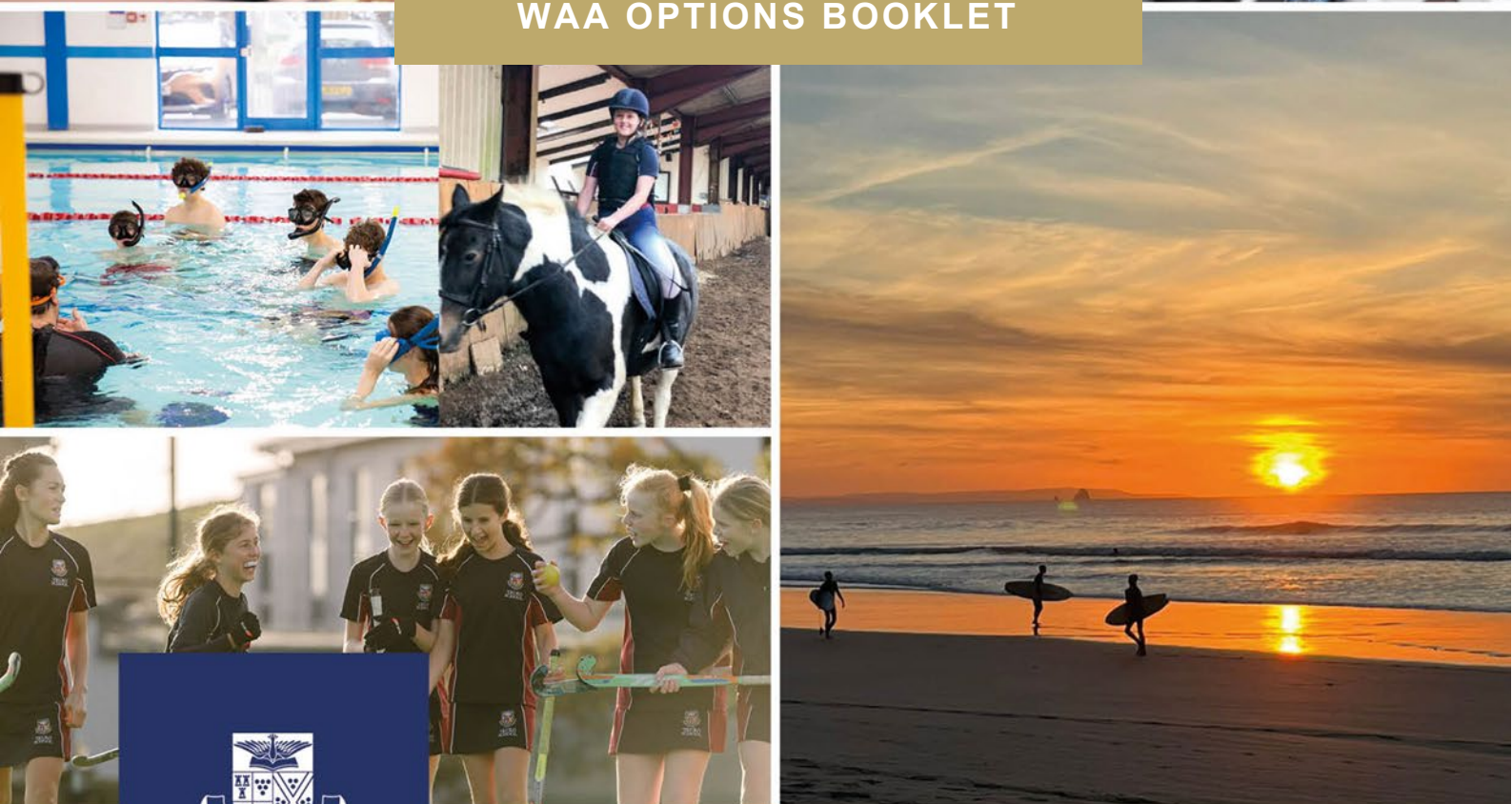




WAA OPTIONS BOOKLET



**TRURO
SCHOOL**

Wednesday Afternoon Activities (WAA)

AUTUMN TERM 2025
10 SEPTEMBER - 10 DECEMBER
12 SESSIONS
YEAR 7 – 11 & SIXTH FORM

NURSERY | PREP | **SENIOR** | **SIXTH FORM**

Zoe Jobling

DEPUTY HEAD

(CO-CURRICULUM & PARTNERSHIPS)



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 skill 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, teamwork, 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.

