co-Curriculum & Partnerships)*



Pupils, via parents and/or guardians, should indicate their four preferences on the Wednesday Afternoon Activities Spring Term 2024 Options form (online form) which will be emailed to all parents.

**Changes will not be permitted once term commences, unless there is a valid medical reason, therefore, please choose together carefully. Charges will apply even if non-attendance.**

**If a pupil is medically unable to go to their allocated activity or have missed their transport they will be required to go to the 'off-games' room.**

**A message from Mr Dan Sanderson - Director of Sport – Wednesday Afternoon Sports Fixtures**

There are many sporting options available during Wednesday Afternoon Activities, but you may choose from any of the options. If you want to participate in Wednesday fixtures, please choose that option for your WAA, but equally, if you want to try something else, as long as you attend the relevant training night, you can attend fixtures on other days (not Wednesday's). Pupils will not be removed from other WAA activities to attend fixtures. 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@truoschool.com](mailto:djs@truoschool.com)

Art - Ceramics (S)		All Years  16 Spaces
Description	Pupils will be developing a ceramic project that gives them the chance to expand their knowledge and skills.	
Equipment	Provided by the school	
Time	2.05pm – 3.50pm	
Costs	N/A	

Art - Print Making (S)		All Years  16 Spaces
Description	Exploring a variety of different print methods including: mono print, lino print, dry point, metal etching and screen printing.	
Equipment	Provided by school	
Time	2.05 – 3.50pm	
Costs	N/A	

British Army Fitness (P)		All Years  24 Spaces
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 three ability levels – all abilities are welcome, anyone from those 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. Some weeks will involve going off site to Malpas for an extend run.	
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.	
Time	2.05pm – 3.50pm	
Costs	N/A	





BMX (P)		All Years  15 Spaces
Description	Pupils will have the opportunity to participate in BMX under the expert guidance of Tracey Clapton a coach from Cornwall BMX. Sessions will take place at Cornwall BMX, North Hill, Blackwater. <a href="https://cornwallbmx.co.uk/">https://cornwallbmx.co.uk/</a> These sessions will cater for all abilities of riders and sills will be adapted to allow all to make progress throughout the course.	
Equipment	Equipment will be borrowed from the centre, including bikes and helmets. <b><i>Pupils are required to bring their own full finger gloves, elbow pads, and knee pads.</i></b> All riders must wear the following to participate: long sleeve shirt, long trousers, full fingered gloves. Additional padded shorts, elbow pads or body armour are recommended but not compulsory. Please note that Cornwall BMX is exposed to the elements and riding will continue in most conditions. The conditions set out in Cornwall BMX's risk assessment must be followed to participate.	
Time	1.05pm – 4.30pm	
Costs	£110 per term (11 Sessions) This is a termly charge and no refunds will be given for missed sessions.	

Board Games (S)		All Years  No Minimum or Maximum limit
Description	In Board Games you will play some of the most fun and interesting games of recent years. You can either turn up to learn a new game, bring your own favourite to teach to people or play one of the games available each week. The types of game we play will be varied with something for everyone! Examples include: Catan, Werewolf, Azul, Great Western Trail, Gloom haven, Codenames and many more. Develop your strategy, tactics and negotiation skills all while having fun and meeting new people.	
Equipment	Provided by the school	
Time	2.05pm – 3.50pm	
Costs	N/A	

Card Making (S)		All Years  16 Spaces
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	
Time	2.05pm – 3.50pm	
Costs	N/A	



<b>Choristers (S)</b>		<b>All Years Choristers Only</b>  <b>No minimum or maximum</b>
<b>Description</b>	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.	
<b>Equipment</b>	N/A	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

<b>Community Volunteering (V)</b>		<b>4th &amp; 5th Year &amp; Sixth Form</b>  <b>No minimum or maximum</b>
<b>Description</b>	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. This will involve going off-site to their chosen location.	
<b>Equipment</b>	School uniform or smart casual clothing (no denim or inappropriate clothing)	
<b>Time</b>	Varies, depending upon the activity	
<b>Costs</b>	N/A	

<b>Cookery 'Patisserie' (S)</b>		<b>5th Year &amp; Sixth Form</b>  <b>20 Spaces</b>
<b>Description</b>	<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>• Pavlova</li> <li>• Afternoon tea</li> <li>• Sticky ginger cake with poached pears and custard</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 Mrs Petty at <a href="mailto:cookeryclubs@truroschoo.com">cookeryclubs@truroschoo.com</a></p>	
<b>Equipment</b>	All supplied	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	£132 for the Spring Term (11 sessions), to include all ingredients and containers. This is a termly charge and no refunds will be given for missed sessions.	