Gemma Hellings²

ADMINISTRATOR TO THE DEPUTY HEAD

(CO-CURRICULUM & PARTNERSHIPS)



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

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 Monday 1 September**. If an activity hasn't been selected by this time, we will select an at school activity on your behalf. Pupils will be informed of their activity on **Friday 5 September** via their form tutor.

The first activity afternoon will commence on Wednesday 10 September 2025 with the last date being Wednesday 10 December 2025.

All pupils in Years 7 - 11 & Lower Sixth are expected to select a Wednesday Afternoon Activity. Upper Sixth have the option to sign out for private study - this must be indicated on the form. 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 prepared to be allocated to any of them for the whole term. No swaps will be permitted. Payable activities must be paid for the whole term once allocated and no refunds can be given for missed sessions.

If you require further information about a particular activity or should you have any general queries regarding the activities, please contact waa@truroschoo.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 Autumn Term 2025 Options form <https://forms.office.com/e/Qv2MujFJNy> **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. You may be allocated any of your four choices.**

A message from Mr Dan Sanderson - Director of Sport:

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@truroschool.com

Art "Bronze Arts Award" (S)		Year 7 & 8 16 Spaces
Description	<p>The Bronze Arts Award is a creative qualification that helps you explore the world of art in an exciting and thoughtful way. You don't need to be brilliant at drawing or painting, this award is more about enjoying the arts, understanding them better, and sharing your opinions.</p> <p>As part of the award, you'll take part in an arts activity, visit an exhibition or performance and write a short review, find out about an artist or arts organisation, and share what you've learned with others. You'll collect everything in an online portfolio to show your journey.</p> <p>Most of the work can be done during WAA, with extra support available if you need it. When you complete the award, you'll receive a nationally recognised certificate from Trinity College London. It's a great way to show your creativity, build your confidence, and develop skills that are useful in and out of school.</p>	
Equipment	Provided by school	
Time	2.05pm – 3.50pm	
Costs	£27.50 for the Autumn Term. This covers the cost of the Bronze Art Award. No refunds will be given.	

Art "Ceramics Club" (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 and metal etching.	
Equipment	Provided by school	
Time	2.05pm – 3.50pm	
Costs	N/A	

Board Games (S)		All Years
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	

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. Please note - Some weeks will involve going off site to Malpas for an extended run and if you sign up for this WAA you consent to you child leaving the school site.	
Equipment	T-shirt and shorts that you do not mind getting wet and muddy. Waterproofs if wet. Shoes with reasonable grip so you can run on grass in the winter months.	
Time	2.05pm – 3.50pm	
Costs	N/A	

Choristers (S)		All Years
Description	This option is only available for current Choristers. The time will be used for music theory 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 in the music school.	
Equipment	N/A	
Time	2.05pm – 3.50pm	
Costs	N/A	



Community Volunteering (V)		Year 10, 11 & Sixth Form
Description	Pupils may volunteer locally; examples include 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. Commitment is for the whole term. Interested pupils should contact Mr Chamberlain adc@truroschoo.com for further details in advance of selecting this option.	
Equipment	School uniform or smart casual clothing (no denim or revealing clothing)	
Time	Varies, depending upon the activity	
Costs	N/A	

Competition Debating (S)		Sixth Form 16 Spaces
Description	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.	
Equipment	N/A	
Time	2.05pm – 3.50pm	
Costs	N/A	

Cookery 'Patisserie' (S)		Year 11 & Sixth Form 20 Spaces
Description	<p>Skills to make some classic sweet 'recipes for a lifetime' including;</p> <ul style="list-style-type: none"> • Rhubarb and Mascarpone Tart • Sticky Toffee Pudding • Lime & Coconut Swiss Roll <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 best to adapt recipes to accommodate all requirements if 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 the cookery school cookeryclubs@truroschoo.com</p>	
Equipment	All supplied	
Time	2.05pm – 3.50pm	
Costs	£144 per term for 12 sessions, to include all ingredients and containers. This is added to the school bill.	