Dance (Cornwall Dance School) (P)		All Years  16 Spaces
<b>Description</b>	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 'DO YOUR THING' Youth Dance Showcase in January. The link to book tickets is as follows; <a href="#">Do Your Thing! - HfC Schools Showcase 2024 - Hall for Cornwall   Theatre &amp; Arts in Cornwall</a> Use voucher code <b>HFCYOUTH</b> for £3 off each ticket. 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.	
<b>Equipment</b>	School PE kit to be worn	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

Debating (S)		All Years  16 Spaces
<b>Description</b>	Are you competitive? Do you love a good argument? Want the chance to question and discuss the big issues of our time? 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.	
<b>Equipment</b>	Provided by the school	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

Digital Design (S)		All Years  16 Spaces
<b>Description</b>	In an increasing digital world, the ability to manipulate and enhance images has become an essential skill. Students will have an opportunity to learn Adobe Photoshop and Illustrator. It will offer you a unique chance to increase your creativity and enhance your visual communication skills.	
<b>Equipment</b>	Provided by the school	
<b>Time</b>	2.05pm – 3.50 pm	
<b>Costs</b>	Pupils may print their pictures, up to A4 size, with a charge being added to the end of term bill.	

Digital Photography (S)		All Years  16 Spaces
<b>Description</b>	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	
<b>Equipment</b>	Pupils should provide their own digital camera. A limited number can be borrowed, but pupils should check availability with Mr Picton before signing up.	
<b>Time</b>	2.05pm – 3.50 pm	
<b>Costs</b>	Pupils may print their pictures, up to A1 size, with a charge being added to the end of term bill.	



<b>Drama Crossroads Musical (S, V)</b>		<b>2nd, 3rd &amp; 4th Year &amp; Lower Sixth 25 Spaces</b>
<b>Description</b>	Please only sign up for this if you are already involved in the production. The performances will be in June.	
<b>Equipment</b>	Provided by the school	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

<b>Drama Film Making (S, V)</b>		<b>1st, 2nd, 3rd &amp; 4th Year 20 Spaces</b>
<b>Description</b>	Try your hand at creating short films, which can be entered into a short film festival. You can work on camera, sound, writing, directing, art direction, editing, and performing.	
<b>Equipment</b>	Provided by the school	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

<b>Drama Junior Play (S, V)</b>		<b>1st, 2nd &amp; 3rd Year 40 Spaces</b>
<b>Description</b>	Please be aware that this is a two-term commitment if you want to have a role in the production. Performances will be in June. 'Lark Rise' is the play, a gentle rural comedy with lots of roles.	
<b>Equipment</b>	Provided by the school	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

<b>DT Solidworks/Laser Cutting and 3D Printing (S)</b>		<b>4th &amp; 5th Year &amp; Sixth Form 16 Spaces</b>
<b>Description</b>	Develop your CAD skills and learn how to be independent using the laser cutter and 3D Printers in order to produce a range of products. This will suit anyone studying GCSE or A level or looking at a future in Architecture, Engineering, or the creative industries.	
<b>Equipment</b>	To be provided by the school	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A unless a considerable amount of consumables is used.	

<b>DT Workshop Skills (S)</b>		<b>4th &amp; 5th Year &amp; Sixth Form 16 Spaces</b>
<b>Description</b>	Develop your workshop skills through a series of small design and make tasks / or work on your own project	
<b>Equipment</b>	To be provided by the school	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A unless a considerable amount of consumables is used.	



Dungeons & Dragons (S)		All years  13 Spaces
Description	Explore subterranean labyrinths! Plunder hordes of treasure! Battle legendary monsters! Dungeons & Dragons is a storytelling role-playing 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. This activity uses the <a href="https://dndbeyond.com">D&amp;D Beyond</a> website. In order to take part, you'll need to create either a <i>Wizards</i> , <i>Apple</i> , or <i>Google</i> account <b>before the first session</b> using the following link: <a href="https://dndbeyond.com/create-account">dndbeyond.com/create-account</a> . <b>If you are under 13 you will need your parent's assistance to create your account.</b> If you already have one of the above accounts, you can use this to login into the D&D Beyond website. Please ensure you have full access to your account before the first session and bring your account's username and password with you.	
Equipment	The school will provide Windows Surface devices to access the <a href="https://dndbeyond.com">D&amp;D Beyond</a> website. If you wish, you may use your own smart device or laptop instead.	
Time	2.05pm – 3.50pm	
Costs	N/A	

Fencing (Coaching by Truro Fencing Club) (P, V)		All Years  16 Spaces
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	
Time	2.05pm – 3.50pm	
Costs	N/A	

Fitness Suite (P)		All Years  24 Spaces
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. * Pupils will have the chance to participate in individual and team fitness challenges each week and encouraged to record their progress * Pupils will receive coaching on the safe use of free weights and sport specific training	
Equipment	School PE kit to be worn	
Time	2.05pm – 3.50pm	
Costs	N/A	

Football (boys and girls) (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, any questions on this option please contact <a href="mailto:GDH@truroschool.com">GDH@truroschool.com</a>	
Equipment	Games kit and shin pads to be worn	
Time	2.05pm – 3.50pm for training, times for matches vary	
Costs	N/A	





<b>Gardening Club (S)</b>		<b>1st &amp; 2nd Year</b>  <b>16 Spaces</b>
<b>Description</b>	Get your hands dirty helping us transform the site into a mass of colour and produce. Please bring wellies and gardening gloves if you have them	
<b>Equipment</b>	Gardening gloves and wellies	
<b>Time</b>	2.05pm – 3.50 pm	
<b>Costs</b>	N/A	

<b>Golf at Truro Golf Club (P)</b>		<b>All Years</b>  <b>9 Spaces</b>
<b>Description</b>	All abilities are welcome. Sessions will be led by a Truro Golf Club Pro – Scott Richards, or one of his team.	
<b>Equipment</b>	All equipment provided, but if you have your own equipment, you are welcome to bring it.	
<b>Transport</b>	School vehicle	
<b>Time</b>	2.05pm – 4.30pm	
<b>Costs</b>	£110 for the Spring Term (11 sessions) This is a termly charge and no refunds will be given for missed sessions.	

<b>Hair Wrap and Bracelet Making (S)</b>		<b>All Years</b>  <b>16 Spaces</b>
<b>Description</b>	Come and create your own removable Hair Wrap, ahead of the summer. Once you've mastered the technique, learn how to make different bracelet patterns.	
<b>Equipment</b>	Provided by the school. Pupils are welcome to bring in additional coloured thread.	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

<b>Hockey (Girls &amp; Boys) (P)</b>		<b>Girls:</b> <b>3<sup>rd</sup> &amp; 5th Year</b> <b>and Sixth Form</b>  <b>Boys:</b> <b>2<sup>nd</sup> Year</b>  <b>Numbers may</b> <b>need to be</b> <b>capped for</b> <b>safety</b>
<b>Description</b>	For girls, Hockey is the main sport in the Spring term for the 3 <sup>rd</sup> & 5 <sup>th</sup> Year and Sixth Form with most of their fixtures being on a Wednesday afternoon. The U13 boys will have training and matches to prepare for their county tournament, with aim of qualifying for regional finals later in the term.	
<b>Equipment</b>	School games kit, mouth guards and shin pads to be worn	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	



<b>Horse Riding (P)</b>		<b>All Years</b>  <b>8 Spaces</b>
<b>Description</b>	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.	
<b>Equipment</b>	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	
<b>Transport</b>	9-seater minibus to Goonbell Riding School	
<b>Time</b>	1.10pm – 4pm. A packed lunch will be provided each week for all pupils	
<b>Costs</b>	£330 for the Spring Term (11 sessions) This is a termly charge and no refunds will be given for missed sessions.	