Dance with Cornwall Dance School (P)		All Years 16 Spaces
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 styles of dance. <i>In a change from previous years, WAA Dance will now take place at school.</i>	
Equipment	School PE kit to be worn	
Time	2.05pm – 3.50pm	
Costs	N/A	

Digital Photography (S)		All Years 16 Spaces
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.	
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 Senior Musical (S)		Only Students who are already in the cast
Description	'The Bubblegum Tree'. Performances 19-22 November. NOTE: There will be after school rehearsals on Fridays 4-6pm as well - for dancers, and other cast as required.	
Equipment	Provided by the school	
Time	2.05pm – 5pm Please note later finish	
Costs	N/A	



Dungeons & Dragons (S)		All Years 12 Spaces
Description	<p>In Dungeons & Dragons, you will form an adventuring party to explore fantasy worlds, embark on epic quests, and level up. The collective creativity in your D&D game builds stories that you'll tell again and again, ranging from the stuff of legend to absurd incidents that'll make you laugh.</p> <p>This activity uses the D&D Beyond website. To access D&D Beyond you'll need to set up either a Google or Wizards account before the start of the activity. You can create the account using the following link: https://www.dndbeyond.com/create-account</p> <p>If you are under 13 you will need your parent's assistance to create your account.</p>	
Equipment	The school will provide Chromebook laptops to access the D&D Beyond website. If you wish, you may use your own smart device or laptop instead.	
Time	2.05pm – 3.50pm	
Costs	N/A	

Fencing (P)		All Years 16 Spaces
Description	Fencing is more than just a sport, it's a discipline that teaches you to challenge your limits, stay focused, and react with precision. Every touch is a lesson in courage and determination. Train like an athlete, think like a champion. Fencing is a combat sport which tests mental and physical strength, as well as discipline, tactical and technical ability. This sport is accessible to all ages and is a beginners' fencing course in sabre. On completion of the course, participants will be awarded their British Fencing Association Level 2 sabre badge.	
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.	
Equipment	School PE kit to be worn	
Time	2.05pm – 3.50pm	
Costs	N/A	



Football (P)		Year 10, 11 & Sixth Form 24 Spaces
Description	Football is offered in the Autumn term as a social activity, prior to the football season in the Spring term. All are welcome to attend this activity.	
Equipment	School PE kit and trainers to walk in, boots with studs and shin pads.	
Time	2.05pm – 3.50pm	
Costs	N/A	

Gardening Club (S)		All Years 16 Spaces
Description	Get your hands dirty helping us transform the site into a mass of colour and produce. We will be focusing on developing key areas within the school grounds as well as exploring opportunities in our local community to support and sustain local habitats.	
Equipment	Please bring your own Gardening gloves and wellies	
Time	2.05pm – 3.50 pm	
Costs	N/A	

Golf at Truro Golf Club (P)		All Years 10 Spaces
Description	Whilst all abilities are welcome, sessions will be aimed at beginners' level. 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.	
Time	2.05pm – 3.50pm	
Costs	£156 for the Autumn Term (12 sessions) This is a termly charge and no refunds will be given for missed sessions.	

Hockey (girls) (P)		Years 7, 8, 10 & 11
Description	Hockey is an option for Years 7, 8, 10 & 11 girls. Wednesday sessions will consist of coaching and matches throughout the term. All abilities welcome. Pupils who wish to participate in Wednesday hockey fixtures should select this option.	
Equipment	School games kit, mouth guards and shin pads to be worn	
Time	2.05pm – 3.50pm	
Costs	N/A	



Horse Riding (P)		All Years 8 Spaces
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.	
Time	1.10pm – 4pm. A packed lunch will be provided each week for all pupils	
Costs	£396 for the Autumn Term (12 sessions) This is a termly charge and no refunds will be given for missed sessions.	

Modern Language Drama Play (S)		All Years 12 Spaces
Description	Why not try out acting in another language? A combination of performances skills and spoken language development. You will be working on a variety of scenes and working towards a final drama performance. All ability levels are welcome.	
Equipment	To be provided by the school	
Time	2.05pm – 3.50pm	
Costs	N/A	

Music Composing Club (S)		All Years 16 Spaces
Description	Open to pupils from all years. Create music using your own instruments or computer software, perform and record. Opportunities to perform to others will be available.	
Equipment	Bring your own instrument.	
Time	2.05pm – 3.50pm	
Costs	N/A	



Music Cover Club (S)		All Years 16 Spaces
Description	Open to pupils from all years. Bring your instrument/voice and spend an afternoon creating a cover of a song - a new song every week. All instruments welcome, classical or popular	
Equipment	Bring your own instrument/voice.	
Time	2.05pm – 3.50pm	
Costs	N/A	

Netball (P)		Years 9, 10, 11 & Sixth Form
Description	Netball is an option for Years 9, 10, 11 and Sixth Form. Netball is offered both as a recreational and competitive activity. Wednesday sessions will consist of training and matches. All abilities welcome. Pupils who wish to participate in Wednesday netball fixtures should select this option.	
Equipment	Games kit to be worn	
Time	2.05pm – 3.50pm	
Costs	N/A	

Physical Computing (S)		All Years 16 Spaces
Description	Pupils interested in computing, programming and electronics will have the opportunity to learn about Physical Computing by programming the Raspberry Pi in Python, with various electronic components as inputs and outputs, including creating a programmable buggy and automating seasonal decorations. Some previous programming experience will be beneficial, a willingness to try hard and solve problems is essential. Python is the text-based language that we use at GCSE and A Level.	
Equipment	Provided by the department	
Time	2.05pm – 3.50pm	
Costs	N/A	

Physics (Physics, Electronics and Astronomy) (S)		Years 7, 8, 9 & 10 16 Spaces
Description	We will be looking at various aspects of physics, electronics and astronomy. We will look at simple radio technology, building a radio receiver and will visit the Marconi Centre at Poldhu. 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.	
Equipment	Provided by the department	
Time	2.05pm – 3.50pm	
Costs	N/A	



Rugby (Boys Only) (P)		Boys Only All Years
Description	Rugby is offered both as a recreational and competitive activity for boys in Year 7 – Sixth Form. Wednesday sessions will consist of training and matches with all abilities and experience welcome as both training and fixtures accommodate all individual needs. Pupils who wish to be selected for school sides in Rugby fixtures and tournaments throughout the term must select this as an option so they can be considered for selection.	
Equipment	PE kit and mouth guard to be worn	
Time	2.05pm – 3.50pm	
Costs	N/A	

Sailing (P)		All Years 12 Spaces
Description	<p>Beginners to intermediate sailing course. Learn to sail your own dinghy or develop your previous sailing skills with the very experienced Children's' Sailing Trust (CST) on the beautiful Helford River. Under the expert eye of a RYA Dinghy Instructor, students will soon be sailing their own dinghy and can work towards the Royal Yachting Association (RYA) dinghy schemes, with logbooks issued to record progress and certificates awarded upon successful completion of each stage. In inclement weather conditions this activity will be moved to Trevassack lake on the Lizard instead.</p> <p><i>This course is not suitable for already competent sailors.</i></p>	
Equipment	Wetsuit, shoes (preferably wetsuit boots), a light waterproof jacket (ideally a spray top) and towels / dry robe. Helmets and lifejackets can be borrowed, but please bring your own if you prefer. Pupils will need to change before leaving school as there are limited changing facilities at the river. Trevassack lake has both male and female changing rooms. It is advisable to bring sun cream and water.	
Transport	School minibus	
Time	1.00pm – 5.00pm	
Costs	£468 for the Autumn Term (12 sessions) This is a termly charge and no refunds will be given for missed sessions.	