<b>Humanities Film and Documentaries Club (S)</b>		<b>4th &amp; 5th Year &amp; Sixth Form</b>  <b>20 Spaces</b>
<b>Description</b>	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 is great for those with an interest in subjects such as Geography and History.	
<b>Equipment</b>	To be provided by the school	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

<b>Music GCSE (S)</b>		<b>4th &amp; 5th Year</b>  <b>20 Spaces</b>
<b>Description</b>	Open to pupils in the GCSE music sets or those who have been accepted to take the 4 <sup>th</sup> Year one-year GCSE course. If in doubt, please contact Mr Osmond <a href="mailto:rto@truroschool.com">rto@truroschool.com</a>	
<b>Equipment</b>	To be provided by the school	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

<b>Music Theory (S)</b>		<b>2nd, 3rd, 4th, 5th Year &amp; Sixth Form</b>  <b>20 Maximum</b>
<b>Description</b>	Open to pupils working from Grade 1 up to Grade 5 Theory. Interested pupils should check with Mr Osmond that they are eligible.	
<b>Equipment</b>	To be provided by the school	
<b>Transport</b>	N/A	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	



Netball (Girls) (P)		1st, 2nd, & 4th Year  No minimum/maximum
<b>Description</b>	Netball is the main sport in the Spring term for the 1st, 2nd and 4th Year girls. <b>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.</b> Netball is available to any girl in the relevant year groups. All abilities welcome.	
<b>Equipment</b>	Games kit to be worn	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

Physics, Electronics and Astronomy (S)		1st, 2nd & 3rd Year  16 Spaces
<b>Description</b>	We will be looking at various aspects of physics, electronics, and astronomy. We usually make a visit to a local point of interest. We will follow an introduction to understanding and building electronic circuits, including soldering skills. Using the numerous telescopes that we have in our 'observatory' base in the fields above the school, we will undertake both observational and theoretical activities.	
<b>Equipment</b>	Provided by the department	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

Physical Computing (S)		All Years  16 Spaces
<b>Description</b>	Pupils interested in computing, programming and electronics will have the opportunity to learn about Physical Computing by programming the Raspberry Pi Pico, Arduino Uno and BBC micro:bit with various electronic components as inputs and outputs. Some previous programming experience will be beneficial, a willingness to use your imagination, take risks and try hard is essential. Programming will mainly be on the Pico in micro-Python, but may also include Arduino sketches in C/C++ or micro:bit makecode block-based programming language.	
<b>Equipment</b>	N/A	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

Psychology: Exploring beyond the A level (S)		4th & 5th Year & Sixth Form  24 Spaces
<b>Description</b>	Psychology explains why we do what we do. On a Wednesday afternoon you will have the opportunity to access material that I'd love to show you in lessons but that we don't have time for. For example, watching a range of documentaries, TED talks and films about the history of mental illness, attachment, real stories about living with brain damage, criminal behaviour, and using these as a basis for discussion. You don't have to do Psychology to join us – it will complement A level psychology but is also a good way of finding out if it is a subject you might enjoy at A Level.	
<b>Equipment</b>	Provided by the school	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	



Rugby 7s (Boys) (P)		4th & 5th Year & Sixth Form  No minimum/ maximum
<b>Description</b>	Rugby 7's sessions, in preparation for school tournaments throughout the spring term. If any pupil wants to play football fixtures they are allowed to pick this and be considered for both. Any questions on this option please contact Mr Excell <a href="mailto:tme@trurosschool.com">tme@trurosschool.com</a>	
<b>Equipment</b>	Games kit and gum shields to be worn	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

Sewing and Embroidery (S)		All Years  16 Spaces
<b>Description</b>	This is an opportunity to learn how to sew and embroider a variety of stitches whilst making decorations for festivals, felt items, sock creatures and many more!	
<b>Equipment</b>	Provided by the school	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

Skateboarding (P)		All Years  24 Spaces
<b>Description</b>	Pupils will have the opportunity to participate in skateboarding under the expert guidance of the staff at Mount Hawke Skatepark.	
<b>Equipment</b>	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. Priority will be given to new pupils who have not accessed this activity in previous terms.	
<b>Time</b>	1.15pm – 5.00pm	
<b>Costs</b>	£77 for the Spring Term (11 sessions) This is a termly charge and no refunds will be given for missed sessions.	