Surfing 'Competition Group' (P)		All Years 10 Spaces
Description	Working with Global Boarders to develop our surfing academy, sessions will be based at Praa Sands, Gwithian, South Fistral, The Bluff, Hayle, Porthkidney or Mounts Bay depending on the best conditions that week. Parents and Pupils will be notified by Wednesday morning as to which location will be used. Beginners should choose this option. The Competition group is for surfers who have an excellent skill set and proven record. Beginners should not choose this group. 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 surfing experience. Please note that this activity will not return in time for the school bus.	
Equipment	Pupils to provide a wetsuit, hood, gloves, boots, board, changing robe. Sun cream is also required. Equipment can be borrowed if required, however pupils in this group, as regular surfers, are welcome to bring their own.	
Time	1.30pm – 6.00pm	
Costs	£348 for the Autumn Term (12 sessions) This is a termly charge and no refunds will be given for missed sessions.	

Surfing 'Progressive group' (P)		All Years 24 Spaces
Description	Working with Global Boarders to develop our surfing academy, sessions will be based at Praa Sands, Gwithian, South Fistral, The Bluff, Hayle, Porthkidney or Mounts Bay depending on the best conditions that week. Parents and Pupils will be notified by Wednesday morning as to which location will be used. Beginners should choose this option. Beginners should 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.	
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 and sun cream are required.	
Time	1.30pm – 6.00pm	
Costs	£312 for the Autumn Term (12 sessions). This is a termly charge and no refunds will be given for missed sessions.	



Surfing 'Beginners Group' – Learn to Surf with Stoked Surf School (P)		All Years 16 Spaces
Description	Surfing with Stoked Surf School in Perranporth. These sessions are perfect for beginners. The group will work with coaches on building confidence in the water, catching waves and how to read a 'surf chart' to find the best surf spot. Boards and equipment will be provided for pupils. 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 summer thickness wetsuit, hood, gloves, boots and board. A changing robe and sun cream are required. 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 seek coach advice before purchasing.	
Time	1.30pm – 5.00pm	
Costs	£280 (includes loop band and certificate) for the Autumn Term (12 sessions). This is a termly charge and no refunds will be given for missed sessions.	

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

Tennis – Boscawen Park (P)		All Years 24 Spaces
Description	Located at Boscawen Park, this activity is suited to players of all abilities. Pupils will have the opportunity to improve their singles and doubles game. In choosing this activity, parents are consenting to their child walking to and from Boscawen Park under staff supervision.	
Equipment	School PE kit to be worn	
Time	2.05pm – 3.50pm	
Costs	N/A	

Wargaming (S)		All Years 16 Spaces
Description	Groups of pupils try their hands at miniature wargaming (incl. Star Wars titles like 'Legion') or play 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	
Time	2.05pm – 3.50pm	
Costs	N/A	

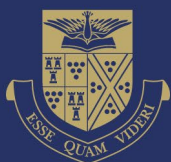


Watersports at Elemental UK Swanpool (P)		All Years 8 Minimum 16 Maximum (Ratio of 8:1)
Description	This term the water sports activity will be taking place at Swanpool run by Elemental UK. Tuition will be provided from the Elemental team. Depending on the weather and wind conditions, the following activities 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 if you have one (if not one can be provided), wetsuit gloves. You must bring shoes to wear in the water (preferably wetsuit shoes or old trainers), a light waterproof jacket (ideally a spray top) and a towel. A changing robe is also beneficial. Buoyancy aids and helmets will be provided. Changing facilities will be available. Pupils should either travel in uniform or Truro School PE kit. Warm clothes are required to change into after the activity (including a woolly hat) and perhaps a warm drink	
Time	1.30pm – 5.15pm	
Cost	£372 for the Autumn Term (12 sessions) This is added to the school bill. This is a termly charge and no refunds will be given for missed sessions.	

Wesley's Weavers (S)		All Years 16 Spaces
Description	Make your own loom, learn how to weave and create your own unique items to keep or give as gifts For all abilities, this is a fun way to discover the art of weaving, choosing a range of items to create – could be a small bag, a wallet or purse, a bookmark, a wristband or bracelet. Choose your own colours and patterns – the possibilities are endless!	
Equipment	To be provided by the school	
Time	2.05pm – 3.50pm	
Costs	N/A	

Duke of Edinburgh Award	
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@trurosschool.com). These sections must be completed before pupils can complete their qualifying expedition.	

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



Truro School Senior and Sixth
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