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



Surfing 'Competition Group' (P)		All Years  10 Spaces
<b>Description</b>	Working with Global Boarders to develop our surfing academy, the Performance group will travel by minibus to various locations to find the best conditions. Parents and Pupils will be notified by Wednesday morning which location will be used. The Competition 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 buses.	
<b>Equipment</b>	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.	
<b>Time</b>	1.30pm – 6.00pm	
<b>Costs</b>	£264 for the Spring Term (11 sessions) This is a termly charge and no refunds will be given for missed sessions.	

Surfing 'Progressive group' (P)		All Years  20 Spaces
<b>Description</b>	Working with Global Boarders to develop our surfing academy, sessions will be based at Praa Sands, Gwithian, South Fistral, The Bluff, Hayle or Mounts Bay depending on the best conditions that week. Parents and Pupils will be notified with 24 hours' notice as to which location will be used. Due to the sea and weather conditions in the Spring Term, <b><u>these sessions are only suitable for intermediate surfers as well as advanced</u></b> . Beginners should <b><u>not</u></b> choose this option. 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.	
<b>Equipment</b>	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.	
<b>Time</b>	1.30pm – 6.00pm	
<b>Costs</b>	£198 for the Spring Term (11 sessions). This is a termly charge and no refunds will be given for missed sessions.	

Swimming (P)		All Years  20 Spaces
<b>Description</b>	Pupils will be following training programmes to improve technique, strength and stamina in swimming.	
<b>Equipment</b>	Swimming costume, goggles, and a towel.	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	





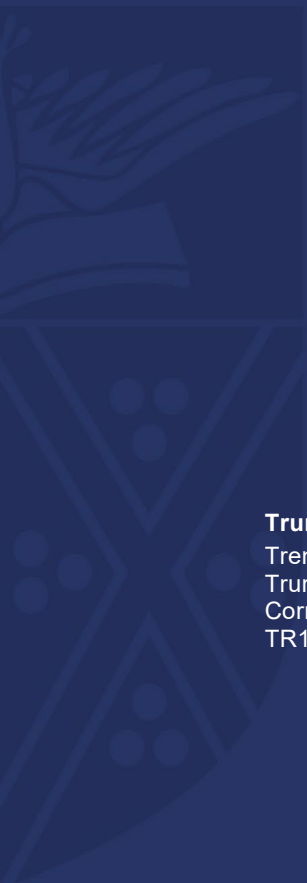
<b>Wargaming (S)</b>		<b>All Years</b>  <b>16 Spaces</b>
<b>Description</b>	In Wargaming, groups of pupils try their hands at some of the most popular specialist board games, mostly historical simulations and/or resource management. This activity offers pupils opportunities for competitive interaction, problem-solving and teamwork, not to mention broadening their knowledge and understanding of the past.	
<b>Equipment</b>	To be provided by the school	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	N/A	

<b>Yoga (P)</b>		<b>All Years</b>  <b>16 Spaces</b>
<b>Description</b>	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 pupils 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. Come find a bit of inner peace whilst stretching and strengthening your mind and body. See you on the mat.	
<b>Equipment</b>	Truro School PE kit	
<b>Time</b>	2.05pm – 3.50pm	
<b>Costs</b>	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)



**Truro School Senior and Sixth**

Trennick Lane  
Truro  
Cornwall  
TR1 1TH

FOR GENERAL ENQUIRIES:

EMAIL: [enquiries@truroschoo.com](mailto:enquiries@truroschoo.com)

TELEPHONE: 01872 272763

Truro School is part of the Methodist Independent Schools Trust.  
Registered Office: 66 Lincoln's Inn Fields, London WC2A 3LH  
Charity Number: 1142794  
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